



Starters

Cheese Plate \$21 V (Castleton /Rochester/Salisbury, VT)

Blue Ledge Farm Camembrie & Middlebury Blue, & Tartuffo (Truffle Sheeps Milk), w/Maple toasted Almonds, poached Peaches, Pear Butter, & Castleton Crackers

Parsnip Tots \$15 (Rochester/Weybridge, VT)

w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

Roasted Beets & Goat Cheese \$14 V GF (Websterville/Rochester, VT)

Roasted Beets, VT Creamery Goat Cheese, Pecans, Pumpkin Seeds, Maple Balsamic Drizzle, topped w/Uphill Farm Micro Greens

P.E.I. Mussels \$19

w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

Happy Bird Farm Maple Chili Wings \$16 (Isle La Motte/Rochester, VT)

Salad, Sides & Soup

House Salad w/Maple Red Wine Vinaigrette \$12 V (Granville/Norwich, VT)

Classic Caesar Salad* \$13 (Salisbury/Norwich, VT)

Soul Caesar Salad* \$14 GF (Granville/Salisbury/Springfield, VT)


Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$4, grilled Happy Bird Farm Chicken \$7, Cajun Shrimp \$10, Ahi Tuna \$15 to any Salad

Grilled Corn Bread \$8 V (Charlotte/Norwich/Salisbury/Weybridge, VT)

w/Honey

Curry Sweet Potato Bisque \$9 V GF

VG = Vegan V = Vegetarian GF=Gluten Free  = New Item

Maple Soul has a one check/one swipe per table policy.

