



## Starters

**Blackened Ahi Tuna\* \$20** (Rochester, VT)  
w/Bourbon Plum Sauce & Uphill Farm Micro Greens

**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

**Warm Blue Ledge Farm Camembrie Plate \$15 V** (Norwich/Salisbury, VT)  
w/Almonds, Honey & Focaccia

**Nitty Gritty Hush Puppies \$10 V** (Charlotte/Rochester, VT)  
w/Maple Sambal Aioli

**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

**Potato, Scallion, Bacon Soup \$9 GF** (Cabot/Granville/Weybridge, VT)

**Cabot Sharp Cheddar Macaroni & Cheese \$12 V** (Cabot/Weybridge, VT)

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

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

