



Starters

Parsnip Tots \$15 (Rochester/Starksboro/Weybridge, VT)
w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

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

Short Rib Poutine \$16 (Granville/N. Bennington/Rochester, VT)
Hand cut Fries, Maplebrook Cheddar Curds, & Red Wine braised Beef Short Rib topped w/Scallions

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

Baked French Onion Soup \$10 (Cabot, VT)

Winter Squash Bisque \$8 V GF (Rochester/Weybridge, VT)

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

Maple Bacon Baked Beans \$8 GF (Addison/Huntington, VT)
w/Mountainside Maple Sugar, & Bacon

Pan Roasted Brussels Sprouts \$8 V GF (Weybridge, VT)
w/Garlic, Shallots, & Butter

Country Pickles \$8 VG GF (Rochester, VT)
Green Beans & Okra

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

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

