



Starters

Nori Crusted Tuna \$20 (Granville/Rochester, VT)
w/Spicy Cucumber Salad, Winter Radish, & 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

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, Cajun Shrimp \$10, Ahi Tuna \$15 to any Salad

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

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

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

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.

