



Starters

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

Roasted Beets & Goat Cheese \$14 V GF (Rochester/Websterville, VT)
Roasted Beets, VT Creamery Goat Cheese, Pecans, Pumpkin Seeds, Maple Balsamic Drizzle, topped
w/Uphill Farm Micro Greens

P.E.I. Mussels \$18
w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

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

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

Chicken Liver Pate \$15 (Isle La Motte, VT)
Chicken Liver Pate topped w/Butter, served w/ pickled Green Beans & Focaccia

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

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

Roasted Brussels Sprouts \$8 GF V

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

Pop Over w/Gravy \$12 (Cabot/Norwich/Salisbury, VT)

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

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

