



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

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

Olive & Sundried Tomato Tapenade \$12 VG (Norwich, VT)
w/grilled Focaccia

Country Pickles \$8 VG (Rochester, VT)
w/Cucumber, Green Beans & Okra Pickles

Salad, Sides & Soup

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

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

Soul Caesar Salad* \$14 GF (Salisbury/Springfield, VT)
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$4, Happy Bird Farm grilled 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 (Cabot, VT)
In Shallot Garlic Butter

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

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

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

