



Starters

Parsnip Tots \$15 (Rochester/Weybridge, VT)

w/Salted Maple Crème Sauce, Smoked Trout & 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

P.E.I. Mussels \$18

w/ Tomato, Basil, Garlic, & White Wine Butter Broth served w/grilled Focaccia

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, 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

Split Pea w/VT Bacon \$9 GF

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

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

