



## 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 Foccacia

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

## 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

**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.**

