



## Starters

### **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

### **P.E.I. Mussels \$18**

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

### **Cheddar Drop Biscuits & Pimento Cheese \$10 V** (Cabot/Norwich/Salisbury, VT)

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

## 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 \$8, 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

### **Coconut Curry Sweet Potato Bisque \$9 VG GF**

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

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

