MAPLE SOUL

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

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

Maple Soul Pickle Plate $12 VG GF (Granville, VT)
Assorted house made pickles

1000 Stone Farm Mushroom Toast $19 V (Brookfield/N. Bennington/Rochester/Salisbury, VT)
Maplebrook Farm Ricotta Cheese topped w/Oyster, Lions Mane, & Shiitake Mushrooms, Garlic,
Butter, & Herbs, & a Maple Meadows Farm Fried Egg on toasted Focaccia

Chicken Liver Mousse $18 (Isle La Motte/Norwich/Weybridge, VT)
w/Focaccia crisps & pickled Dilly Beans

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

Salad, Sides & Soup

House Salad w/Maple Red Wine Vinaigrette $14 V (Norwich, VT)

Classic Caesar Salad* $14 (Salisbury/Norwich, VT)

Soul Caesar Salad* $15 GF (Salisbury/Springfield, VT)
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy $4, grilled Chicken $8, Cajun Shrimp $10, or Blackened Tuna $15 to any Salad

Heirloom Tomato & Burrata Mozzarella Salad $17 V GF (Granville/N Bennington, VT)
Old Road Farm Greens topped w/Maplebrook Farm Burrata Mozzarella, heirloom Tomatoes, drizzled w/Balsamic Glaze & Basil Oil

Grilled Corn Bread $8 V (Charlotte/Norwich/Salisbury/Weybridge, VT)
w/Honey

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

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.