



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

Poutine \$15 (N Bennington, VT)

Hand cut Fries, Maplebrook Cheddar Curds, Veal Demi-Glace & Scallions

Maple Soul Pickle Plate \$12 VG GF (Granville, VT)

Assorted house made pickles

Blackened Ahi Tuna* \$20 GF (Rochester, VT)

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

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 Salmon or Blackened 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)

Creamy Potato, Leek, & Cauliflower Soup \$9 GF V (Cabot, VT)

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

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

