



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

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, & Cremini Mushrooms, Garlic, Shallot, Butter, & Herbs, & a Maple Meadows Farm Fried Egg on toasted Focaccia

Salmon Cakes \$15 (Salisbury/Websterville, VT)

w/Crème Fraiche, Capers, & Lemon

Cajun Seared Ahi Tuna* \$21

w/spicy Cucumber Salad

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, Cajun Shrimp \$10, or Blackened Tuna \$15 to any Salad

Watermelon Salad \$15 GF V (Rochester/Websterville, VT)

Watermelon, Cucumber, & Mint in a Red Wine Vinaigrette, VT Creamery Goat Cheese, topped w/Lemon Zest, Pumpkin Seeds & Balsamic drizzle

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.

