



Starters

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

Assorted house made pickles

Roasted Beets & Goat Cheese \$14 V GF (Granville/Rochester/Websterville, VT)

Roasted Beets, VT Creamery Goat Cheese, Pecans, Maple Balsamic Drizzle, topped w/Uphill Farm Micro Greens

Heirloom Tomato & Burrata Mozzarella \$17 V GF (Middlebury, VT)

w/Maplebrook Farm Burrata Mozzarella, heirloom Tomatoes, & Basil Oil drizzled w/Balsamic Glaze

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

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

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

Chilled Pork Tenderloin \$19 (Norwich/Rochester, VT)

w/Peach & Ginger Chutney, Focaccia Crisps & Micro Greens

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

Grilled Corn Bread \$8 V (Charlotte/Norwich/Rochester/Salisbury/Weybridge, VT)

w/Iron Brook Farm Honey

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

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.

