



Starters

Blackened Ahi Tuna* \$22 GF (Rochester, VT)
w/Bourbon Plum Sauce & Uphill Farm Micro Greens

Hummus \$14 VG
w/Olive Tapenade, served w/grilled Focaccia & sliced Cucumber

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

Old Road Farm Fried Green Tomatoes \$15 V (Granville/Rochester/Weybridge, VT)
In a sweet & spicy Cream Sauce topped w/Uphill Farm Micro Greens

House Baked Bread w/Pimento Cheese \$10 V (Cabot/Norwich, VT)

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

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

Caprese \$16 GF V (Bennington/Granville, VT)
w/Old Road Farm Tomatoes, Maplebrook Farm Mozzarella, Basil, Balsamic Vinegar & Olive Oil, Salt & Black Pepper

Add Anchovy \$4, Happy Bird Farm grilled Chicken \$8, Cajun Shrimp \$10, or Blackened Ahi Tuna \$16 to any Salad

Grilled Corn Bread \$8 V (Charlotte/Norwich/Rochester/Salisbury/Weybridge, VT)
w/Iron Spring Farm Honey

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

Seafood Chowder \$10 (Weybridge, VT)

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

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

