



Starters

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

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

Warm Blue Ledge Farm Camembrie Plate \$15 V (Norwich/Salisbury, VT)
w/ Mulled Red Wine poached Plums, & house baked Bread

Black Truffle Cheddar & Potato Croquettes \$16 V (Weybridge/Plymouth, VT)
w/roasted Garlic Aioli & Uphill Farm Pea Shoots

Maple Miso Glazed Pork Belly \$18 (Addison/Rochester, VT)
w/Red Curry Sweet Potato

Chicken Liver Pate \$18 (Castleton/Isle La Motte, VT)
Chicken Liver Pate, pickled Beets, served w/Castleton Crackers

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

Heirloom Tomato & Burrata Mozzarella \$14 V GF (Granville/N Bennington, VT)
w/Maplebrook Farm Burrata Mozzarella, Old Road Farm heirloom Tomatoes, over mixed Greens & Basil Oil drizzled w/Balsamic Glaze

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

Roasted Brussels Sprouts \$8 GF V (Cabot, VT)
In Shallot Garlic Butter

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.

