



Starters

Blackened Ahi Tuna* \$21 GF (Rochester, VT)
w/Bourbon Plum Sauce & Uphill Farm Micro Greens

P.E.I. Mussels \$19
w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

Roasted Beets & Goat Cheese \$14 V GF (Websterville/Rochester, VT)
Roasted Beets, VT Creamery Goat Cheese, Pecans, Maple Balsamic Drizzle, topped w/Uphill Farm Micro Greens

Chicken Liver Pate \$18 (Isle La Motte/Norwich, VT)
Chicken Liver Pate topped w/Sage infused Duck Fat, pickled Mustard Seeds served w/house made Bread

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

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

Salad, Sides & Soup

House Salad w/Maple Red Wine Vinaigrette \$15 V (Norwich, VT)

Classic Caesar Salad* \$15 (Salisbury/Norwich, VT)

Soul Caesar Salad* \$16 GF (Salisbury/Springfield, VT)
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$4, grilled Happy Bird Farm Chicken \$8, or Cajun Shrimp \$10, 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)

Side of Parmesan Truffle Fries \$12 V
w/Garlic Aioli

Ask about our Soup du Jour

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

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

