



Starters

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

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

Country Fried Chicken Skins \$14 (Isle La Motte, VT)

w/Alabama White BBQ Sauce

Cheddar Drop Biscuits w/Pimento Cheese \$11 V (Cabot/Norwich, VT)

Parsnip Tots \$15 (Rochester/Weybridge, VT)

w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

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, 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)

Side of Parmesan Truffle Fries \$12 V GF

w/Garlic Aioli

Roasted Brussels Sprouts \$8 GF V (Cabot, VT)

In Shallot Garlic Butter

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.

