



Starters

P.E.I. Mussels \$19

w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

House Baked Bread w/Pimento Cheese \$11 V (Cabot/Norwich, VT)

Poutine \$16 (N Bennington, VT)

Hand cut Fries, Maplebrook Cheddar Curds, Veal Demi-Glace & Scallions

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

w/Maple Sambal Aioli

Blackened Ahi Tuna* \$21 GF (Rochester, VT)

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

Warm Blue Ledge Farm Camembrie Plate \$15 V (Norwich/Rochester/Salisbury, VT)

w/Candied Almonds, Honey & house made Bread

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, Cajun Shrimp \$10, or Blackened Ahi Tuna \$15 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)

Beef Vegetable Soup \$9 (Rochester, VT)

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

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

