



Starters

Beef Tenderloin Tartare* \$22 (Rochester/Salisbury, VT)
w/cured Egg Yolk, Mustard, Sweet Pickle & Flatbread Crackers

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

Poutine \$16 (N Bennington, VT)

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

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

w/Salted Maple Crème Sauce, Smoked Trout & 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, 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)

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.

