



## Starters

**Parsnip Tots \$15** (Rochester/Starksboro/Weybridge, VT)  
w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

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

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

**Happy Bird Farm Maple Chili Wings \$16** (Isle La Motte/Rochester, VT)

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

**Citrus, Beets, & Burrata \$16 V** (Bennington, VT)

## 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)

**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.**

