



## Starters

### **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

### **Gravlax Crostini\* \$14** (Cabot/Norwich/Rochester, VT)

House Cured Salmon w/Sour Cream, Shallots, Capers, & Uphill Farm Micro Greens on a house made Crostini

### **Chicken Liver Pate \$17** (Isle La Motte/Norwich, VT)

Chicken Liver Pate topped w/Duck Fat, whole Mustard, sweet Pickles, served w/house made Bread

### **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)

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

w/Shallots & Garlic in Butter

### **Pea Soup \$9 GF VG**

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

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

