MAPLE SOUL

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)

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 $9 GF V (Cabot, VT)
w/Shallots & Garlic in Butter

Maple Bacon Baked Beans $8 GF (Huntington/Springfield, VT)
w/Mountainside Maple Sugar, & Bacon

Smoky, Spicy Collard Greens $8 GF VG

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.