



Starters

P.E.I. Mussels \$19

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

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

Evelyn's Periwinkle Stew \$10 (Weybridge, VT)

New England Clam Chowder

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

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

