



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)

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

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.

