



Starters

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

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

Blue Ledge Farm Cheese Plate \$19 V (Salisbury, VT)
Blue Ledge Farm Middlebury Bleu & Camembrie Cheeses w/Bourbon Brown Sugar Apple Butter, Crackers & Almonds

Roasted Beets & Goat Cheese \$14 V GF (Websterville/Rochester, VT)
Roasted Beets, VT Creamery Goat Cheese, Pecans, Maple Balsamic Drizzle, topped w/Uphill Farm Micro Greens

Chicken Liver Pate \$18 (Isle La Motte/Norwich, VT)
topped w/Duck Fat, w/sweet Pickles, & Mustard, served w/house made Bread

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

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.

