



## 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

### **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

### **House Baked Bread w/Pimento Cheese \$10 V** (Cabot/Norwich, VT)

### **Chicken Liver Pate \$18** (Isle La Motte/Norwich, VT)

topped w/Duck Fat, w/sweet Pickles, & Mustard, served w/house made Bread

## 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

### **Citrus Salad \$16 GF V** (Bennington/Rochester, VT)

Mixed Greens, Cara Cara Oranges, Pecans, Maplebrook Farm Burrata, & Honey Lemon Vinaigrette

*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)

### **Grilled Delicata Squash \$9 GF V** (Granville/Rochester, VT)

w/Maple & Pecans

### **Sweet Potato Bisque \$9 V GF** (Weybridge, VT)

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

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

