



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

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

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)

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.

