



## Starters

### **P.E.I. Mussels \$19**

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

### **Warm Blue Ledge Farm Camembrie Plate \$15 V** (Norwich/Salisbury, VT)

w/Iron Spring Farm Honey, Almonds, & house baked Bread

### **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

### **Parsnip Tots \$15** (Rochester/Weybridge, VT)

w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

### **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

### **Sauteed House Vegetables \$6 GF V**

### **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.**

