



Starters

Gravlax Crostini* \$14 (Cabot/Norwich/Rochester, VT)

House Cured Salmon w/Sour Cream, Shallots, Capers, & Uphill Farm Micro Greens on a house made Crostini

P.E.I. Mussels \$19

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

Heirloom Tomato & Burrata Mozzarella \$16 V GF (Bennington, VT)

w/Maplebrook Farm Burrata Mozzarella, heirloom Tomatoes & Basil, drizzled w/Balsamic Glaze

Maple Soul Pickle Plate \$12 VG GF (Granville, VT)

Assorted house made pickles

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 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)

Evelyn's Periwinkle Stew \$10 (Weybridge, VT)

New England Chowder

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

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

