



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)

Sweet & Spicy Calamari \$16

w/Asian Spiced Sauce, Chilis, Cilantro, & Sesame Seeds

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.

