



## 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

### **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 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)

### **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.**

