



Starters

House Baked Bread w/Pimento Cheese \$11 V (Cabot/Norwich, VT)

Old Road Farm Fried Green Tomatoes \$15 V (Granville/Rochester/Weybridge, VT)

In a sweet & spicy Cream Sauce topped w/Uphill Farm Micro Greens

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

Blackened Ahi Tuna* \$19 GF (Rochester, VT)

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

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

Assorted house made pickles

Blistered Old Road Farm Shishito Peppers \$12 VG (Granville, VT)

w/Soy Scallion dipping Sauce

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 \$15 V (Cabot/Weybridge, VT)

Side of Sautéed Broccolini \$8 VG GF (Granville, VT)

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

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

