



Starters

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

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

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

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

Maplebrook Farm Burrata Mozzarella & heirloom Tomatoes, over Old Road Farm Arugula drizzled w/Balsamic Glaze & Basil Oil

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

Watermelon Salad \$16 GF V (Rochester/Websterville, VT)

Watermelon, Cucumber, Pepitas, Arugula & Mint in a Red Wine Vinaigrette, VT Creamery Goat Cheese

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)

Old Road Farm Smoky, Spicy Bacon Collard Greens \$8 GF (Granville, VT)

Chilled Gazpacho \$9 VG GF

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

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

