MAPLE SOUL

Starters

Old Road Farm Fried Green Tomatoes $15 V (Granville/Rochester/Weybridge, VT)
In a sweet & spicy Cream Sauce topped w/Uphill Farm Micro Greens

Blistered Old Road Farm Shishito Peppers $12 VG (Granville, VT)
w/Soy Scallion dipping Sauce

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

Caprese Salad $14 GF V Granville/N Bennington, VT)
Maplebrook Farm Ciliegine Mozzarella, Old Road Farm Cherry Tomatoes, Basil drizzled w/Basil Oil & Balsamic

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

Watermelon Salad $16 GF V (Rochester/Websterville, VT)
Watermelon, Cucumber, & Mint in a Red Wine Vinaigrette, VT Creamery Goat Cheese, topped w/Lemon Zest, Pumpkin Seeds & Balsamic drizzle

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)

Chilled Strawberry Rose Soup $9 V GF

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

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