



Lunch Small Bites

Hummus \$14 V

w/grilled Bread, Olive & Sundried Tomato Tapenade & Veggies

Gravlax Crostini* \$15 (Norwich/Rochester/Websterville, VT)

House Cured Salmon w/Crème Fraiche, Shallots, Capers, & Uphill Farm Micro Greens on a house made Crostini

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

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

Happy Bird Farm Maple Chili Wings \$16 (Isle La Motte/Rochester, VT)

Parmesan Truffle Fries \$12 V

w/Garlic Aioli

Lunch Salads

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

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

Add Anchovy \$4, grilled Happy Bird Farm Chicken \$8, Cajun Shrimp \$10, or Ahi Tuna \$15 to any Salad

Lunch Big Bites

River Bend Farm Black Angus Burger* \$20 (Rochester/Norwich/Cabot, VT)

w/Cabot Sharp Cheddar, Tomato, & Greens on a house made Maple Brioche w/hand cut Fries, & Maple Cole Slaw

Add thick cut Smoky Bacon, or a fried Egg \$3, Substitute Blue Ledge Farm Bleu Cheese or Vermont Creamery Goat Cheese \$2

BBQ Baby Back Ribs \$26 half rack \$38 full rack (Huntington, VT)

w/hand cut Fries, house made BBQ Sauce, & Maple Cole Slaw

Cabot Sharp Cheddar Macaroni & Cheese \$15 V (Cabot/Weybridge, VT)

Caprese Sandwich \$18 V (Bennington/Granville, VT)

w/Tomatoes, Maplebrook Farm Mozzarella, Basil Oil, Balsamic Vinegar & Old Road Farm Arugula on Ciabatta w/dressed Greens

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

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

Please notify your server if you have any dietary restrictions or food allergies.

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food born illness*



