



Starters

Blackened Ahi Tuna* \$19 GF (Rochester, VT)
w/Bourbon Plum Sauce & Uphill Farm Micro Greens

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

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

Chicken Liver Pate \$17 (Isle La Motte/Norwich, VT)
Chicken Liver Pate topped w/Sage infused Duck Fat, served w/Pickles & Ciabatta Crostini

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

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)

Potato, Scallion, Cheddar Soup \$9 V (Cabot/Weybridge, VT)

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

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

