

BALLAST

KITCHEN & BAR

LUNCH

Salads / Bowls

Chilled Noodles – lo mein noodles miso dressing, edamame, vegetables, crunchy greens, toasted peanuts (V) – Large \$13, Small \$9

Avocado Toast – whole grain, lemon peppered greens, smashed avocado, toasted seeds, fresnos, cotija, Sriracha (V) - \$10 (fried egg +3)

KC's Salad - kale, shaved brussel sprouts, parmesan, red onion, toasted pepitas & sunflower seeds, apple, lemon vinaigrette – Large \$14, Small \$8.5

Harvest Grain Bowl – warmed, brown rice, quinoa, farro, roasted vegetables, pickled onions, avocado, toasted seeds, cilantro pepita dressing (GF avail, V) – Large \$15, Small \$9

Caesar – romaine, parmesan, croutons (GF avail) – Large \$12.5, Small \$9

Protein add-ons (chicken +5, fried egg +3, tofu +4, steak +9, salmon +8)

Sandwiches / Handhelds

with choice of house fries, mixed greens or side Caesar salad

Crispy Chicken Sandwich - w/ crunchy slaw & pickles on brioche roll - \$16.5

Salmon Burger – lemon aioli, lettuce, tomato, onion, Portuguese roll - \$13.5

Quinoa Burger - roasted mushrooms, grilled red onion, smoked mozzarella, aioli, brioche roll (V) - \$15

Ballast Burger - Grafton Village 2-year cheddar, North Country bacon, aioli, brioche roll - \$18

Short Rib Tacos - beef braised, sweet sauce, cotija, spicy slaw, white corn tortillas (GF) - \$14

Chicken Tacos – white corn tortillas, salsa verde, crunchy slaw, whipped avocado (GF) - \$12

New York Reuben - corned beef, Swiss, sauerkraut, rye, Russian dressing - \$15

Grilled Chicken BLT – sourdough, North Country bacon - \$14.5

Prime Steak Sandwich – sliced Prime skirt steak, crumbled bleu, watercress, arugula, focaccia - \$19.5

Extra Sides - \$5 each

Roasted Veggies (GF) /House Fries/Sweet Potato Fries /Haricots Vert (GF) / Mashed (GF)

(GF = Gluten Free, GF avail = kitchen can modify for GF, V = Vegetarian)

Coffees

Coffee (Columbia) - \$3

Large Coffee (Columbia) - \$4

Cappuccino - \$5

Caffe Latte - \$4.5

Iced Coffee - \$4

Brown Sugar Oat Milk Iced Latte - \$5.5

Spiced Chai Latte – w/ steamed milk - \$5

Syrups (+.25) – vanilla, caramel, brown sugar

Milks – whole milk, oat milk (+.25), almond milk (+.25)

Decaffeinated Coffee - \$3

Large Decaffeinated Coffee - \$4

Espresso - \$4

Mocha Latte - \$5.5

Iced Latte - \$5.5

Matcha Latte – w/ steamed almond milk - \$5.5

Wine List

- Casal Garcia** Vinho Verde (Portugal) - \$9
Sonoma-Cutrer Chardonnay (Sonoma, CA) - \$14
Torresella Blush Rose Prosecco (Northeast Italy) - \$10
Dr. Konstantin Frank Gruner Veltliner White (Finger Lakes, NY) - \$14
Kim Crawford Sauvignon Blanc (Marlborough, New Zealand) - \$13
Smith & Hook Cabernet Sauvignon (Central Coast, CA) - \$14
Hess Select Cabernet Sauvignon (North Coast, CA) - \$12
MacMurray Pinot Noir (Russian River Valley, CA) - \$13

Specialty Cocktails

- Lemon Lavender Elixir** – Grey Goose Citron, lavender simple syrup, lemonade- \$14
Pop's Old Fashioned - Bulleit bourbon, black walnut bitters, brown sugar simple syrup- \$14
Mimi-tini – Grey Goose pear, St. Germaine, fresh squeezed lemon juice, simple syrup- \$15
Blackberry Moscow Mule – Titos, blackberry fruitful, ginger beer- \$13
Railway Spike Margarita – Casamigos tequila, triple sec, fresh lime juice, spicy margarita mix- \$13
Espresso Martini – Stoli vanilla vodka, espresso liquor, Bailey's, Kahlua - \$15
Podgie's Punch - Ketel One, Persian lime, pineapple agave, Valencia orange, bitters, fresh milled nutmeg- \$15
Batched Sangria – Rosé, peach schnapps, fresh fruit- \$12
Tiki Mocktail - Persian lime, pineapple agave, Valencia orange, bitters, nutmeg, soda- \$9
Sunset Mocktail - Blood Orange Pellegrino, pineapple juice, ginger beer, fresh mint- \$9

Bottle / Canned Beer

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| Bud Light - \$6.5 | Corona - \$7 | Corona Light - \$7 |
| Modelo - \$7 | Mich Ultra - \$7 | Sam Adams - \$7.5 |
| Stella Artois - \$7.5 | Miller Lite - \$6.5 | Coors Light - \$7 |
| Guinness - \$7.5 | Heineken Zero (N/A) - \$7 | Carlson Orchards Cider - \$8 |
| Athletic Brewing Run Wild (N/A) - \$7 | Urban Artifact Gadget (Mixed Berry Tart) - \$8 | |
| Mast Landing- A Beer Named Duck (NE Pale Ale) - \$8 | | |
| Viva Seltzer (Huckleberry & Elderberry) - \$7 | High Noon (Pineapple & Watermelon) - \$8 | |

Draft Beer

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| Bud Light (4.2 ABV) - \$7 | Break Rock, Peacefield Kolsch (4.4 ABV) - \$10 |
| Widow Maker, Blue Comet IPA (7.1 ABV) - \$10 | Blue Moon (5.4 ABV) - \$7 |