

BALLAST

KITCHEN & BAR

LUNCH

Salads / Bowls

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

KC's Salad - kale, shaved brussel sprouts, parmesan, red onion, toasted pepita & 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 (grilled chix +5, fried egg +3, crispy chix +6.5, tofu +4, steak +9, salmon +8)

Toasts

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

Mediterranean Toast – whole grain, whipped feta, basil, marinated tomatoes, EVOO, (V) - \$10 (fried egg +3)

Sandwiches / Handhelds

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

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

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

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, fresnos, whipped avocado (GF) - \$12

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

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

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)

Beverages / Coffees

Coffee (Colombia) - \$3

Large Coffee (Colombia) - \$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

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

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

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

Decaf Coffee - \$3

Large Decaf Coffee - \$4

Espresso - \$4

Mocha Latte - \$5.5

Iced Latte - \$5.5

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

Iced Spiced Chai Latte - \$5.50

Iced Refresher – lemonade, sparkling blood orange, fresh mint - \$5.50

Wine List

- Casal Garcia** Vinho Verde (Portugal) - \$9
Bonterra Organic Sauvignon Blanc (California) - \$12
Sonoma-Cutrer Chardonnay (Sonoma, CA) - \$14
Torresella Blush Rose Prosecco (Northeast Italy) - \$10
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

- Pop's Old Fashioned** - Bulleit bourbon, 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 liqueur, ginger beer- \$13
Spicy Margarita – Casamigos tequila, triple sec, fresh lime juice, agave, spicy margarita mix- \$13
Espresso Martini – Stoli vanilla vodka, espresso liqueur, Bailey's, Kahlua - \$15
The Maverick Martini - Stoli Vanil vodka, passion fruit liqueur, lime juice, simple syrup, prosecco - \$15
Cuban Paul McCartney - Bacardi, muddled strawberries, hibiscus simple syrup, mint, soda - \$13
Lowrider Margarita – Don Julio blanco, triple sec, lavender simple syrup, agave, house margarita mix - \$13
The Retox - Hendricks, elderflower liqueur, fresh muddled cucumbers, soda water - \$13
Life's A Peach, Then You Die - Bulleit, fresh muddled peaches, agave, iced tea - \$14
LunaMelon - Rosaluna mezcal, watermelon juice, lime juice, agave - \$14
Batched Sangria – Rosé, peach schnapps, coconut rum, fresh fruit- \$12
Seasonal Mocktail – muddled strawberries, hibiscus lemonade - \$9

Bottle & Can 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 | Modelo Especial, (4.4 ABV) - \$8 |
| Widow Maker, Blue Comet IPA (7.1 ABV) - \$10 | Blue Moon (5.4 ABV) - \$7 |