

BALLAST

KITCHEN & BAR

DINNER

Appetizers/Small Plates

- Grilled Octopus** – fingerlings, vinho verde wine, Calabrian regional seasonings (GF) - \$13
Crispy Brussel Sprouts - sweet soy, kewpie, sriracha - \$12
Sheet Pan Nachos - guacamole, pico de gallo, queso, jalapeños, pickled onions, black beans, roasted corn, sour cream, Jack cheese (V) - \$13.5 (chicken + \$4, Prime skirt steak \$9.5)
Chicken Wings - bourbon brown sugar or buffalo - \$11.5
Blistered Shishito Peppers - coarse salt, lime, Tajin (GF,V) - \$8.5
Charcuterie Board – Manchego, Boursin, spicy salami, prosciutto, spiced walnuts, figs, crostini - \$16
Short Rib Tacos-beef braised,sweet sauce,cotija,spicy slaw,fresnos,white corn tortillas,2 per order (GF)-\$11
Chicken Tacos –white corn tortillas,salsa verde, crunchy slaw,whipped avocado,fresnos,2 per order (GF)-\$9

Salads/Bowls

(add grilled chix +5, tofu +4, crispy chix +6.5, Prime skirt steak +9, salmon +8)

- Simple Greens Salad** – green goddess dressing, cucumber, carrots (GF,V) - \$7
KC's Salad - kale, shaved brussel sprouts, parmesan, red onion, toasted pepita & sunflower seeds, apple, lemon vinaigrette - \$15
Farro Salad - cauliflower, farro, avocado, sweet peppers, peas, Parmesan Reggiano (V) - \$14.5
Harvest Grain Bowl – warmed brown rice, quinoa, farro, roasted vegetables, pickled onions, avocado, fresnos, toasted seeds, cilantro pepita dressing (GF avail,V) - \$16
Caesar – romaine, parmesan, croutons (GF avail)- \$13.5
Tuna Poke Bowl – pickled onions, grilled pineapple, edamame, carrot, seaweed, spicy cucumber, soy, fresnos, sticky rice, crispy wonton chips, #1 grade tuna (GF avail) - \$25

Handhelds

(choice of house fries, side Caesar, sweet potato fries +2)

- Crispy Chicken Sandwich** - w/ crunchy slaw & pickles on brioche roll - \$16.5
Salmon Burger – lemon aioli, lettuce, tomato, onion, Portuguese roll - \$15.5
Cheese Pizza - square airy pizza with laced edges - \$12.50 (add pepperoni +1.50)
Chicken Avocado - bacon, avocado spread, Monterey Jack & cheddar, fresno lime aioli, ciabatta \$16.5
Blackened Burger - Blue cheese, caramelized onions, bacon, arugula, brioche roll - \$19.5
Ballast Burger - Grafton Village 2 yr cheddar, North Country bacon, aioli, brioche roll - \$18

Entrees

- Split Roasted Chicken** - mashed, roasted mushroom mix, haricot verts (GF) - \$24
Chili Glazed Salmon – sticky rice cakes, stir fry veggies (GF avail) - \$26
Chowder House Schrod – broiled over corn chowder - \$26
Braised Short Ribs – mashed, crispy onion strings (GF avail) - \$27.5
Rigatoni alla Vodka – fresh rigatoni, vodka sauce (V) - \$17 (grill chix +5, tofu +4, crispy chix +6.5)
Lemon Ricotta Ravioli – crispy artichokes, parmesan, spring peas, wild mushrooms (V) - \$22
Steak Frites – Prime skirt steak, blue cheese butter, watercress, house fries (GF avail) - \$32

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)

Wine List

- Rosé, **Studio by Miraval** (Provence, France) - \$12
Vinho Verde, **Casal Garcia** (Portugal) - \$9
Chardonnay, **Sonoma-Cutrer** (Sonoma, CA) - \$14
Pinot Grigio, **Santa Margherita** (Veneto, Italy)- \$14
Prosecco, **La Marca** (Northeast Italy) - \$11
Sauvignon Blanc, **Kim Crawford** (Marlborough, New Zealand) - \$13
Cabernet Sauvignon, **Smith & Hook** (Central Coast, CA) - \$14
Cabernet Sauvignon, **Hess Select** (North Coast, CA) - \$12
Pinot Noir, **MacMurray** (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 fruitful, ginger beer- \$13
Spicy Margarita – Casamigos tequila, triple sec, fresh lime juice, spicy margarita mix- \$13
The Good Seed – Tanqueray, apple cider, lemon juice, agave - \$12.5
Prickly Margarita – Patron silver, prickly pear puree, agave, margarita mix - \$14
Maple Sour Smash – Bulleit, real maple syrup, sour mix - \$13
Oh My Gourd Martini – Pumpkin pie puree, Stoli Vanil, Kahlua, real espresso - \$15
Free Fallin' – Tito's, simple cranberry, ginger beer, Owen's sparkling cranberry, lime - \$12.5
Refurbished Appletini – Apple vodka, sour apple liqueur, lime cordial, fresh lemon juice - \$14
Candy Apple Crush – Apple vodka, butterscotch schnapps, apple cider - \$12.5
Espresso Martini – Stoli vanilla vodka, espresso liquor, Bailey's, Kahlua - \$15
Batched Sangria – Pinot Grigio, apple cider, brandy, oranges, pears, apples, lemon juice, cinnamon- \$12
Seasonal Mocktail – Owen's sparkling cranberry, prickly pear puree, fresh squeezed lime - \$9

Bottle / Canned Beer

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| Bud Light - \$6.5 | Corona - \$7 | Corona Light - \$7 | Guinness - \$7.5 |
| Modelo - \$7 | Mich Ultra - \$7 | Sam Adams - \$7.5 | Magners - \$7 |
| Stella Artois - \$7.5 | Miller Lite - \$6.5 | Coors Light - \$7 | |
| Carlson Orchards Cider - \$8 | | Athletic Brewing Run Wild (N/A) - \$7 | |
| Widowmaker's Riff City - \$8.5 | | 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, Pilsner (4.4 ABV) - \$8 |
| Widow Maker, Blue Comet IPA (7.1 ABV) - \$10 | Shipyard Pumpkinhead, Ale (4.5 ABV) - \$7 |