

BALLAST

KITCHEN & BAR

LUNCH

Appetizers

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

Salads / Bowls

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

Farro Salad - cauliflower, farro, avocado, sweet peppers, peas, Parmesan Reggiano - Large \$14, Small \$9.5

KC's Salad - kale, shaved brussel sprouts, parmesan, red onion, toasted pepita & sunflower seeds, apple, lemon vinaigrette - Large \$14, Small \$9.5

Harvest Grain Bowl - warmed brown rice, quinoa, farro, roasted vegetables, pickled onions, avocado, toasted seeds, fresnos, cilantro pepita dressing (GF avail, V) - Large \$15, Small \$10

Caesar - romaine, parmesan, croutons (GF avail) - Large \$13, 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

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

Blackened Burger - Blue cheese, caramelized onions, bacon, arugula, brioche roll - \$19.5

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

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

Chicken Avocado - bacon, avocado spread, Monterey Jack & cheddar, fresno lime aioli, ciabatta \$16.5

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

Cheese Pizza - square airy pizza with laced edges (no side choice) - \$12.50 (add pepperoni +1.50)

Entrees

Split Roasted Chicken - mashed, roasted mushroom mix, haricot verts (GF) - \$24

Chowder House Schrod - broiled over corn chowder - \$26

Rigatoni alla Vodka - spicy tomato vodka cream sauce - \$17 (grill chix +5, tofu +4, crispy chix +6.5)

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 - apple cider, ginger beer, fresh lime juice - \$5.5

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

Bud Light - \$6.5

Corona - \$7

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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

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