

# 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, North Country 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** - North Country 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** - rectangular cut 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)

## 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, Angostura bitters, brown sugar simple syrup- \$14  
**Mimi-tini** – Grey Goose La Poire, St. Germaine, fresh squeezed lemon juice, simple syrup- \$15  
**Blackberry Moscow Mule** – Tito's, blackberry fruitful, ginger beer- \$13  
**Spicy Margarita** – Casamigos, triple sec, fresh lime juice, spicy margarita mix- \$13  
**Merry Mai Tai**- Captain Morgan, pomegranate, cranberry, pineapple, lime, Goslings float - \$12.5  
**Catch Me If You Can** – Baileys, Stoli Vanilla, Kahlua, gingerbread simple syrup \$13  
**New Year's Kiss** – Tito's, sparkling blood orange, pomegranate, lime - \$12.5  
**Poinsettia Spritz**- Aperol, prosecco, cranberry juice, cranberries & rosemary sprig - \$12.5  
**Snow Problem** – white rum, simple syrup, coconut milk, crème of coconut, mint - \$12  
**Tipsy Elf** – Tanqueray, Cointreau, cranberry, lemon, simple syrup - \$12.5  
**Espresso Martini** – Stoli Vanilla, espresso liquor, Baileys, Kahlua - \$15  
**Mistletoe Mocktail** - cranberry, pomegranate, sparkling blood orange - \$9

## Bottles / Cans

<b>Bud Light</b> - \$6.5	<b>Corona</b> - \$7	<b>Corona Light</b> - \$7	<b>Guinness</b> - \$7.5
<b>Modelo</b> - \$7	<b>Mich Ultra</b> - \$7	<b>Sam Adams</b> - \$7.5	<b>Magners</b> - \$7
<b>Stella Artois</b> - \$7.5	<b>Miller Lite</b> - \$6.5	<b>Coors Light</b> - \$7	<b>Widowmaker - Riff City</b> - \$8.5
<b>Carlson Orchards - Oak Hill Blend Cider</b> - \$8		<b>Athletic Brewing - Run Wild IPA (N/A)</b> - \$7	
<b>Surfside Iced Tea</b> - \$8		<b>Mast Landing- A Beer Named Duck (NE Pale Ale)</b> - \$8	
<b>Viva Seltzer (Huckleberry &amp; Elderberry)</b> - \$7		<b>High Noon (Pineapple &amp; Watermelon)</b> - \$8	

## Draft Beer

<b>Bud Light (4.2 ABV)</b> - \$7	<b>Modelo Especial (4.4 ABV)</b> - \$8
<b>Widowmaker, Blue Comet IPA (7.1 ABV)</b> - \$10	<b>Maine Lunch IPA (7.0 ABV)</b> - \$9.5