

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

Add ons (grilled chix +5, fried egg +3, crispy chix +6.5, tofu +4, steak +9, salmon +8, shrimp +7)

Sesame Garlic Shrimp Bowl - pickled onions, grilled pineapple, edamame, seaweed, spicy cucumber, fresnos, sticky rice, crispy wonton chips, sesame garlic shrimp (GF avail) - Large \$23, Small \$16

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, sweet potato fries +2, 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
Espresso Martini – Stoli Vanilla, espresso liquor, Baileys, Kahlua - \$15
Love Struck - Coconut rum, pineapple juice, crème of coconut, cranberry juice - \$13
First Kiss – Tito's, sparkling blood orange, pomegranate, lime - \$12.5
Cupid's Bow - Raspberry vodka, lemonade, cranberry juice, lemon lime soda - \$13
Blushing Bride - Prosecco, strawberry puree, elderflower, soda splash - \$12.5
Flirtini - Baileys, chocolate liqueur, cherry syrup, whipped cream, chocolate chips - \$15
Old Fashioned Love - Bourbon, chocolate bitters, chocolate simple syrup, Luxardo cherries, orange - \$14
Winter Mocktail - cranberry, pomegranate, sparkling blood orange - \$9

Bottles / Cans

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| Bud Light - \$6.5 | Corona - \$7 | Corona Light - \$7 | Guinness - \$7.5 |
| Budweiser - \$6.5 | Mich Ultra - \$7 | Sam Adams - \$7.5 | Magners - \$7 |
| Stella Artois - \$7.5 | Miller Lite - \$6.5 | Coors Light - \$7 | |
| Carlson Orchards - Oak Hill Blend Cider - \$8 | | Athletic Brewing - Run Wild IPA (N/A) - \$7 | |
| Surfside Iced Tea - \$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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| Bissell Brothers, The Substance IPA (6.6 ABV) - \$9.5 | Modelo Especial (4.4 ABV) - \$8 |
| Widowmaker, Blue Comet IPA (7.1 ABV) - \$10 | Maine Beer Company, Lunch IPA (7.0 ABV) - \$9.5 |

