

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)

Hot Coffees / Beverages

Coffee (Colombia) - \$3

Decaf Coffee - \$3

Caffe Latte - \$4.5

Spiced Chai Latte - w/ milk - \$5

Large Coffee (Colombia) - \$4

Large Decaf Coffee - \$4

Mocha Latte - \$5.5

Matcha Latte - w/ almond milk - \$5.5

Cappuccino - \$5

Espresso - \$4

Iced Coffees / Beverages

Iced Latte - \$5.5

Brown Sugar Oat Milk Iced Latte - \$5.5

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

Syrups (+.25) - vanilla, caramel, brown sugar / **Milks** - whole milk, oat (+.25), almond (+.25)

Iced Coffee - \$4

Iced Chai Latte - w/ milk - \$5

Wine List

Rosé, **Studio by Miraval**
(Provence, France) - \$12

Chardonnay, **Sonoma-Cutrer**
(Sonoma, CA) - \$14

Prosecco, **La Marca**
(Northeast Italy) - \$11

Cabernet Sauvignon, **Smith & Hook**
(Central Coast, CA) - \$14

Cabernet Sauvignon, **Hess Select**
(North Coast, CA) - \$12

Vinho Verde, **Casal Garcia**
(Portugal) - \$9

Pinot Grigio, **Santa Margherita**
(Veneto, Italy) - \$14

Sauvignon Blanc, **Kim Crawford**
(Marlborough, New Zealand) - \$13

Pinot Noir, **MacMurray**
(Russian River Valley, CA) - \$13

Specialty Drinks

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 liqueur, Baileys, Kahlua - \$15

Everything Zen Martini - Giffard Lychee liqueur, Titos, white cranberry juice, fresh lime - \$15

Strawberry Fields Forever - Ketel One Citroen, strawberry puree, sparkling Limonata Pellegrino, mint - \$13

Purple Haze - Prosecco, Elderflower, lavender simple - \$12

Something in the Orange - Don Julio Blanco, orange liqueur, Blood Orange Fruitful, lime, margarita mix - \$13

Blues Clues - Hendricks, blueberry simple syrup, lemonade - \$13

Havana Affair Martini - RumChata, banana liqueur, Frangelico - \$15

Spring Sangria - Moscato, peach liqueur, apples, peaches - \$12

Seasonal Mocktail - Sparkling Limonata Pellegrino, lavender simple, lime, mint - \$9

Bottles / Cans

Bud Light - \$6.5

Budweiser - \$6.5

Stella Artois - \$7.5

Carlson Orchards - Oak Hill Blend Cider - \$8

Surfside Iced Tea - \$8

Viva Seltzer (Huckleberry & Elderberry) - \$7

Corona - \$7

Mich Ultra - \$7

Miller Lite - \$6.5

Corona Light - \$7

Sam Adams - \$7.5

Coors Light - \$7

Athletic Brewing - Run Wild (N/A) - \$7

Mast Landing- A Beer Named Duck (NE Pale Ale) - \$8

High Noon (Pineapple & Watermelon) - \$8

Guinness - \$7.5

Magners - \$7

Draft Beer

Bissell Brothers, The Substance IPA (6.6 ABV) - \$9.5

Widowmaker, Blue Comet (7.1 ABV) - \$10

Modelo Especial (4.4 ABV) - \$8

Maine Beer Company, Lunch (7.0 ABV) - \$10