

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 (add grill chix +5, tofu +4, crispy chix +6.5, salmon +8, shrimp +7 to pastas)

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

Pea Filled Ravioli - prosciutto, mushrooms, lemon ricotta sauce - \$18

Xtra Sides - \$5 ea Roasted Veggies (GF) /Fries/Sweet Potato Fries /Haricots Vert (GF) / Mashed (GF)

(GF = Gluten Free, GF avail = kitchen can modify for GF, V = Vegetarian)

Jul-25

Hot & Iced Beverages

Coffee (Colombia) – \$3/ lg \$4
Decaf Coffee - \$3/ lg \$4
Cappuccino - \$5 Espresso - \$4
Caffe Latte - \$4.5 Mocha Latte - \$5.5
Spiced Chai Latte – w/ milk - \$5
Matcha Latte – w/ almond milk - \$5.5
Iced Coffee - \$4 Iced Latte - \$5.5
Brown Sugar Oat Milk Iced Latte - \$5.5
Iced Chai Latte – w/ milk - \$5
Iced Matcha Latte – w/ almond milk - \$5.5
Syrups (+.25) – vanilla, caramel, brown sugar
Milks – whole milk, oat (+.25), almond (+.25)

Wine List

Rosé, **Studio by Miraval** (France) - \$12
Vinho Verde, **Casal Garcia** (Portugal) - \$9
Chardonnay, **Sonoma-Cutrer** (Sonoma, CA) - \$14
Pinot Grigio, **Santa Margherita** (Italy)- \$14
Prosecco, **La Marca** (Italy) - \$11
Sauvignon Blanc, **Kim Crawford**
(New Zealand) - \$13
Cabernet Sauvignon, **Smith & Hook** (Central
Coast, CA) \$14
Pinot Noir, **MacMurray** (Russian River, CA) - \$13
Cabernet Sauvignon, **Hess Select** (North Coast,
CA) - \$12

Specialty Drinks

Pop's Old Fashioned – bulleit bourbon,
angostura bitters, brown sugar simple syrup \$14
Mimi-tini – grey goose la poire, elderflower,
fresh squeezed lemon juice, simple syrup \$15
Blackberry Moscow Mule – vodka, blackberry
liqueur, ginger beer \$13
Spicy Margarita – casamigos, fresh lime juice,
spicy mix \$13
Espresso Martini – stoli vanilla, espresso
liqueur, baileys, kahlua \$15
Tropical Cosmo - corvus tropical vodka,
cointreau, white cranberry, lime \$13.5
Blood Orange Margarita - patron, blood orange
pellegrino, cointreau, lime \$13.5
French 76 - ketel one, lavender, lemon,
prosecco \$14
Strawberry Basil Smash – tito's, strawberry,
basil, lemonade \$13
Citrus Sweet Tea – watertown coconut whiskey,
iced tea, lemonade \$13
Pistachio Martini - baileys, amaretto, curaçao,
pistachio \$15
Queen Bee - empress indigo gin, honey simple,
lemon \$13
Batched Strawberry Rose Sangria \$13.5
Free Spirit Sangria (mocktail) - Giesan non-
alcoholic Sauvignon Blanc, peach, white
cranberry juice, fresh fruit \$8

Bottles / Cans

Bud Light - \$6.5 Budweiser - \$6.5
Corona - \$7 Corona Light- \$7
Guinness - \$7.5 Magners - \$7
Mich Ultra - \$7 Sam Adams - \$7.5
Sam Seasonal - \$7.5 Stella Artois - \$7.5
Miller Lite - \$6.5 Coors Light - \$7
Mast Landing- A Beer Named Duck - \$8
Carlson Orchards - Oak Hill Cider - \$8
Athletic Brewing - Run Wild (N/A) - \$7
Guinness "00" (N/A) - \$7.5
Heineken "00" (N/A) - \$7.5
Surfside Iced Tea - \$8
High Noon (Pineapple & Watermelon) - \$8

Draft Beer

Kona Big Wave (4.4 ABV) - \$8
Modelo Especial (4.4 ABV) - \$8
Widowmaker, Blue Comet (7.1 ABV) - \$10
Maine Beer Company, Lunch (7.0 ABV) - \$10