

BALLAST

KITCHEN & BAR

DINNER

Appetizers/Small Plates

- Grilled Octopus** – fingerlings, vinho verde wine, Calabrian regional seasonings (GF) - \$13
- 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
- Charcuterie Board** – Manchego, Boursin, spicy salami, prosciutto, spiced walnuts, figs, crostini - \$16
- Short Rib Tacos**-beef braised,sweet sauce,cotija,spicy slaw,fresnos,white corn tortillas,2 per order (GF) -\$11
- Chicken Tacos** –white corn tortillas,salsa verde, crunchy slaw,whipped avocado,fresnos,2 per order (GF)-\$9

Salads/Bowls

(add grilled chix +5, tofu +4, crispy chix +6.5, Prime skirt steak +9, salmon +8, grilled shrimp +7)

- Simple Greens Salad** – green goddess dressing, cucumber, carrots (GF,V) - \$7
- KC's Salad** - kale, shaved brussel sprouts, parmesan, red onion, toasted pepita & sunflower seeds, apple, lemon vinaigrette - \$15
- Farro Salad** - cauliflower, farro, avocado, sweet peppers, peas, Parmesan Reggiano (V) - \$14.5
- Harvest Grain Bowl** – warmed brown rice, quinoa, farro, roasted vegetables, pickled onions, avocado, fresnos, toasted seeds, cilantro pepita dressing (GF avail,V) - \$16
- Caesar** – romaine, parmesan, croutons (GF avail)- \$13.5
- Sesame Garlic Shrimp Bowl** – pickled onions, grilled pineapple, edamame, seaweed, spicy cucumber, fresnos, sticky rice, crispy wonton chips, sesame garlic shrimp (GF avail) - \$23

Handhelds (choice of house fries, side Caesar, sweet potato fries +2)

- Crispy Chicken Sandwich** - w/ crunchy slaw & pickles on brioche roll - \$16.5
- Salmon Burger** – lemon aioli, lettuce, tomato, onion, Portuguese roll - \$15.5
- Cheese Pizza** – rectangular cut with laced edges - \$12.50 (add pepperoni +1.50)
- Chicken Avocado** – North Country bacon, avocado spread, Monterey Jack & cheddar, fresno lime aioli, ciabatta \$16.5
- Blackened Burger** - blue cheese, caramelized onions, North Country bacon, arugula, brioche roll - \$19.5
- Ballast Burger** - Grafton Village 2 yr cheddar, North Country bacon, aioli, brioche roll - \$18

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
- Chili Glazed Salmon** – sticky rice cakes, stir fry veggies (GF avail) - \$26
- Chowder House Schrod** – broiled over corn chowder - \$26
- Braised Short Ribs** – mashed, crispy onion strings (GF avail) - \$27.5
- Rigatoni alla Vodka** – fresh rigatoni, vodka sauce (V) - \$17
- Pea Filled Ravioli** – prosciutto, mushrooms, lemon ricotta sauce - \$18
- Steak Frites** – Prime skirt steak, blue cheese butter, watercress, house fries (GF avail) - \$32

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)

Jul-26

Hot & Iced Beverages

Coffee (Colombia) – \$3/ lg \$4 Decaf - \$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

Pineapple Cosmopolitan
corvus vodka, cointreau, pineapple juice, lime &
cranberry \$14

Ballast Bellini
prosecco, peach liqueur & peach puree \$13

Watermelon Paloma
tequila, fresh watermelon juice, lime & sparkling
grapefruit, tajin rim \$13

Queen's Garden
empress indigo gin, elderflower, fresh lemon &
sparkling citrus \$13

Island Punch
goslings black seal rum, cream of coconut,
pineapple, orange, lime & nutmeg \$13

Summer Berry Sangria
sauvignon blanc, peach liqueur, strawberry,
white cranberry & fresh fruit \$13

Spirit-Free Sangria (mocktail)
giesen alcohol-free sauvignon blanc, strawberry,
peach & white cranberry \$10

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	
Lucky One Lemonade Vodka - \$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