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)

Oct-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)

Specialty Drinks

Pop's Old Fashioned –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- tequila, orange liqueur, fresh lime juice, spicy margarita blend $13

Espresso Martini – *Classic or Salted Caramel-* stoli vanilla, espresso liqueur, baileys, kahlua $15

Orchard Glow - vodka, caramel apple butter, apple cider, lemon, cinnamon $13.5

Autumn Spritz - sarti rosa, prosecco, cranberry, soda $12.5

Pumpkin Spice Martini - vodka, baileys, spiced pumpkin simple syrup $15

Harvest Crush - tequila, pomegranate juice, orange liqueur, lime, house margarita blend $13

Spirit-Free Sangria (mocktail)
giesen alcohol-free sauvignon blanc, apple butter simple, apple cider, lemon , cinnamon $10

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

Sauvignon Blanc (N/A), **Giesen** - $9

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

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

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

Sancerre, **Barton & Guestier** - $20

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

Shipyard, Pumpkinhead (4.5 ABV) - $8

Modelo Especial (4.4 ABV) - $8

Widowmaker, Blue Comet (7.1 ABV) - $10

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