



301 North Water St. · Wilmington, NC 28401

• **ALL DAY** •
BOARD & BARREL



SHAREABLES			
CRISPY PORK BELLY LETTUCE WRAPS bibb lettuce, cucumber salad, soong sauce, cilantro		17	
JUMBO SHRIMP COCKTAIL (5 EA) with house cocktail sauce, lemon wedge (gf)		16	
JUMBO LUMP CRAB CAKES corn maque choux, jalapeno-cilantro aioli		19	
SOUTHERN PULLED PORK EGGROLLS house pulled pork, pickled red onion, collard greens, carolina mustard bbq		16	
½ DOZEN CHICKEN WINGS crispy fried with celery and choice of dipping sauce (thai, buffalo, cajun garlic)		15	
FRIED CALAMARI roasted garlic mustard aioli		14	
MIDS		<i>add grilled chicken or grilled shrimp \$8 (4 ea.)</i>	
NE STYLE CLAM CHOWDER chopped clams, bacon, thyme, potatoes, rich and creamy clam soup (gf)		9	
HOTEL BALLAST SIGNATURE SALAD baby mixed greens, feta, dried cranberries, candied pecans, balsamic vinaigrette (gf)		9	
SOUTHERN TOMATO PIE tomato and cheese pie, baby arugula salad, basil, balsamic reduction		11	
SMOKED BLUE AND BACON WEDGE SALAD sliced iceberg lettuce, heirloom tomato, bacon, green onions, house smoked blue cheese dressing (gf)		9	
CAESAR SALAD chopped romaine, shaved parmesan, garlic parmesan dressing, croutons		9	
AUTUMN'S DELITE baby arugula greens, orange-shallot vinaigrette, roasted beets, chevre, chipotle roasted walnuts (gf)		9	
HANDHELD		<i>with choice of french fries, super slaw, onion rings, potato chips or fruit cups</i>	
*CAROLINA BURGER choice steak burger, pepper jack cheese, melted onions, lettuce, tomato		15	
PULLED PORK SANDWICH house made pulled pork, house bbq, pepper jack cheese, melted onion, brioche bun		14	
FISH TACO blackened mahi, cilantro-lime marinated cabbage, mango salsa		17	
VEGETARIAN BEYOND BURGER ON BRIOCHE BUN tomato-basil bruschetta, swiss cheese, bibb lettuce		15	
CHICKEN QUESADILLA slow braised chicken, three cheese blend, jalapeno tortilla, pico de gallo		15	
MAINS			
*CEDAR PLANK BBQ GLAZED VERLASSO SALMON roasted potato hash, wilted baby arugula (gf)		32	
*BLACKED ATLANTIC GROUPER blackened grouper, three cheese grits, sauteed shrimp, pico de gallo, asparagus		36	
*SEARED MAHI-MAHI OSCAR mahi-mahi, buttery stone ground grits, crab meat, asparagus, cajun hollandaise		33	
SHRIMP AND STONE-GROUND GRITS house specialty tasso ham gravy, large shrimp, three cheese grits, roasted heirloom tomato		26	
*8 oz COFFEE RUBBED C.A.B FLAT IRON cornbread souffle, asparagus, red wine-shallot demi glaze		35	
*ROSEMARY AND DIJON MARINATED 7 OZ FILET MIGNON roasted poblano laced potato hash, asparagus, parmesan crisp, red wine and shallot demi		40	
KIDS MENU <i>12 and Under</i>		DESSERT	
GRILLED CHEESE	7	BUTTER PECAN CHEESECAKE	12
*CHEESEBURGER WITH PICKLE	8	CAST IRON CHOCOLATE CHIP BROWNIE	12
CHICKEN TENDERS	9	KEY LIME PIE	12
MAC AND CHEESE	7	CAST IRON PEACH AND CHERRY COBBLER	12

*asterisk notes items that contain raw ingredients or can be cooked to order consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

WE RESERVE THE RIGHT TO ADD 19% GRATUITY TO PARTIES OF 8 OR MORE