







fruit & salads

fresh fruit plate  
15

yogurt parfait 
tonka bean panna cotta, berry jam, almonds, granola
14

açaí bowl  
banana, strawberry, mango, granola, bee pollen, honey
15

butter lettuce  
manchego, avocado, jicama, almond, strawberry vinaigrette
16



toasts

almond butter  
banana, house-made granola, honey, multi-grain
16



avocado  
arugula, grapefruit, pistachio, black sesame, sourdough
18

smoked salmon 
everything bagel, cream cheese, cucumber, capers, dill
20

eggs

two farm eggs*  
roasted yukon potatoes, choice of breakfast meat
22

crab cake benedict*
blue crab, canadian bacon, english muffin, hollandaise
29

egg white omelet  
white cheddar, spinach, cremini, shiitake, portabella
18

herons featured omelet
seasonal ingredients, local cheese, roasted potatoes
25

breakfast meats

turkey bacon
pork sausage
smoked bacon
chicken-apple sausage
north carolina country ham
8

sides

fresh fruit
roasted potatoes
buttermilk biscuits
buttered white grits
8

specialties

super oats  

goji berries, raw almonds, cocoa nibs, blueberries, cinnamon

15

old-fashioned pancakes 

traditional, blueberry, chocolate chip, banana, maple syrup

17

mazesoba* 

pork belly, 62° egg, shiitakes, pickled cabbage, ginger, scallions

28

umstead burger* 

gruyère, caramelized onion, black truffle aioli, herbed fries

25

steak & eggs* 

filet, two farm eggs, herbed fries, bordelaise

32

dessert

lemon tart

sable crust, whipped crème fraîche, honey buttermilk sherbet

12

coconut

layered chiffon, white chocolate ganache, pineapple sorbet

12

caramel

burnt pot de crème, coffee mousse, crumb, espresso gelato

12

chocolate 



frozen soufflé, Grand Marnier gelee, dehydrated meringue

12

sundae  

strawberry ice cream, berry jam, lemon cake, vanilla chantilly

12

  May be prepared Vegetarian and/or Gluten Free, please refer to your server.

*May be cooked to order. May be served raw or undercooked or contain raw or undercooked ingredients.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.