







## fruit & salads



fresh fruit plate    
16



yogurt panna cotta   
tonka bean panna cotta, apple jam, almonds, granola  
14


açaí bowl    
banana, kiwi, dragon fruit, granola, bee pollen, honey  
17

kale salad    
manchego, barley, pumpkin seeds, apple vinaigrette  
17



## toasts

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



avocado    
arugula, pomegranate seeds, pecans, feta, sourdough  
19

smoked salmon   
everything bagel, cream cheese, cucumber, capers, dill  
22

## eggs

two farm eggs\*    
roasted idaho potatoes, choice of breakfast meat  
24

crab cake benedict\*  
blue crab, pork belly, english muffin, choron hollandaise  
32

egg white omelet    
white cheddar, spinach, cremini, shiitake  
19

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  
10  
roasted potatoes  
buttermilk biscuits  
buttered white grits  
8

## specialties

super oats  

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

16

old-fashioned pancakes 

traditional, blueberry, chocolate chip, banana, maple syrup

17

umstead burger \* 

gruyère, caramelized onion, truffle aioli, herbed fries

27

hot pot 

pork belly, pork loin, kimchi, tofu, fennel, enoki mushroom, rice

30

steak & eggs \* 

filet, two farm eggs, herbed fries, black truffle jus

35

## dessert

pineapple

dulcey brûlée, compressed almond puff pastry, vanilla mousseline

13

banana

caramelized almond shortbread tart, cremeux, rum, crème fraîche

13

toffee

butterscotch-soaked date cake, toasted salted pecans, chai gelato

13

chocolate 

flourless mousse bar, cantonese cocoa nibs, winter citrus sorbet

13

sundae 

dark chocolate fudge brownie, peppermint bark, vanilla chantilly

13



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.