

smoothies

12

golden smoothie
pistachio smoothie

pressed juices

12

asian pear parsnip
vitamins c & k, immunity


carrot ginger
vitamins a & c, detoxify


kale apple
vitamins b & c, energy


turmeric pineapple
vitamins c & b6, relaxation


fruits & grains

fresh sliced fruit 
16

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


super oats 
goji berries, almonds, cocoa nibs, blueberries, cinnamon
16

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

breakfast pastries 
whipped butter, assorted jams & jellies
12


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

specialties

old-fashioned pancakes 
 traditional, blueberry, banana or chocolate chip
 17

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

 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.