



## WELCOME TO THE UMSTEAD HOTEL AND SPA

On behalf of the staff, we are honored to have you as our guest and hope that you will enjoy a relaxing visit. I encourage you to discover all of our amenities and services and fully take pleasure in the Umstead experience. Sample the delightful seasonal menus in Herons or The Bar, enjoy live music in our Lounge or relax into luxurious pampering in The Umstead Spa. Our goal is to create a lasting memory in the hopes that you will return in the near future.

Please feel free to call upon me or any of The Umstead associates, if we may be of personal assistance and thank you for staying with us.

Warmest regards,  
David Mars  
Managing Director





## HERONS

Hérons is The Umstead's signature modern fine-dining restaurant, serving breakfast, lunch, weekend brunch, and dinner. The welcoming, elegant space is a showcase for the refined American cuisine of award-winning executive chef Steven Devereaux Greene and chef de cuisine Spencer Thomson. The Hérons chefs create artfully prepared food, drawing organic produce, farm-raised meats and other fresh ingredients from our own dedicated farm, One Oak Farm, and other regional farms. Hérons offers an intimate dining room with an energetic glass enclosed kitchen, a lakeside terrace, or a Private Dining Room for ten.

Hérons offers a flight of surprising flavors in our four-course, prix fix menus, the eight-course Art Tour and offers additional vegetarian and gluten free menus upon request.

## THE BAR AND LOUNGE

The Umstead Bar and Lounge, situated around the beautiful Chihuly glass sculpture at the heart of the hotel, offers a refined, casual menu as well as signature cocktails, international beers, and a carefully curated wine selection. A contemporary range of flavors to suit any palette can be enjoyed in the plush lounge seating, or on the expansive outside terrace with views of the wooded natural landscape and lake. With live entertainment in the evenings, you'll find that the fare on our bar menu is impressive and imaginative in the spirit of Hérons.

### HERONS HOURS

#### BREAKFAST

Monday – Friday  
7:00am to 10:00am

#### LUNCH

Monday – Friday  
11:30am to 2:00pm

#### WEEKEND BRUNCH

Saturday – Sunday  
7:00am to 1:00pm


#### DINNER

Tuesday – Saturday  
5:00pm to 9:00pm

### THE BAR AND LOUNGE HOURS

Sunday – Thursday  
11:30am to 11:00pm

Friday – Saturday  
11:30am to 12 midnight

Dial 4091 or touch  for dining information or reservations

# B R E A K F A S T

Served from 6:00am to 10:00am, Monday – Friday  
and 6:00am to 1:00pm, Saturday – Sunday

## AMERICAN BREAKFAST

Two Farm Eggs*	35
Side of Seasonal Fruit and Roasted Potatoes	
Choice of Meat: <i>Smoked Bacon, Turkey Bacon, Country Ham, Chicken Apple Sausage, Pork Sausage</i>	
Choice of Toast: <i>White, Whole Wheat, Multi-Grain, Rye, English Muffin</i>	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

## THE SPA

Three Egg White Omelet with Farm Vegetables	32
Choice of Toast: <i>Whole Wheat, Multi-Grain, Rye</i>	
Choice of Smoothie: <i>Umstead Golden Smoothie, Pistachio Smoothie</i>	
Choice of Coffee or Tea	

## A LA MINUTE

MIXED FRUIT	21
Choice of Pastries or Parfait	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	


## SPECIALTIES

CRAB CAKE BENEDICT*	34
<i>Blue Crab, Porchetta, Poached Eggs, English Muffin, Champagne Hollandaise</i>	
THREE EGG OMELET	19
<i>Choice of: Ham, Bacon, Sausage, Goat Cheese, Swiss, Cheddar, Onions, Tomatoes, Spinach, Peppers, Mushrooms</i>	
HERONS FEATURED OMELET	25
<i>Seasonal Ingredients, Local Cheese, Roasted Potatoes</i>	
EGG WHITE OMELET	20
<i>White Cheddar, Spinach, Cremini, Shiitake, Portobello</i>	
TWO FARM EGGS*	26
<i>Roasted Kennebec Potatoes, Choice of Breakfast Meat</i>	
OLD-FASHIONED PANCAKES	19
<i>Traditional, Blueberry, Banana or Chocolate Chip</i>	



<b>PRESSED JUICES</b>	<b>12</b>	<b>SMOOTHIES</b>	<b>12</b>
Pineapple Tumeric <i>Vitamin C &amp; B, Relaxation</i>		Umstead Golden Smoothie <i>Turmeric, Ginger, Carrot, Coconut, Cardamom, Banana, Mango</i>	
Carrot Ginger <i>Vitamin A &amp; C, Detoxify</i>		Pistachio Smoothie <i>Pistachio, Passion Fruit, Cardamom, Yogurt, Coconut Water</i>	
Kale Apple <i>Vitamin B &amp; C, Energy</i>			
Beet Lemon <i>Antioxidant, Detoxify</i>			
<b>FRESH FRUIT &amp; GRAINS</b>			
Fresh Sliced Fruit Plate			16
Acai Bowl <i>House Granola, Bee Pollen, Banana, Mixed Berries, Honey</i>			17
Cold Cereal Selection with Bananas or Strawberries <i>Cheerios, Golden Grahams, Mini Wheats, Granola</i>			8
Chia Pudding <i>Greek Yogurt, Toasted Coconut, Pineapple Puree</i>			14
Super Oats <i>Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon</i>			16
<b>TOASTS</b>			
AVOCADO TOAST <i>Tuscan Kale, Manchego, Pumpkin Seeds, Sourdough</i>			19
ALMOND BUTTER TOAST <i>Bananas, House Granola, Honey, Bee Pollen, Multi-grain</i>			16
SMOKED SALMON <i>Everything Bagel, Herb Cream Cheese, Cucumber, Capers, Dill</i>			24
<b>SIDES</b>		<b>BREAKFAST MEATS</b>	
Fresh Fruit 10		Turkey Bacon	
Roasted Potatoes		Pork Sausage	
Buttermilk Biscuits		Smoked Bacon	
Buttered Local Grits 8		Chicken-Apple Sausage	
		North Carolina Country Ham 8	

*Menu and prices subject to seasonal change.*

*A 20% service charge and \$5.00 portage fee will be added to all in-room dining orders. To place an in-room dining order, dial 4091 or touch  on your guest room telephone.*

*\*The consumption of raw or undercooked animal products may lead to an increased health risk.*

# ALL DAY MENU

Served from 10:00am to 10:00pm, Monday – Friday  
and 1:00pm to 10:00pm Saturday – Sunday

## SMALL PLATES

BEET SALAD	18
<i>Red Endive, Candied Walnuts, Figs, Honey, Sesame Vinaigrette</i>	
KALE SALAD	17
<i>Apple, Crispy Broccoli, Blue Barley, Shallots, Ume Plum Vinaigrette</i>	
CRISPY SHRIMP	20
<i>Panko Fried, Daikon Slaw, Sweet and Sour Sauce</i>	
TUNA TARTARE*	24
<i>Cucumber, Benne Seeds, Organic Soya, Avocado, Black Tapioca Chips</i>	
BEEF TATAKI*	24
<i>Strip Loin, Pickled Hon Shimeji, Carrots, Rice Pearls, Japanese Mayo</i>	
MEAT & CHEESE	30
<i>Sweet Pepper Relish, Mustard, House Pickles, Grilled Bread</i>	

## SOUPS

BUTTERNUT SOUP	16
<i>Kumquats, Trinidad Peppers, Ginger, Thai Coconut Puree</i>	
UMSTEAD HOMEMADE CHICKEN NOODLE SOUP	15
<i>Roasted Chicken Breast, Noodles, Celery, Carrots, Onion, Herbs</i>	






## SANDWICHES

CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	
LOBSTER ROLL	32
<i>Buttermilk Roll, House Made Pickles, Lemon Aioli, House Made Chips</i>	
UMSTEAD BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
VEGGIE BURGER	22
<i>Crispy Quinoa, Walnuts, Carrots, Caramelized Onions, Carrot Slaw, Sambal Aioli, Herbed Fries</i>	
CUSTOM BURGER*	23
<i>Herbed Fries</i>	
Choice of Cheese: <i>American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
Optional Add Ons: <i>Lettuce, Tomato, Onion, Bacon, Avocado</i>	

## ENTRÉES

CAESAR SALAD*	17
<i>Romaine, Parmesan, Anchovies, Croutons</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
CRAB CAKE SALAD	32
<i>Potato Crusted, Red Peppers, Fennel, Lemon, Frisee, Tangerine Vinaigrette</i>	
SEABASS	35
<i>Seven-Spice, Marble Potatoes, Spinach, Onions, Lobster Parsnip Sauce</i>	
CHIRASHI BOWL*	32
<i>Raw Salmon, Hamachi, Shrimp, Avocado, Bubu Arare, Ginger Rice, Kanzuri Aioli</i>	
CHICKEN	32
<i>Maitake Mushrooms, Napa Cabbage, Edamame, Sake Black Bean Sauce</i>	
MISO SALMON*	35
<i>Genmai Crust, Chinese Broccoli, Roasted Root Vegetables, Ginger, Miso Broth</i>	
BEEF FILET*	42
<i>Bok Choy, Red Peppers, Shiitakes, Nashiki Rice, Sauce Japonaise</i>	

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## DESSERT MENU

CHAI	11
<i>Caramelized Spiced Ice Cream Affogato, Warm Apple Cider Cake</i>	
PEAR	13
<i>Coriander White Chocolate Namalaka, Mousse, Toasted Hazelnuts</i>	
PUMPKIN	13
<i>Gingersnap Graham Crust, Whipped Cinnamon Cream, Ginger Spiced Sorbet</i>	
CHOCOLATE	13
<i>Guinness Layer Cake, Milk Chocolate Ganache, Irish Cream Frosting</i>	
SUNDAE	13
<i>Vanilla Gelato, Mixed Berry Jam, Candied Peanuts, Marshmallow Fluff</i>	








## LATE NIGHT MENU

Served daily 10:00pm to 6:00am

BLACK TRUFFLE FRIES <i>Fresh Truffle, Truffle Oil, Grated Aged Parmesan</i>	20
CAESAR SALAD* <i>Romaine, Parmesan, Anchovies, Croutons</i> <i>Chicken 11 Salmon 14 Shrimp 14</i>	17
UMSTEAD BURGER* <i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	27
VEGGIE BURGER <i>Crispy Quinoa, Walnuts, Carrots, Caramelized Onions, Carrot Slaw,</i> <i>Sambal Aioli, Herbed Fries</i>	22
CUSTOM BURGER* <i>Herbed Fries</i> <i>Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue Cheese</i> <i>Optional Add Ons: Lettuce, Tomato, Onion, Bacon, Avocado</i>	23
CLUB SANDWICH <i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	22
COOKIES <i>Half Dozen, Chocolate Chip Cookies</i>	12

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# CHILDREN'S MENU

## BREAKFAST

*Served from 6:00am to 10:00am, Monday – Friday  
and 6:00am to 1:00pm, Saturday – Sunday*

OLD-FASHIONED PANCAKES WITH MAPLE SYRUP 12  
*Traditional, Blueberry, Banana or Chocolate Chip*

ONE EGG WITH BACON OR SAUSAGE, TOAST\* 7

CEREAL WITH SLICED BANANAS OR STRAWBERRIES 5  
*Cheerios, Golden Grahams, Mini Wheats, Granola*

## ALL DAY

SLICED FRUIT PLATE 10

MACARONI AND CHEESE 12

CHEESE PIZZA 13

*The following have a choice of fries or fruit.*

UMSTEAD BURGER 12  
*Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue*

PETITE FILET 24

CHICKEN FINGERS 12  
*Choice of Sauce: BBQ, Honey Mustard, Ranch*

GRILLED CHEESE SANDWICH 10

## DESSERT

KIDS SUNDAE 5

THE UMSTEAD CUPCAKE 5


CHOCOLATE CHIP COOKIES 6

# B E V E R A G E S



BOTTLED WATER		8
<i>Acqua Panna (1L), San Pellegrino (1L)</i>		
BLACK CURRANT ICED TEA	Glass	5
<i>Unsweetened or Sweetened</i>	Pitcher	10
SOFT DRINKS		4
<i>Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda</i>		
JUICES		6
<i>Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>		
MILK		4
<i>Skim, 2%, Whole, Soy, Almond, Oat</i>		
SPECIALTY COFFEE		
Espresso		4
Double Espresso		5
Cappuccino		6
Café Latte		6
Iced Coffee		6
Freshly Brewed Coffee	2 cups	5
	5 cups	8
IKAATI TEA		5
Rajah Estate		
<i>Organic English Breakfast Tea</i>		
Imperial Earl Grey		
<i>Organic Black Tea</i>		
Jade Dragon		
<i>Organic Green Tea</i>		
Soothe		
<i>Organic Chamomile, Caffeine-Free</i>		
Peppermint		
<i>Organic Peppermint Tea, Caffeine-Free</i>		

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## B E E R

MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
AMSTEL LIGHT	Amsterdam	7

*In addition to the beers listed above, The Umstead is excited to offer a rotating collection of craft beers for guests to enjoy. Please reach out to our In Room Dining Team at #4091, or refer to your tablet, to learn about our current craft beer selection.*

## W I N E L I S T

WINE BY THE GLASS gls|btl

### SPARKLING

BODET-HEROLD 'PHYSIS', CRÉMANT DE LOIRE	Loire Valley, France	17/72
AUBRY 'THE UMSTEAD' BRUT	Champagne, France	23/105
JOSEP VENTOSA CAVA BRUT ROSÉ	Penedes, Spain	12/48
LAURENT-PERRIER 'CUVÉE ROSÉ'	Champagne, France	35/160

### WHITE

RIESLING, DR. H. THANISCH 'BERNKASTELER BADSTUBE' KABINETT	Mosel, Germany	15/60
SAUVIGNON BLANC, PASCAL & NICOLAS REVERDY 'LES ANGELOTS'	Sancerre, France	20/80
PINOT BLANC, J. HOFSTATTER WEISSBURGUNDER, 2021	Alto-Adige, Italy	13/52
ALBARIÑO, FAMILIA TORRES 'PAZO DAS BRUXAS', 2022	Rias Baixas, Spain	15/60
CHARDONNAY, LINGUA FRANCA 'ANVI', 2023	Willamette Valley, Oregon	20/80

### ROSÉ

DOMAINE DE TRIENNES, IGP MEDITERRANEE, 2022	Provence, France	13/52
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### RED

GRENACHE BLEND, FAMILLE GRAS COTES DU RHONE, 2021	Rhone Valley, France	15/60
PINOT NOIR, ALEXANA 'THE UMSTEAD CUVÉE', 2020	Willamette Valley, Oregon	20/80
RED BLEND, GAIL WINES 'DORIS' RED TABLE WINE, 2021	Sonoma Valley, California	13/52
CABERNET SAUVIGNON, ROUTE STOCK, 2021	Napa Valley, California	18/72
BDX BLEND, CH. BELREGARD-FIGEAC ST. EMILION G. CRU, 2017	Bordeaux, France	24/96



