

## FRUIT & SALADS

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FRESH FRUIT PLATE V X	17
CHIA BOWL X	14
greek yogurt, chai tea, granola, kiwi, persimmon, mint	
AÇAI BOWL V X	18
banana, coconut, blood orange energy bites, granola, bee pollen, pomegranate seeds	
WEDGE SALAD V X	18
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	

## TOASTS

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ALMOND V X	17
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO V X	20
pumpkin seeds, sunflower seeds, benne seeds, walnuts, honey, sourdough	
SMOKED SALMON * X	25
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

## EGGS

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TWO FARM EGGS * V X	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	34
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET V X	20
white cheddar, spinach, cremini, shiitake, portabella, tomato	
HERONS FEATURED OMELET V X	25
chef selected seasonal ingredients, local cheese, roasted potatoes	

## SPECIALTIES

SUPER OATS <sup>V</sup> <sub>X</sub>	16
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon	
OLD-FASHIONED PANCAKES <sup>V</sup>	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
UMSTEAD SMASH BURGER * <sub>X</sub>	27
gruyère, caramelized onion, black truffle aioli, herbed fries	
AUTUMN HOT POT <sup>V</sup> <sub>X</sub>	32
pork shoulder, kimchi, tofu, potato, squash, cabbage, enoki, rice	
STEAK & EGGS * <sub>X</sub>	35
filet, two farm eggs, herbed fries, black truffle jus	

## BREAKFAST MEATS

## SIDES

TURKEY BACON	8	FRESH FRUIT	12
PORK SAUSAGE	8	ROASTED POTATOES	8
SMOKED BACON	8	BUTTERMILK BISCUITS	8
CHICKEN-APPLE SAUSAGE	8	BUTTERED WHITE GRITS	8
NC COUNTRY HAM	8		

## DESSERTS

STICKY TOFFEE <sup>V</sup>	14
warmed brown sugar date cake, buffalo trace bourbon gelato	
APPLE <sup>V</sup>	14
brown butter almond crumb tart, cider gelee, yuzu jam, sorbet	
PUMPKIN	12
chiffon sponge, mousse, white chocolate, coriander, candied pepitas	
CHOCOLATE <sup>V</sup>	14
brooklyn blackout layer cake, whipped ganache, buttercream icing	
SUNDAE <sup>V</sup>	14
masala chai gelato, spice cake, salted rum caramel, vanilla chantilly	

<sup>V</sup><sub>X</sub> 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.