

SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE
STRAWBERRY CASHEW SMOOTHIE

PRESSED JUICES

12

TURMERIC PINEAPPLE

vitamins c & b6, relaxation

CARROT GINGER

vitamins a & c, detoxify

KALE APPLE

vitamins b & c, energy

BEET LEMON

antioxidant, detoxify

FRUITS & GRAINS

FRESH SLICED FRUIT 

16

AÇAI BOWL 

17

banana, coconut, cherry energy bites, granola, bee pollen, honey

SUPER OATS 

16

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

CHIA BOWL 

14




chai tea, coconut, granola, rhubarb, banana, cocoa nibs

BREAKFAST PASTRIES 




12

whipped butter, assorted jams & jellies

TOASTS

| | |
|---|----|
| ALMOND  | 16 |
| banana, honey, bee pollen, house granola, multi-grain | |
| AVOCADO  | 19 |
| english peas, radish, goat cheese, pistachios, sourdough | |
| SMOKED SALMON  | 25 |
| bagel, herb cream cheese, egg, tomato, cucumber, capers, dill | |

SPECIALTIES


| | |
|--|----|
| OLD-FASHIONED PANCAKES  | 19 |
| traditional, blueberry, chocolate chip, or banana, maple syrup | |
| TWO FARM EGGS*  | 26 |
| roasted kennebec potatoes, choice of breakfast meat | |
| CRAB CAKE BENEDICT | 34 |
| blue crab, porchetta, english muffin, champagne hollandaise | |
| EGG WHITE OMELET  | 20 |
| white cheddar, spinach, cremini, shiitake, portabella | |
| HERONS FEATURED OMELET  | 25 |
| chef selected seasonal ingredients, local cheese, roasted potatoes | |

BREAKFAST MEATS

| | |
|-----------------------|---|
| TURKEY BACON | 8 |
| PORK SAUSAGE | 8 |
| SMOKED BACON | 8 |
| CHICKEN-APPLE SAUSAGE | 8 |
| NC COUNTRY HAM | 8 |

SIDES

| | |
|----------------------|----|
| FRESH FRUIT | 12 |
| ROASTED POTATOES | 8 |
| BUTTERMILK BISCUITS | 8 |
| 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.