






fruit & salads



fresh fruit plate  
16



chia pudding 
greek yogurt, pineapple, toasted coconut flakes
14

açaí bowl  
banana, seasonal berries, coconut, granola, bee pollen, honey
17

kale salad  
apple, crispy broccoli, blue barley, shallots, ume plum vinaigrette
17



toasts

almond  
banana, honey, bee pollen, house granola, multi-grain
16



avocado  
tuscan kale, manchego, pumpkin seeds, cider vinaigrette, sourdough
19

smoked salmon 
everything bagel, cream cheese, cucumber, capers, dill
24

eggs

two farm eggs*  
roasted kennebec potatoes, choice of breakfast meat
26

crab cake benedict*
blue crab, porchetta, english muffin, champagne hollandaise
34

egg white omelet  
white cheddar, spinach, cremini, shiitake, portabella
20

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
19

umstead burger * 

gruyère, caramelized onion, truffle aioli, herbed fries
27

seafood hot pot 

shrimp, scallops, seabass, kimchi, tofu, fennel, enoki mushrooms, rice
32

steak & eggs * 

filet, two farm eggs, herbed fries, black truffle jus
35

dessert

chai 

caramelized spiced ice cream affogato, warm apple cider cake
11

pear

coriander white chocolate namalaka, mousse, toasted hazelnuts
13

pumpkin


gingersnap graham crust, whipped cinnamon cream, ginger sorbet
13

chocolate

guinness layer cake, milk chocolate ganache, irish cream frosting
13

sundae 

vanilla gelato, mixed berry jam, candied peanuts, marshmallow fluff
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.