

FRUIT & SALADS

FRESH FRUIT PLATE V	16
CHIA BOWL	14
greek yogurt, chai tea, granola, raspberries, blackberries	
AÇAI BOWL V	17
banana, coconut, cherry energy bites, granola, bee pollen, honey	
WEDGE SALAD V	18
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	

TOASTS

ALMOND V	16
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO V	19
tomato, basil, arugula, manchego, pecans, champagne vinaigrette	
SMOKED SALMON	25
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

EGGS

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

SPECIALTIES






SUPER OATS  	16
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon	
OLD-FASHIONED PANCAKES 	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
UMSTEAD SMASH BURGER * 	27
gruyère, caramelized onion, black truffle aioli, herbed fries	
SUMMER HOT POT  	32
kimchi, tofu, corn, tomatoes, cabbage, enoki, rice	
STEAK & EGGS * 	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

SORBET  	11
frozen white verjus, yuzu compressed summer melon, crème fraiche	
PEACH	13
bavarian mousse, jam, dehydrated meringue, almond miso crumb	
LAYER CAKE 	13
whipped vanilla bean mascarpone, white chocolate italian buttercream	
CHOCOLATE 	13
valrhona sixty-four percent ganache, salted caramel jam, ice cream	
SUNDAE 	13
vanilla gelato, key lime curd, blackberry compote, graham cracker	

  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.