FRUIT & SALADS

FRESH FRUIT PLATE VX	16
CHIA BOWL X	14
greek yogurt, chai tea, granola, raspberries, blackberries	
AÇAI BOWL ♥¾	17
banana, coconut, cherry energy bites, granola, bee pollen, honey	
WEDGE SALAD VX	18
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	
TOASTS	
ALMOND VX	16
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO VX	19
tomato, basil, arugula, manchego, pecans, champagne vinaigrette	
SMOKED SALMON *	25
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	
EGGS	
TWO FARM EGGS* VX	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	3 4
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET VX	20
white cheddar, spinach, cremini, shiitake, portabella	
HERONS FEATURED OMELET VX	25
chef selected seasonal ingredients, local cheese, roasted potatoes	

SPECIALTIES

SUPER OATS **X* goji berries, raw almonds, cocoa nibs, blueberries, cinnamon OLD-FASHIONED PANCAKES ** UMSTEAD SMASH BURGER** gruyère, caramelized onion, black truffle aioli, herbed fries SUMMER HOT POT **X* kimchi, tofu, corn, tomatoes, cabbage, enoki, rice STEAK & EGGS** filet, two farm eggs, herbed fries, black truffle jus BREAKFAST MEATS SIDES TURKEY BACON B FRESH FRUIT PORK SAUSAGE B ROASTED POTATOES SMOKED BACON B BUTTERMILK BISCUITS CHICKEN-APPLE SAUSAGE B BUTTERED WHITE GRITS NC COUNTRY HAM B DESSERTS SORBET **X* frozen white verjus, yuzu compressed summer melon, crème fraiche PEACH bavarian mousse, jam, dehydrated meringue, almond miso crumb LAYER CAKE **W* white percent ganache, salted caramel jam, ice cream SUNDAE **V* vanilla gelato, key lime curd, blackberry compote, graham cracker				
OLD-FASHIONED PANCAKES V traditional, blueberry, chocolate chip, or banana, maple syrup UMSTEAD SMASH BURGER** gruyère, caramelized onion, black truffle aioli, herbed fries SUMMER HOT POT V* kimchi, tofu, corn, tomatoes, cabbage, enoki, rice STEAK & EGGS** SIDES TURKEY BACON B FRESH FRUIT PORK SAUSAGE B ROASTED POTATOES SMOKED BACON B BUTTERMILK BISCUITS RCHICKEN-APPLE SAUSAGE BUTTERED WHITE GRITS NC COUNTRY HAM B DESSERTS SORBET V* frozen white verjus, yuzu compressed summer melon, crème fraiche PEACH bavarian mousse, jam, dehydrated meringue, almond miso crumb LAYER CAKE V whipped vanilla bean mascarpone, white chocolate italian buttercream CHOCOLATE V valrhona sixty-four percent ganache, salted caramel jam, ice cream SUNDAE V 13				
UMSTEAD SMASH BURGER** gruyère, caramelized onion, black truffle aioli, herbed fries SUMMER HOT POT V* kimchi, tofu, corn, tomatoes, cabbage, enoki, rice STEAK & EGGS** STEAK & EGGS** STEAK & EGGS** SIDES TURKEY BACON BREAKFAST MEATS SIDES TURKEY BACON BROASTED POTATOES SMOKED BACON BROASTED POTATOES SMOKED BACON BROASTED WHITE GRITS CHICKEN-APPLE SAUSAGE BUTTERMILK BISCUITS NC COUNTRY HAM BUTTERED WHITE GRITS NC COUNTRY HAM BUTTERED WHITE GRITS 11 frozen white verjus, yuzu compressed summer melon, crème fraiche PEACH bavarian mousse, jam, dehydrated meringue, almond miso crumb LAYER CAKE V* whipped vanilla bean mascarpone, white chocolate italian buttercream CHOCOLATE V* valrhona sixty-four percent ganache, salted caramel jam, ice cream SUNDAE V* 13	OLD-FASHIONED PANCAKES V			
SUMMER HOT POT VX kimchi, tofu, corn, tomatoes, cabbage, enoki, rice STEAK & EGGS*X filet, two farm eggs, herbed fries, black truffle jus BREAKFAST MEATS SIDES TURKEY BACON 8 FRESH FRUIT 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 VX frozen white verjus, yuzu compressed summer melon, crème fraiche PEACH bavarian mousse, jam, dehydrated meringue, almond miso crumb LAYER CAKE V whipped vanilla bean mascarpone, white chocolate italian buttercream CHOCOLATE V valrhona sixty-four percent ganache, salted caramel jam, ice cream SUNDAE V	UMSTEAD SMASH BURGER**			
STEAK & EGGS** filet, two farm eggs, herbed fries, black truffle jus BREAKFAST MEATS SIDES	SUMMER HOT POT VX			
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CHOCOLATE V valrhona sixty-four percent ganache, salted caramel jam, ice cream SUNDAE V 13	LAYER CAKE V			
	CHOCOLATE V			

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.