



WELCOME TO THE UMSTEAD HOTEL AND SPA

On behalf of the staff, we are honored to have you as our guest and hope that you will enjoy a relaxing visit. I encourage you to discover all of our amenities and services and fully take pleasure in the Umstead experience. Sample the delightful seasonal menus in Herons or The Bar, enjoy live music in our Lounge or relax into luxurious pampering in The Umstead Spa. Our goal is to create a lasting memory in the hopes that you will return in the near future.

Please feel free to call upon me or any of The Umstead associates, if we may be of personal assistance and thank you for staying with us.

Warmest regards,
David Mars
Managing Director





dining

HERONS

Hérons is The Umstead's signature modern fine-dining restaurant, serving breakfast, lunch, weekend brunch, and dinner. The welcoming, elegant space is a showcase for the refined cuisine of award-winning executive chef Steven Devereaux Greene and chef de cuisine Spencer Thomson. The Hérons chefs create artfully prepared food, drawing organic produce, farm-raised meats and other fresh ingredients from our own dedicated farm, One Oak Farm, and other regional farms. Hérons offers an intimate dining room with an energetic glass enclosed kitchen, a lakeside terrace, or a Private Dining Room for ten.

Hérons offers a flight of surprising flavors in our a la carte menu or a featured seasonal tasting menu. Vegetarian and gluten free menus upon request.

THE BAR AND LOUNGE

The Umstead Bar and Lounge, situated around the beautiful Chihuly glass sculpture at the heart of the hotel, offers a refined, casual menu as well as signature cocktails, international beers, and a carefully curated wine selection. A contemporary range of flavors to suit any palette can be enjoyed in the plush lounge seating, or on the expansive outside terrace with views of the wooded natural landscape and lake. With live entertainment in the evenings, you'll find that the fare on our bar menu is impressive and imaginative in the spirit of Hérons. New for 2025, acclaimed Sushi Chef Hyunwoo Kim introduces specialty sushi small plates to the Bar Menu, expertly and artfully crafted with the ocean's freshest ingredients.

HERONS HOURS

BREAKFAST

Monday – Friday
7:00am to 10:00am

LUNCH

Monday – Friday
11:30am to 2:00pm

WEEKEND BRUNCH

Saturday – Sunday
7:00am to 1:00pm


DINNER

Tuesday – Saturday
5:00pm to 9:00pm

THE BAR AND LOUNGE HOURS

Sunday – Thursday
11:30am to 11:00pm

Friday – Saturday
11:30am to 12 midnight

Dial 4091 or touch  for dining information or reservations

BREAKFAST

Served from 6:00am to 10:00am, Monday – Friday
and 6:00am to 1:00pm, Saturday – Sunday

AMERICAN BREAKFAST

Two Farm Eggs*	36
Side of Seasonal Fruit and Roasted Potatoes	
Choice of Meat: <i>Smoked Bacon, Turkey Bacon, Country Ham, Chicken Apple Sausage, Pork Sausage</i>	
Choice of Toast: <i>White, Whole Wheat, Multi-Grain, Rye, English Muffin</i>	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

THE SPA

Three Egg White Omelet with Farm Vegetables	33
Choice of Toast: <i>Whole Wheat, Multi-Grain, Rye</i>	
Choice of Smoothie: <i>Umstead Golden Smoothie, Strawberry Cashew Smoothie</i>	
Choice of Coffee or Tea	

A LA MINUTE

MIXED FRUIT	22
Choice of Pastries or Chia Pudding	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	


SPECIALTIES

CRAB CAKE BENEDICT*	34
<i>Blue Crab, Porchetta, Poached Eggs, English Muffin, Champagne Hollandaise</i>	
THREE EGG OMELET	19
<i>Choice of: Ham, Bacon, Sausage, Goat Cheese, Swiss, Cheddar, Onions, Tomatoes, Spinach, Peppers, Mushrooms</i>	
HERONS FEATURED OMELET	25
<i>Seasonal Ingredients, Local Cheese, Roasted Potatoes</i>	
EGG WHITE OMELET	20
<i>White Cheddar, Spinach, Cremini, Shiitake, Portobello</i>	
TWO FARM EGGS*	26
<i>Roasted Kennebec Potatoes, Choice of Breakfast Meat</i>	
OLD-FASHIONED PANCAKES	19
<i>Traditional, Blueberry, Banana or Chocolate Chip</i>	



PRESSED JUICES	12	SMOOTHIES	12
Pineapple Tumeric <i>Vitamin C & B, Relaxation</i>		Umstead Golden Smoothie <i>Turmeric, Ginger, Carrot, Coconut, Cardamom, Banana, Mango</i>	
Carrot Ginger <i>Vitamin A & C, Detoxify</i>		Strawberry Cashew Smoothie <i>Strawberries, Cashew Butter, Almond Milk, Honey</i>	
Kale Apple <i>Vitamin B & C, Energy</i>			
Beet Lemon <i>Antioxidant, Detoxify</i>			
FRESH FRUIT & GRAINS			
Fresh Sliced Fruit Plate			16
Acai Bowl <i>House Granola, Bee Pollen, Banana, Cherries, Cocoa Energy Bites, Honey</i>			17
Cold Cereal Selection with Bananas or Strawberries <i>Cheerios, Golden Grahams, Mini Wheats, Granola</i>			8
Chia Bowl <i>Greek Yogurt, Chai Tea, Coconut Granola, Rhubarb, Cocoa Nibs</i>			14
Super Oats <i>Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon</i>			16
TOASTS			
AVOCADO TOAST <i>English Pea, Radish, Goat Cheese, Pistachios, Sourdough</i>			19
ALMOND BUTTER TOAST <i>Bananas, House Granola, Honey, Bee Pollen, Multi-grain</i>			16
SMOKED SALMON <i>Bagel, Herb Cream Cheese, Egg, Tomato, Cucumber, Capers, Dill</i>			24
SIDES		BREAKFAST MEATS	
Fresh Fruit 12		Turkey Bacon	
Roasted Potatoes		Pork Sausage	
Buttermilk Biscuits		Smoked Bacon	
Buttered Local Grits 8		Chicken-Apple Sausage	
		North Carolina Country Ham	
		8	

Menu and prices subject to seasonal change.

A 20% service charge and \$5.00 portage fee will be added to all in-room dining orders. To place an in-room dining order, dial 4091 or touch  on your guest room telephone.

**The consumption of raw or undercooked animal products may lead to an increased health risk.*

ALL DAY MENU

Served from 10:00am to 10:00pm, Monday – Friday
and 1:00pm to 10:00pm Saturday – Sunday

SMALL PLATES

BEET SALAD	18
<i>Red Endive, Candied Walnuts, Goat Cheese, Raspberry, Sherry Vinaigrette</i>	
WEDGE SALAD	17
<i>Baby Tomatoes, Bacon Lardons, Herbs, Blue Cheese Dressing</i>	
CRISPY SHRIMP	20
<i>Panko Fried, Daikon Slaw, Sweet and Sour Sauce</i>	
TUNA TARTARE*	24
<i>Cucumber, Benne Seeds, Organic Soya, Avocado, Wasabi Tapioca Chips</i>	
CRUDO*	24
<i>Snapper, Radish, Sea Beans, Basil, Yuzu Dashi Vinaigrette</i>	
MEAT & CHEESE	30
<i>Sweet Pepper Relish, Mustard, House Pickles, Grilled Bread</i>	

SOUPS

ENGLISH PEA SOUP	16
<i>Chilled, Crab, Tarragon, Lemon Crème Fraîche, Pine Nuts</i>	
UMSTEAD HOMEMADE CHICKEN NOODLE SOUP	15
<i>Roasted Chicken, Egg Noodles, Celery, Carrots, Onion, Herbs</i>	






SANDWICHES

CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	
LOBSTER ROLL	32
<i>Buttermilk Roll, House Made Pickles, Lemon Aioli, House Made Chips</i>	
UMSTEAD BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
VEGGIE BURGER	22
<i>Crispy Quinoa, Walnuts, Carrots, Caramelized Onions, Carrot Slaw, Sambal Aioli, Herbed Fries</i>	
CUSTOM BURGER*	23
<i>Herbed Fries</i>	
Choice of Cheese: <i>American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
Optional Add Ons: <i>Lettuce, Tomato, Onion, Bacon, Avocado</i>	

ENTRÉES

CAESAR SALAD*	17
<i>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
CRAB CAKE SALAD	32
<i>Potato Crusted, Green Tomato, Arugula, Carrot, Scallion Vinaigrette</i>	
SEABASS	35
<i>Miso, Carrot, Shiitakes, Scallions, Bamboo Rice, Carrot Ginger Broth</i>	
CHIRASHI BOWL*	32
<i>Raw Salmon, Hamachi, Tuna, Avocado, Bubu Arare, Ginger Rice, Kanzuri Aioli</i>	
CHICKEN	32
<i>Yakitori Glaze, Red Peppers, Asparagus, Ginger, Polenta, Sake Jus</i>	
MISO SALMON*	35
<i>Herb Crust, Bok Choy, Beech Mushrooms, Glass Noodles, Five-Spice Consommé</i>	
BEEF FILET*	42
<i>Potato, Chinese Broccoli, Cabbage, Pickled Peanuts, Szechuan Jus</i>	

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DESSERT MENU

BERRY	11
<i>Double Strawberry Sorbet, Poached Rhubarb, Crème Fraîche, Sudachi</i>	
LEMON	13
<i>Citrus Custard, Candied Sicilian Pistachios, Shortbread Crust, Raspberry</i>	
OPERA CAKE	13
<i>Espresso Joconde, Dulcey Buttercream, Candied Lemon, Malt Ice Cream</i>	
CHOCOLATE	13
<i>Valrhona Sixty-Four Percent Ganache, Flourless Chiffon, Caramel Mousse</i>	
SUNDAE	13
<i>Coconut Pastry Cream, Condensed Milk Cake, Rum, Vanilla Chantilly Cream</i>	






LATE NIGHT MENU

Served daily 10:00pm to 6:00am

BLACK TRUFFLE FRIES <i>Fresh Truffle, Truffle Oil, Grated Aged Parmesan</i>	20
CAESAR SALAD* <i>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</i> <i>Chicken 11 Salmon 14 Shrimp 14</i>	17
UMSTEAD BURGER* <i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	27
VEGGIE BURGER <i>Crispy Quinoa, Walnuts, Carrots, Caramelized Onions, Carrot Slaw, Sambal Aioli, Herbed Fries</i>	22
CUSTOM BURGER* <i>Herbed Fries</i> Choice of Cheese: <i>American, Cheddar, Swiss, Provolone, Blue Cheese</i> Optional Add Ons: <i>Lettuce, Tomato, Onion, Bacon, Avocado</i>	23
CLUB SANDWICH <i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	22
COOKIES <i>Half Dozen, Chocolate Chip Cookies</i>	12

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CHILDREN'S MENU

BREAKFAST

*Served from 6:00am to 10:00am, Monday – Friday
and 6:00am to 1:00pm, Saturday – Sunday*

OLD-FASHIONED PANCAKES WITH MAPLE SYRUP 12
Traditional, Blueberry, Banana or Chocolate Chip

ONE EGG WITH BACON OR SAUSAGE, TOAST* 7

CEREAL WITH SLICED BANANAS OR STRAWBERRIES 5
Cheerios, Golden Grahams, Mini Wheats, Granola

ALL DAY

SLICED FRUIT PLATE 10

MACARONI AND CHEESE 12

CHEESE PIZZA 13

The following have a choice of fries or fruit.

UMSTEAD BURGER 12
Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue

PETITE FILET 24

CHICKEN FINGERS 12
Choice of Sauce: BBQ, Honey Mustard, Ranch

GRILLED CHEESE SANDWICH 10

DESSERT

KIDS SUNDAE 5

THE UMSTEAD CUPCAKE 5


CHOCOLATE CHIP COOKIES 6



B E V E R A G E S

BOTTLED WATER		8
BLACK CURRANT ICED TEA	Glass	5
<i>Unsweetened or Sweetened</i>	Pitcher	10
SOFT DRINKS		4
<i>Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda</i>		
JUICES		6
<i>Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>		
MILK		4
<i>Skim, 2%, Whole, Soy, Almond, Oat</i>		
SPECIALTY COFFEE		
Espresso		5
Double Espresso		6
Cappuccino		7
Café Latte		7
Iced Coffee		7
Freshly Brewed Coffee	2 cups	6
	5 cups	9
IKAATI TEA		5
Rajah Estate		
<i>Organic English Breakfast Tea</i>		
Imperial Earl Grey		
<i>Organic Black Tea</i>		
Jade Dragon		
<i>Organic Green Tea</i>		
Soothe		
<i>Organic Chamomile, Caffeine-Free</i>		
Peppermint		
<i>Organic Peppermint Tea, Caffeine-Free</i>		

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B E E R

MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
AMSTEL LIGHT	Amsterdam	7

In addition to the beers listed above, The Umstead is excited to offer a rotating collection of craft beers for guests to enjoy. Please reach out to our In Room Dining Team at #4091, or refer to your tablet, to learn about our current craft beer selection.

W I N E L I S T

WINE BY THE GLASS		gls btl
SPARKLING		
JEIO PROSECCO SUPERIORE DOCG BRUT	Conegliano Valdobbiadene, Italy	17/72
AUBRY 'THE UMSTEAD' BRUT	Champagne, France	24/110
JOSEP VENTOSA CAVA BRUT ROSÉ	Penedes, Spain	13/52
RUINART BRUT ROSÉ	Champagne, France	39/175
WHITE		
RIESLING, DR. H. THANISCH 'BERNKASTELER BADSTUBE' KABINETT	Mosel, Germany	15/60
SAUVIGNON BLANC, FAMILIE BAUDRY, 2023	Sancerre, France	20/80
PINOT BLANC, J. HOFSTATTER WEISSBURGUNDER, 2023	Alto-Adige, Italy	14/56
ALBARIÑO, ZARATE, 2023	Rias Baixas, Spain	16/64
CHARDONNAY, LINGUA FRANCA 'ANVI', 2022	Willamette Valley, Oregon	21/84
ROSÉ		
PEYRASSOL 'LES COMMANDEURS'	Côtes de Provence, France	16/64
RED		
GRENACHE BLEND, FAMILIE GRAS COTES DU RHONE, 2021	Rhone Valley, France	16/64
PINOT NOIR, ALEXANA 'THE UMSTEAD CUVÉE', 2021	Willamette Valley, Oregon	20/80
RED BLEND, GAIL WINES 'DORIS' RED TABLE WINE, 2021	Sonoma Valley, California	14/54
CABERNET SAUVIGNON, BAND OF VINTNERS, 2022	Napa Valley, California	22/88
BDX BLEND, TENUTA SETTE CIELI 'YANTRA' TOSCANA IGT, 2021	Tuscany, Italy	18/72



