











FRUIT & SALADS

FRESH FRUIT PLATE 	16
CHIA BOWL 	14
greek yogurt, chai tea, coconut granola, orange, cocoa nibs	
AÇAI BOWL 	17
banana, kiwi, pear, pomegranate, coconut, granola, bee pollen, honey	
KALE SALAD 	17
apple, crispy broccoli, blue barley, shallots, ume plum vinaigrette	

TOASTS

ALMOND 	16
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	19
tuscan kale, manchego, pumpkin seeds, cider vinaigrette, sourdough	
SMOKED SALMON 	24
everything bagel, cream cheese, cucumber, capers, dill	

EGGS

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
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, banana, maple syrup	
UMSTEAD BURGER * 	27
gruyère, caramelized onion, truffle aioli, herbed fries	
SEAFOOD HOT POT 	32
shrimp, scallops, seabass, kimchi, tofu, fennel, enoki mushrooms, rice	
STEAK & EGGS * 	35
filet, two farm eggs, herbed fries, black truffle jus	


BREAKFAST MEATS

SIDES

TURKEY BACON	8	FRESH FRUIT	10
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

SPICE CAKE 	11
roasted cinnamon ice cream, cranberry jam, candied almond nougatine	
RED VELVET	13
layered cake, whipped cream cheese, white chocolate, fior di latte gelato	
TIRAMISU FOR TWO	16
espresso syrup- soaked chiffon sponge, madagascar vanilla, mascarpone	
CHOCOLATE	13
valrhona milk chocolate ganache, cocoa nib brittle, peppermint ice cream	
SUNDAE 	13
vanilla gelato, banana cream, brown sugar toffee sauce, waffle cookie	

 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.