

## smoothies

10

strawberry pomegranate  
chocolate cherry

## pressed juices

10

b e e t l e m o n  
antioxidant, detoxification


c a r r o t g i n g e r  
vitamins a & c, immunity


k a l e a p p l e  
vitamins b & c, energy


t u r m e r i c p i n e a p p l e  
vitamins c & b6, relaxation


## fruits & grains

f r e s h s l i c e d f r u i t   
12

a ç a í b o w l   
banana, kiwi, strawberry, granola, bee pollen, honey  
14

s u p e r o a t s   
goji berries, almonds, cocoa nibs, blueberries, cinnamon  
13

y o g u r t p a r f a i t   
tonka bean panna cotta, blueberry, almonds, granola  
12

b r e a k f a s t p a s t r i e s   
whipped butter, assorted jams & jellies  
8

## specialties

o l d - f a s h i o n e d   p a n c a k e s <sup>✓</sup>  
 traditional, blueberry, banana or chocolate chip  
 14

s m o k e d   s a l m o n  
 everything bagel, cream cheese, cucumber, capers, dill  
 18

t w o   f a r m   e g g s \* <sup>✓ ✕</sup>  
 roasted yukon potatoes, choice of breakfast meat  
 18

c r a b   c a k e   b e n e d i c t \*  
 blue crab, canadian bacon, english muffin, hollandaise  
 25

e g g   w h i t e   o m e l e t <sup>✓ ✕</sup>  
 white cheddar, cremini, shiitake, portabella mushrooms  
 16

h e r o n s   f e a t u r e d   o m e l e t  
 roasted potatoes, seasonal ingredients, local cheese  
 17

## breakfast meats

turkey bacon  
 pork sausage  
 smoked bacon  
 chicken-apple sausage  
 north carolina country ham  
 8

## sides

fresh fruit  
 roasted potatoes  
 buttermilk biscuits  
 buttered local grits  
 6

<sup>✓ ✕</sup> 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.