

FRUIT & SALADS

FRESH FRUIT PLATE V X	17
CHIA BOWL X	14
greek yogurt, burnt honey, granola, hazelnuts, mango, cocoa nibs, kiwi, key lime	
AÇAI BOWL V X	18
banana, coconut, strawberry, rhubarb compote, granola, bee pollen, honey	
WEDGE SALAD V X	19
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	

TOASTS

ALMOND V X	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO V X	22
whipped goat cheese, balsamic strawberries, cashews, basil, honey, sourdough	
SMOKED SALMON* X	26
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

EGGS

TWO FARM EGGS* V X	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	35
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET V X	21
white cheddar, spinach, cremini, shiitake, portabella	
HERONS FEATURED OMELET V X	26
chef selected seasonal ingredients, local cheese, roasted potatoes	

SPECIALTIES

SUPER OATS ^V ^X	16
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon	
OLD-FASHIONED PANCAKES ^V	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
UMSTEAD SMASH BURGER * ^X	27
gruyère, caramelized onion, black truffle aioli, herbed fries	
SPRING HOT POT ^V ^X	32
thai short rib, kimchi, tofu, asparagus, snow peas, cabbage, enoki, rice	
STEAK & EGGS * ^X	38
filet, two farm eggs, herbed fries, black truffle jus	

BREAKFAST MEATS

TURKEY BACON	8
PORK SAUSAGE	8
SMOKED BACON	8
CHICKEN-APPLE SAUSAGE	8
NC COUNTRY HAM	8

SIDES

FRESH FRUIT	12
ROASTED POTATOES	8
BUTTERMILK BISCUITS	8
BUTTERED WHITE GRITS	8

DESSERTS

STRAWBERRY ^V	14
feuille d'brick tart, poached rhubarb, ganache, elderflower, sorbet	
OLIVE OIL	14
layered lemon mousse cake, pistachio cremeaux, croquant, gelato	
CHEESECAKE	14
graham cracker chiffon, vanilla pineapple jam, passion fruit, mango	
CHOCOLATE	14
caramelized puff pastry, whipped ganache, tonka bean ice cream	
SUNDAE ^X ^V	14
coffee gelato, toffee candy, fudge brownie, chocolate sauce, chantilly	

^V^X 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.