



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



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 Herons 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. Herons 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 Herons. 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

B R E A K F A S T

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, Guava Pineapple 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

Pineapple Turmeric
Vitamin C & B, Relaxation

Carrot Ginger
Vitamin A & C, Detoxify

Kale Apple
Vitamin B & C, Energy

Beet Lemon
Antioxidant, Detoxify

SMOOTHIES

12

Umstead Golden Smoothie
*Turmeric, Ginger, Carrot, Coconut,
Cardamom, Banana, Mango*

Guava Pineapple Smoothie
Guava, Pineapple, Lime, Mint, Rice Milk

FRESH FRUIT & GRAINS

Fresh Sliced Fruit Plate 17

Acai Bowl 18
House Granola, Bee Pollen, Banana, Orange Energy Bites, Pomegranate Seeds

Cold Cereal Selection with Bananas or Strawberries 8
Cheerios, Cinnamon Toast Crunch, Frosted Flakes, Granola

Chia Bowl 14
Greek Yogurt, Chai Tea, Granola, Pear, Kiwi, Persimmon, Mint

Super Oats 16
Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon

TOASTS

AVOCADO TOAST 20
Pumpkin Seeds, Sunflower Seeds, Benne Seeds, Walnuts, Honey, Sourdough

ALMOND BUTTER TOAST 17
Bananas, House Granola, Honey, Bee Pollen, Multi-grain

SMOKED SALMON 25
Bagel, Herb Cream Cheese, Egg, Tomato, Cucumber, Capers, Onion, Dill

SIDES

Fresh Fruit
12

Roasted Potatoes
Buttermilk Biscuits
Buttered Local Grits
8

BREAKFAST MEATS

Turkey Bacon
Pork Sausage
Smoked Bacon
Chicken-Apple Sausage
North Carolina Country Ham
8

Menu and prices subject to seasonal change.

A 23% 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
Goat Cheese, Pomegranate, Pistachio, Arugula, White Balsamic Vinaigrette

WEDGE SALAD 17
Baby Tomatoes, Bacon Lardons, Herbs, Blue Cheese Dressing

CRISPY SHRIMP 20
Panko Breaded, Cabbage Slaw, Nuoc Cham Sauce

BEEF TARTARE* 24
Tenderloin, Truffle Aioli, Capers, Shallots, Mustard, Black Onion Bread

CRUDO* 24
Tuna, Kumquats, Castelvetrano Olives, Genmai, Aji Dulce Vinaigrette

MEAT & CHEESE 30
Sweet Pepper Relish, Mustard, House Pickles, Grilled Bread

SOUPS

BUTTERNUT SQUASH SOUP 16
Pork Belly, Apples, Pumpkin Seeds, Creme Fraîche

UMSTEAD HOMEMADE CHICKEN NOODLE SOUP 15
Roasted Chicken, Egg Noodles, Celery, Carrots, Onion, Herbs





SANDWICHES

CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	
LOBSTER ROLL	34
<i>Buttermilk Roll, House Made Pickles, Lemon Aioli, House Made Chips</i>	
PORCHETTA SANDWICH	24
<i>Apple, Salsa Verde, Grain Mustard, Yuzu Aioli, Arugula, Havarti, Ciabatta</i>	
UMSTEAD SMASH BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
CUSTOM SMASH 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*	18
<i>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
CRAB CAKE SALAD	32
<i>Potato Crusted, Farro, Pecorino, Lardons, Dijonnaise</i>	
FLOUNDER	35
<i>Beluga Lentils, Carrots, Radish, Onions, Hazelnuts, Capers, Beurre Noisette</i>	
CHIRASHI BOWL*	32
<i>Raw Salmon, Hamachi, Tuna, Scallions, Nori Chip, Sushi Rice, Wasabi Soy</i>	
CHICKEN	32
<i>Spin Rossa, Country Ham, Greens, Leeks, Cauliflower, Lemon Herb Sauce</i>	
SALMON*	35
<i>Sweet Potato, Parsnips, Turnips, Kohlrabi, Squash, Trinidad Perfume Curry</i>	
BEEF FILET*	42
<i>Hasselback, Charred Brassica, Brussels Sprouts, Black Bean Sauce</i>	

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DESSERT MENU

APPLE 14

Brown Butter Almond Crumb Tart, Cider Gelee, Yuzu Jam, Sorbet

STICKY TOFFEE 12

Warmed Brown Sugar Date Cake, Buffalo Trace Bourbon Gelato

PUMPKIN 14

Chiffon Sponge, Mousse, White Chocolate, Coriander, Candied Pepitas

CHOCOLATE 14

Brooklyn Blackout Layer Cake, Whipped Ganache, Buttercream Icing

SUNDAE 14

Masala Chai Gelato, Spice Cake, Salted Rum Caramel, Vanilla Chantilly





LATE NIGHT MENU

Served daily 10:00pm to 6:00am

TOGARASHI FRIES	20
<i>Togarashi Seasoning, Cilantro Lime Aioli</i>	
CAESAR SALAD*	18
<i>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
PORCHETTA SANDWICH	24
<i>Apple, Salsa Verde, Grain Mustard, Yuzu Aioli, Arugula, Havarti, Ciabatta</i>	
UMSTEAD SMASH BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
CUSTOM SMASH BURGER*	23
<i>Herbed Fries</i>	
<i>Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
<i>Optional Add Ons: Lettuce, Tomato, Onion, Bacon, Avocado</i>	
CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	
COOKIES	12
<i>Half Dozen, Chocolate Chip Cookies</i>	

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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, Cinnamon Toast Crunch, Frosted Flakes, Granola

ALL DAY

SLICED FRUIT PLATE 15

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
Unsweetened or Sweetened	Pitcher	15
SOFT DRINKS		5
Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda		
JUICES		6
Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry		
MILK		5
Skim, 2%, Whole, Soy, Almond, Oat		
SPECIALTY COFFEE		
Espresso		5
Double Espresso		6
Cappuccino		7
Café Latte		7
Iced Coffee		7
Freshly Brewed Coffee	2 cups	10
	5 cups	15
IKAATI TEA		6
Rajah Estate		
Organic English Breakfast Tea		
Imperial Earl Grey		
Organic Black Tea		
Jade Dragon		
Organic Green Tea		
Soothe		
Organic Chamomile, Caffeine-Free		
Peppermint		
Organic Peppermint Tea, Caffeine-Free		

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B E E R

MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
GUINNESS	Ireland	8

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

RIESLING SEKT BRUT, MARKUS MOLITOR, 2022	Mosel-Saar-Ruwer, Germany	15/60
AUBRY ‘THE UMSTEAD’ BRUT	Champagne, France	24/110
RUINART BRUT ROSÉ	Champagne, France	39/175
ROSÉ, BRICK AND MORTAR, 2022	Sonoma Valley, California	18/72

WHITE

RIESLING, VON WINNING ‘WINNINGS’, 2023	Pfalz, Germany	15/60
SAUVIGNON BLANC, FAMILIE BAUDRY, 2023	Sancerre, France	22/84
PINOT GRIGIO, CANTINA TERLANO ‘TRADITION’, 2024	Alto-Adige, Italy	16/64
VERMENTINO, TERENCEUOLA ‘VIGNE BASSE’, 2024	Tuscany, Italy	14/56
ALBARIÑO, ZARATE, 2024	Rias Baixas, Spain	16/64
CHARDONNAY, ALMA DE CATTLEYA, 2023	Sonoma Valley, California	19/76

ROSÉ

PEYRASSOL ‘LES COMMANDEURS’	Côtes de Provence, France	16/64
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RED

CHILLED RED, ELENA WALCH SCHIAVA, 2024	Alto-Adige, Italy	16/64
PINOT NOIR, ALEXANA ‘THE UMSTEAD CUVÉE’, 2021	Willamette Valley, Oregon	20/80
RED BLEND, CLOS DU CAILLOU ‘LE CAILLOU ROUGE’, 2024	Cotes-Du-Rhone, France	15/60
TEMPRANILLO, PERICA ‘VIÑA OLAGOSA’, 2013	Rioja Reserva, Spain	17/68
CABERNET SAUVIGNON, SCATTERED PEAKS, 2023	Napa Valley, California	21/84
CABERNET BLEND, TENUTA SETTE CIELI ‘YANTRA’, 2023	Tuscany, Italy	18/72