SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE
APPLE CASHEW SMOOTHIE

PRESSED JUICES

13

TURMERIC PINEAPPLE

vitamins c & b6, relaxation

CARROT GINGER

vitamins a & c, detoxify

KALE APPLE

vitamins b & c, energy

BEET LEMON

antioxidant, detoxify

FRUITS & GRAINS

FRESH SLICED FRUIT V VX — 17

AÇAI BOWL V VX — 19

banana, coconut, persimmon, granola, bee pollen, honey

SUPER OATS V VX — 16

goji berries, raw almonds, cocoa nibs, blueberries, cinnamon

CHIA BOWL V VX — 15

greek yogurt, gooseberries, tangerine, cocoa nibs, burnt honey, granola

BREAKFAST PASTRIES V — 14

four assorted, butter, jams & jellies

TOASTS

ALMOND 18
banana, honey, bee pollen, house granola, multi-grain

AVOCADO 24
miso hummus, maitake, radish, pickled shallots, genmai, sourdough

SMOKED SALMON* 26
bagel, herb cream cheese, egg, tomato, cucumber, capers, onion, dill

SPECIALTIES

OLD-FASHIONED PANCAKES 20
traditional, blueberry, chocolate chip, or banana, maple syrup

BELGIAN WAFFLE 17
vanilla mascarpone, roasted pears, apple butter, powdered sugar, maple syrup

TWO FARM EGGS* 26
roasted kennebec potatoes, choice of breakfast meat

CRAB CAKE BENEDICT* 35
blue crab, porchetta, english muffin, champagne hollandaise

EGG WHITE OMELET 21
white cheddar, spinach, cremini, shiitake, portobello

HERONS FEATURED OMELET 26
chef selected seasonal ingredients, local cheese, roasted potatoes

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

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.