

smoothies

12

umstead golden smoothie
pistachio passionfruit smoothie

pressed juices

12

turmeric pineapple
vitamins c & b6, relaxation


carrot ginger
vitamins a & c, detoxify


kale apple
vitamins b & c, energy


beet lemon
antioxidant, detoxification


fruits & grains

fresh sliced fruit 
16


açaí bowl 
banana, seasonal berries, coconut, granola, bee pollen, honey
17


super oats 
goji berries, almonds, cocoa nibs, blueberries, cinnamon
16

chia pudding 
greek yogurt, pineapple, toasted coconut flakes
14

breakfast pastries 
whipped butter, assorted jams & jellies
12


toasts


almond butter 
 banana, honey, bee pollen, granola, multi-grain
 16

avocado 
 tuscan kale, manchego, pumpkin seeds, sourdough
 19


smoked salmon 
 everything bagel, cream cheese, cucumber, capers, dill
 24

specialties

old-fashioned pancakes 
 traditional, blueberry, banana or chocolate chip
 19

two farm eggs* 
 roasted kennebec potatoes, choice of breakfast meat
 26

crab cake benedict*
 blue crab, porchetta, english muffin, champagne hollandaise
 34

egg white omelet 
 white cheddar, spinach, cremini, shiitake, portobello
 20


herons featured omelet
 seasonal ingredients, local cheese, roasted potatoes
 25

breakfast meats

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

sides

fresh fruit
 10
 roasted potatoes
 buttermilk biscuits
 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.