FRUIT & SALADS

FRESH FRUIT PLATE — 17

CHIA BOWL — 15
greek yogurt, gooseberries, tangerine, cocoa nibs, burnt honey, granola

AÇAI BOWL — 19
banana, coconut, persimmon, granola, bee pollen, honey

FALL WEDGE SALAD — 19
smoked apples, bacon lardon, pickled walnuts, blue cheese dressing

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, dill

EGGS

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, portabella

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

SPECIALTIES

SUPER OATS 16
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon

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

UMSTEAD SMASH BURGER* 28
gruyère, caramelized onion, black truffle aioli, herbed fries

AUTUMN HOT POT 36
crab dumpling, kimchi, tofu, squash, fennel, cabbage, enoki, rice

STEAK & EGGS* 39
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

APPLE 14
warm cider cake, gelee, caramelized white chocolate, cinnamon gelato

TAPIOCA 14
cardamom coconut milk, vanilla pineapple jam, passion fruit mango syrup

LAYER CAKE 14
buttermilk chiffon, salted caramel, whipped caramelia, milk ice cream

CHOCOLATE 14
sable tart, seventy percent ganache, crème fraiche, earl grey shortbread

SUNDAE 14
praline ice cream, brownie, candied hazelnuts, gianduja chocolate, chantilly

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.