

smoothies

12

golden smoothie
green smoothie

pressed juices

12

b e e t l e m o n
antioxidant, detoxification


c a r r o t g i n g e r
vitamins a & c, immunity


k a l e a p p l e
vitamins b & c, energy


t u r m e r i c p i n e a p p l e
vitamins c & b6, relaxation


fruits & grains

f r e s h s l i c e d f r u i t 
15

a ç a í b o w l 
banana, strawberry, mango, granola, bee pollen, honey
15


s u p e r o a t s 
goji berries, almonds, cocoa nibs, blueberries, cinnamon
15

y o g u r t p a r f a i t 
tonka bean panna cotta, berry jam, almonds, granola
14

b r e a k f a s t p a s t r i e s 
whipped butter, assorted jams & jellies
10


toasts


almond butter 
 banana, house-made granola, honey, multi-grain
 16

avocado 
 arugula, grapefruit, pistachios, black sesame, sourdough
 18


smoked salmon 
 everything bagel, cream cheese, cucumber, capers, dill
 20

specialties

old-fashioned pancakes 
 traditional, blueberry, banana or chocolate chip
 17

two farm eggs* 
 roasted yukon potatoes, choice of breakfast meat
 22

crab cake benedict*
 blue crab, canadian bacon, english muffin, hollandaise
 29

egg white omelet 
 white cheddar, spinach, cremini, shiitake, portabella
 18


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
 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.