





## fruit & salads


fresh fruit plate   
12

yogurt parfait   
tonka bean panna cotta, blueberry, almonds, granola  
12


açaí bowl   
banana, kiwi, strawberry, granola, bee pollen, honey  
14

tomato salad   
watermelon, ricotta, togarashi, sun gold vinaigrette  
16

## eggs

two farm eggs\*   
roasted yukon potatoes, choice of breakfast meat  
18

crab cake benedict\*  
blue crab, canadian bacon, english muffin, hollandaise  
25

egg white omelet   
white cheddar, cremini, shiitake, portabella mushrooms  
16

herons featured omelet  
roasted potatoes, seasonal ingredients, local cheese  
17

## breakfast meats

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

## sides

fresh fruit  
roasted potatoes  
buttermilk biscuits  
buttered local grits  
6

## specialties

super oats 

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

13

old-fashioned pancakes 

traditional, blueberry, chocolate chip, banana, maple syrup

14

shrimp & rice bowl 

charleston gold rice, 62degree egg, peas, ham hock broth

25

umstead burger\* 

gruyère, caramelized onion, black truffle aioli, herbed fries

25

steak & eggs\* 

filet, two farm eggs, herb fries, house made steak sauce

30

## desserts

sorbet 

lemon buttermilk, watermelon, berry, mint compressed melon

11

strawberry

vanilla panna cotta, cornmeal financier, salted pretzel crumble

12

hazelnut

chiffon cake, praline feuilletine, genmai, whipped crème fraîche

12

chocolate

toasted marshmallow, dark chocolate ganache, graham ice cream

12

sundae 

espresso gelato, chocolate brownie, kahlúa fudge, vanilla cream

10



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.