

FRUIT & SALADS

FRESH FRUIT PLATE V X	17
CHIA BOWL V X	15
greek yogurt, gooseberries, kiwi, cocoa nibs, burnt honey, granola	
AÇAI BOWL V X	19
banana, coconut, blueberry, blackberry, granola, bee pollen, honey	
WEDGE SALAD V X	19
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	

TOASTS

ALMOND V X	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO V	24
cherry tomatoes, toasted genmai, white miso hummus, sourdough	
SMOKED SALMON * X	26
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

EGGS

TWO FARM EGGS * V X	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT *	35
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET V X	21
white cheddar, spinach, cremini, shiitake, portabella, tomato	
HERONS FEATURED OMELET V X	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	
SUMMER HOT POT  	36
crab dumpling, kimchi, tofu, zucchini, fennel, cabbage, enoki, rice	
STEAK & EGGS * 	39
filet, two farm eggs, herbed fries, black truffle jus	

BREAKFAST MEATS

SIDES

TURKEY BACON	8	FRESH FRUIT	12
PORK SAUSAGE	8	ROASTED POTATOES	8
SMOKED BACON	8	BUTTERMILK BISCUITS	8
CHICKEN-APPLE SAUSAGE	8	BUTTERED WHITE GRITS	8
NC COUNTRY HAM	8		

DESSERTS

BLACKBERRY 	14
yogurt panna cotta, elderflower gelee, white port granita, jam sorbet	
LEMON	14
layered mousse, graham cracker cake, citrus curd, buttermilk sherbet	
MERINGUE	14
dark chocolate tonka ice cream baked alaska, espresso fudge cake	
CHOCOLATE CHERRY	14
cherry mousse cake, feuilletine crunch, sour cherry sorbet, cocoa nibs	
SUNDAE 	14
vanilla gelato, raspberry sorbet, peach compote, vanilla chiffon, 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.