



WELCOME TO THE UMSTEAD HOTEL AND SPA

On behalf of the staff, we are honored to have you as our guest and hope that you will enjoy a relaxing visit. I encourage you to discover all of our amenities and services and fully take pleasure in the Umstead experience. Sample the delightful seasonal menus in Herons or The Bar, enjoy live music in our Lounge or relax into luxurious pampering in The Umstead Spa. Our goal is to create a lasting memory in the hopes that you will return in the near future.

Please feel free to call upon me or any of The Umstead associates, if we may be of personal assistance and thank you for staying with us.

Warmest regards,
David Mars
Managing Director



HERONS

Hérons is The Umstead's signature modern fine-dining restaurant, serving breakfast, lunch, weekend brunch, and dinner. The welcoming, elegant space is a showcase for the refined American cuisine of award-winning executive chef Steven Devereaux Greene and chef de cuisine Spencer Thomson. The Hérons chefs create artfully prepared food, drawing organic produce, farm-raised meats and other fresh ingredients from our own dedicated farm, One Oak Farm, and other regional farms. Hérons offers an intimate dining room with an energetic glass enclosed kitchen, a lakeside terrace, or a Private Dining Room for ten.

Hérons offers a flight of surprising flavors in our four-course, prix fix menus, the eight-course Art Tour and offers additional vegetarian and gluten free menus upon request.

THE BAR AND LOUNGE

The Umstead Bar and Lounge, situated around the beautiful Chihuly glass sculpture at the heart of the hotel, offers a refined, casual menu as well as signature cocktails, international beers, and a carefully curated wine selection. A contemporary range of flavors to suit any palette can be enjoyed in the plush lounge seating, or on the expansive outside terrace with views of the wooded natural landscape and lake. With live entertainment in the evenings, you'll find that the fare on our bar menu is impressive and imaginative in the spirit of Hérons.

HERONS HOURS

BREAKFAST

Monday – Friday
7:00am to 10:00am

LUNCH

Monday – Friday
11:30am to 2:00pm

WEEKEND BRUNCH

Saturday – Sunday
7:00am to 1:00pm


DINNER

Tuesday – Saturday
5:00pm to 9:00pm

THE BAR AND LOUNGE HOURS

Sunday – Thursday
11:30am to 11:00pm

Friday – Saturday
11:30am to 12 midnight

Dial 4200 or touch  for dining information or reservations

B R E A K F A S T

Served from 6:00am to 10:00am, Monday – Friday
and 6:00am to 1:00pm, Saturday – Sunday

AMERICAN BREAKFAST

Two Farm Eggs*	35
Side of Seasonal Fruit and Roasted Potatoes	
Choice of Meat: <i>Smoked Bacon, Turkey Bacon, Country Ham, Chicken Apple Sausage, Pork Sausage</i>	
Choice of Toast: <i>White, Whole Wheat, Multi-Grain, Rye, English Muffin</i>	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

THE SPA

Three Egg White Omelet with Farm Vegetables	32
Choice of Toast: <i>Whole Wheat, Multi-Grain, Rye</i>	
Choice of Smoothie: <i>Umstead Golden Smoothie, Pistachio Smoothie</i>	
Choice of Coffee or Tea	

A LA MINUTE

MIXED FRUIT	21
Choice of Pastries or Parfait	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

SPECIALTIES

CRAB CAKE BENEDICT	32
<i>Blue Crab, Pork Belly, English Muffin, Choron Hollandaise</i>	
THREE EGG OMELET	19
<i>Choice of: Ham, Bacon, Sausage, Goat Cheese, Swiss, Cheddar, Onions, Tomatoes, Spinach, Peppers, Mushrooms</i>	
HERONS FEATURED OMELET	25
<i>Seasonal Ingredients, Local Cheese, Roasted Potatoes</i>	
EGG WHITE OMELET	19
<i>White Cheddar, Spinach, Cremini, Shiitake</i>	
TWO FARM EGGS*	24
<i>Roasted Idaho Potatoes, Choice of Breakfast Meat</i>	
OLD-FASHIONED PANCAKES	17
<i>Traditional, Blueberry, Banana or Chocolate Chip</i>	



PRESSED JUICES	12	SMOOTHIES	12
Strawberry Tamarind <i>Vitamin B & C</i>		Umstead Golden Smoothie <i>Turmeric, Ginger, Carrot, Coconut, Cardamom, Banana, Mango</i>	
Carrot Ginger <i>Vitamin A & C, Detoxify</i>		Pistachio Smoothie <i>Pistachio, Passion Fruit, Cardamom, Yogurt, Coconut Water</i>	
Kale Apple <i>Vitamin B & C, Energy</i>			
Pineapple Turmeric <i>Vitamin C & B-6, Relaxation</i>			

FRESH FRUIT & GRAINS

Fresh Sliced Fruit	16
Acai Bowl <i>House Granola, Bee Pollen, Banana, Mixed Berries, Honey</i>	17
Cold Cereal Selection with Bananas or Strawberries <i>Cheerios, Golden Grahams, Mini Wheats, Granola</i>	8
Yogurt Panna Cotta <i>Tonka Bean Panna Cotta, Strawberry Rhubarb Compote, Almonds, Granola</i>	14
Super Oats <i>Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon</i>	16

TOASTS

AVOCADO TOAST <i>Avocado, Arugula, Grapefruit, Pistachio, Chèvre</i>	19
PECAN MISO BUTTER <i>Pecan Miso Butter, Grape Jelly, Sesame Brittle, Multi-grain</i>	16
SMOKED SALMON <i>Everything Bagel, Cream Cheese, Cucumber, Capers, Dill</i>	22

SIDES


Fresh Fruit	10
Roasted Potatoes	
Buttermilk Biscuits	
Buttered Local Grits	8

BREAKFAST MEATS

Turkey Bacon	
Pork Sausage	
Smoked Bacon	
Chicken-Apple Sausage	
North Carolina Country Ham	8

Menu and prices subject to seasonal change.

A 20% service charge and \$3.50 portage fee will be added to all in-room dining orders.

To place an in-room dining order, dial 4091 or touch  on your guest room telephone.

**The consumption of raw or undercooked animal products may lead to an increased health risk.*

ALL DAY MENU

Served from 10:00am to 10:00pm, Monday – Friday
and 1:00pm to 10:00pm Saturday – Sunday

SMALL PLATES

BEET SALAD 18
Arugula, Fennel, Pistachios, Chèvre, Strawberry Rhubarb Vinaigrette

BUTTER LETTUCE 17
Manchego, Raspberry, Sunflower Tuile, Spring Onion Vinaigrette

SHRIMP COCKTAIL 20
Chilled Shrimp, Lemon, Citrus Caviar, Thai Cocktail Sauce

STEAK TARTARE* 24
Hon Shimeji, Shallot, Tarragon, Truffle Aioli, Brioche

CEVICHE* 16
Flounder, Jicama, Gooseberry, Avocado, Miso-Ginger Dressing, Black Garlic Chip

MEAT & CHEESE 30
Sweet Pepper Relish, Mustard, House Pickles, Grilled Bread

SOUPS

SPRING GAZPAZCHO 16
Shrimp, Strawberry, Tomato, Cucumber, Jalapeño, Basil, Mint

UMSTEAD HOMEMADE CHICKEN NOODLE SOUP 15
Roasted Chicken Breast, Noodles, Celery, Carrots, Onion, Herbs

CHILLED ENGLISH PEA 16
Peas, Garlic, Shallot, Ginger, Crab, Bacon, Lemon





SANDWICHES


CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	
LOBSTER ROLL	32
<i>Buttermilk Roll, House Made Pickles, Lemon Aioli, House Made Chips</i>	
SOUP & SANDWICH	27
<i>English Pea Soup, Crab, Bacon, Japanese Egg Salad, Pain de Mie</i>	
UMSTEAD BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
VEGGIE BURGER	22
<i>Quinoa, Walnuts, Carrots, Caramelized Onions, Pickles, Cashew Aioli, Herbed Fries</i>	
CUSTOM BURGER*	23
<i>Herbed Fries</i>	
Choice of Cheese: <i>American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
Optional Add Ons: <i>Lettuce, Tomato, Onion, Bacon, Avocado, Fried Egg</i>	

ENTRÉES

CAESAR SALAD*	17
<i>Romaine, Parmesan, Anchovies, Croutons</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
FLOUNDER	27
<i>Tempura Battered, Bamboo Rice, Asian Slaw, Sweet Onion Aioli</i>	
POKE BOWL*	32
<i>Hamachi, Tofu, Ginger Sushi Rice, Kimchi, Scallions, Ponzu</i>	
CAROLINA CHICKEN	32
<i>Sea Island White Peas, Chanterelle, Artichoke, Leek, Beurre Blanc</i>	
SALMON*	35
<i>Bok Choy, Carrots, Ginger Rice Cake, Herb Crust, Green Coconut Curry</i>	
BEEF FILET*	42
<i>Potato Waffle, Tamago Egg, Cabbage, Scallions, Shaoxing Jus</i>	

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DESSERT MENU

STRAWBERRY	13
<i>Layered Cake, Whipped Ganache, Berry Jam, Feuilletine Rocher, Sorbet</i>	
COCONUT	13
<i>Frozen Aerated Parfait, Candied Coconut, Passionfruit Mango Purée</i>	
PISTACHIO	13
<i>Brûléed Chilled Custard, Meyer Lemon, Croquant, Buttermilk Sherbet</i>	
CHOCOLATE	13
<i>Flourless Cake, Cantonese Cocoa Nibs, Burnt Caramel, Malted Gelato</i>	
SUNDAE	13
<i>Blondie Brownie, Coffee Ice Cream, Cardamom Honey, Vanilla Chantilly</i>	






LATE NIGHT MENU

Served daily 10:00pm to 6:00am

BLACK TRUFFLE FRIES <i>Fresh Truffle, Truffle Oil, Grated Aged Parmesan</i>	20
CAESAR SALAD* <i>Romaine, Parmesan, Anchovies, Croutons</i> <i>Chicken 11 Salmon 14 Shrimp 14</i>	17
UMSTEAD BURGER* <i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	27
VEGGIE BURGER <i>Quinoa, Walnuts, Carrots, Caramelized Onions, Cashew Aioli, Herbed Fries</i>	20
CUSTOM BURGER* <i>Herbed Fries</i> <i>Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue Cheese</i> <i>Optional Add Ons: Lettuce, Tomato, Onion, Bacon, Avocado, Fried Egg</i>	23
CLUB SANDWICH <i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	13
COOKIES <i>Half Dozen, Chocolate Chip Cookies</i>	12

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CHILDREN'S MENU

BREAKFAST

*Served from 6:00am to 10:00am, Monday – Friday
and 6:00am to 1:00pm, Saturday – Sunday*

OLD-FASHIONED PANCAKES WITH MAPLE SYRUP 12
Traditional, Blueberry, Banana or Chocolate Chip

ONE EGG WITH BACON OR SAUSAGE, TOAST* 7

CEREAL WITH SLICED BANANAS OR STRAWBERRIES 5
Cheerios, Golden Grahams, Mini Wheats, Granola

ALL DAY

SLICED FRUIT PLATE 10

MACARONI AND CHEESE 12

CHEESE PIZZA 13

The following have a choice of fries or fruit.

UMSTEAD BURGER 12
Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue

PETITE FILET 24

CHICKEN FINGERS 12
Choice of Sauce: BBQ, Honey Mustard, Ranch

GRILLED CHEESE SANDWICH 10

DESSERT

KIDS SUNDAE 5

THE UMSTEAD CUPCAKE 5

CHOCOLATE CHIP COOKIES 6


B E V E R A G E S



BOTTLED WATER		8
<i>Acqua Panna (1L), San Pellegrino (1L)</i>		
BLACK CURRANT ICED TEA	Glass	5
<i>Unsweetened or Sweetened</i>	Pitcher	10
SOFT DRINKS		4
<i>Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda</i>		
JUICES		6
<i>Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>		
MILK		4
<i>Skim, 2%, Whole, Soy, Almond, Oat</i>		
SPECIALTY COFFEE		
Espresso		4
Double Espresso		5
Cappuccino		6
Café Latte		6
Iced Coffee		6
Freshly Brewed Coffee	2 cups	5
	5 cups	8
IKAATI TEA		5
Rajah Estate		
<i>Organic English Breakfast Tea</i>		
Imperial Earl Grey		
<i>Organic Black Tea</i>		
Jade Dragon		
<i>Organic Green Tea</i>		
Soothe		
<i>Organic Chamomile, Caffeine-Free</i>		
Peppermint		
<i>Organic Peppermint Tea, Caffeine-Free</i>		

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B E E R

FULLSTEAM 'PAYCHECK', PILSNER	Durham, NC	8
R&D 'BULL DURHAM', KOLSCH	Raleigh, NC	9 (16oz)
EDMUND'S OAST 'SOMETHING COLD', BLONDE ALE	Charleston, SC	9 (16oz)
RALEIGH BREWING 'FIRST SQUEEZE', WHEAT	Raleigh, NC	8
WESTBROOK 'GOSE', SOUR	Mt Pleasant, SC	8
PONYSAURUS 'A GOLDEN RULE', SAISON	Durham, NC	9 (16oz)
TROPHY 'TROPHY WIFE', SESSION IPA	Raleigh, NC	8
LYNNWOOD 'HOP ON TOP', IPA	Raleigh, NC	10 (16oz)
BOND BROTHERS 'WOODSIA', UMSTEAD IPA	Cary, NC	11 (16oz)
R&D 'BACKSPIN', HAZY IPA	Raleigh, NC	11 (16oz)
HIGHLAND 'GAELIC ALE', AMBER ALE	Asheville, NC	8
PISGAH, 'TURTLEBACK', BROWN ALE	Black Mountain, NC	8
DUCK-RABBIT, MILK STOUT	Farmville, NC	8
BULL CITY 'OFF MAIN', CIDER	Durham, NC	8
BLOWING ROCK 'MOUNTAIN BERRY', HARD SELTZER	Blowing Rock, NC	8
BROOKLYN 'HOPPY AMBER', NON-ALCHOLIC PILSNER	Brooklyn, NY	8
MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
AMSTEL LIGHT	Amsterdam	7

WINE LIST

WINE BY THE GLASS

gls|btl

SPARKLING

BODET-HEROLD 'PHYSIS', CRÉMANT DE LOIRE	Loire Valley, France	17/72
AUBRY 'THE UMSTEAD' BRUT	Champagne, France	23/105
JOSEP VENTOSA CAVA BRUT ROSÉ	Penedes, Spain	12/48
LAURENT-PERRIER 'CUVÉE ROSÉ'	Champagne, France	35/160

WHITE

RIESLING, SEEHOF 'ELEKTRISCH KABINETT', 2022	Rheinhessen, Germany	12/48
SAUVIGNON BLANC, DOMAINE DE SACY, 2022	Sancerre, France	18/72
PINOT BLANC, J. HOFSTATTER WEISSBURGUNDER, 2021	Alto-Adige, Italy	13/52
ALBARIÑO, LA CAÑA, 2022	Rias Baixas, Spain	15/60
CHARDONNAY, ENFIELD WINE CO., 'CITRINE', 2021	California	18/72

ROSÉ


DOMAINE DE TRIENNES, IGP MEDITERRANEE, 2022	Provence, France	13/52
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RED

GRENACHE BLEND, FAMILLE GRAS COTES DU RHONE, 2021	Rhone Valley, France	15/60
PINOT NOIR, ALEXANA 'THE UMSTEAD CUVÉE', 2020	Willamette Valley, Oregon	20/80
RED BLEND, GAIL WINES 'DORIS' RED TABLE WINE, 2021	Sonoma Valley, California	13/52
CABERNET SAUVIGNON, ROUTE STOCK, 2021	Napa Valley, California	18/72
BDX BLEND, CH. BELREGARD-FIGEAC ST. EMILION G. CRU, 2017	Bordeaux, France	24/96

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