

## fruit & salads

fresh fruit plate V X  
15

yogurt parfait X  
tonka bean panna cotta, apple compote, almonds, granola  
14

açaí bowl V X  
banana, kiwi, pomegranate, granola, bee pollen, honey  
15

kale salad V X  
pickled apple, dates, pecans, goat cheese, apple vinaigrette  
16

## toasts

almond butter V X  
banana, house-made granola, honey, multi-grain  
18

avocado V X  
lime, arugula, trinidad peppers, poached egg, sourdough  
24

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

## eggs

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

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

egg white omelet V X  
white cheddar, cremini, shiitake, portabella mushrooms  
18

herons featured omelet  
seasonal ingredients, local cheese, roasted potatoes  
20

## breakfast meats

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

## sides

toast  
fresh fruit  
roasted potatoes  
buttermilk biscuits  
buttered white grits  
8



## specialties

super oats  

goji berries, raw almonds, cocoa nibs, blueberries, cinnamon  
15

old-fashioned pancakes 

traditional, blueberry, chocolate chip, banana, maple syrup  
17

grain bowl  

rye berries, quinoa, sunflower, root vegetable, tamari egg, yuzu  
25

umstead burger \* 

gruyère, caramelized onion, black truffle aioli, herbed fries  
25

steak & eggs \* 

filet, two farm eggs, herb fries, house made steak sauce  
32

## desserts

apple  

ceylon cinnamon panna cotta, spiced confit, date crumb, applejack  
12

sweet potato

custard, linzer tart, salted vanilla caramel, toasted hazelnut gelato  
13

toffee cake


smoked salted pecan croquant, warm butterscotch, anise, ginger  
13

chocolate 

satilia sixty-two percent ganache, espresso brown butter crumble  
12

sundae  

chai latte gelato, dulce de leche, five-spice brownie, maple sugar  
12

  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.