

smoothies

12

umstead golden smoothie
pistachio passionfruit smoothie

pressed juices

12

w a t e r m e l o n c h e r r y
vitamins a & c, antioxidant


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


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


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


fruits & grains

f r e s h s l i c e d f r u i t 
16


a ç a í b o w l 
banana, seasonal berries, coconut, granola, bee pollen, honey
17


s u p e r o a t s 
goji berries, almonds, cocoa nibs, blueberries, cinnamon
16

y o g u r t p a n n a c o t t a 
tonka bean, vanilla, blueberry compote, almonds
14

b r e a k f a s t p a s t r i e s 
whipped butter, assorted jams & jellies
12


toasts


pecan miso butter 
 grape jelly, house granola, honey, multi-grain
 16

avocado 
 arugula, tomatoes, aged goat cheese, balsamic, sourdough
 19


smoked salmon 
 everything bagel, cream cheese, cucumber, capers, dill
 22

specialties

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

two farm eggs* 
 roasted idaho potatoes, choice of breakfast meat
 24

crab cake benedict*
 blue crab, pork belly, english muffin, choron hollandaise
 32

egg white omelet 
 white cheddar, spinach, cremini, shiitake, tomatoes
 19


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
 10
 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.