











FRUIT & SALADS

FRESH FRUIT PLATE 	16
CHIA BOWL 	14
chai tea, coconut, granola, rhubarb, banana, cocoa nibs	
AÇAI BOWL 	17
banana, coconut, cherry energy bites, granola, bee pollen, honey	
WEDGE SALAD 	18
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	

TOASTS

ALMOND 	16
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	19
english peas, radish, goat cheese, pistachios, sourdough	
SMOKED SALMON 	25
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

EGGS

TWO FARM EGGS* 	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	34
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET 	20
white cheddar, spinach, cremini, shiitake, portabella	
HERONS FEATURED OMELET 	25
chef selected seasonal ingredients, local cheese, roasted potatoes	

SPECIALTIES

SUPER OATS  16

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

OLD-FASHIONED PANCAKES  19

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

UMSTEAD BURGER *  27

gruyère, caramelized onion, truffle aioli, herbed fries

SPRING HOT POT  32

tofu, snow peas, asparagus, enoki, rice, miso kimchi dashi

STEAK & EGGS *  35

filet, two farm eggs, herbed fries, black truffle jus

BREAKFAST MEATS

TURKEY BACON	8
PORK SAUSAGE	8
SMOKED BACON	8
CHICKEN-APPLE SAUSAGE	8
NC COUNTRY HAM	8

SIDES

FRESH FRUIT	12
ROASTED POTATOES	8
BUTTERMILK BISCUITS	8
BUTTERED WHITE GRITS	8

DESSERTS

BERRY  11

double strawberry sorbet, poached rhubarb, crème fraiche, sudachi

LEMON 13

Citrus custard, candied sicilian pistachios, shortbread crust, raspberry

OPERA CAKE 16


espresso joconde, dulcey buttercream, candied lemon, malt ice cream

CHOCOLATE 13

valrhona sixty-four percent ganache, flourless chiffon, caramel mousse

SUNDAE  13

coconut pastry cream, condensed milk cake, rum, vanilla chantilly cream

 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.