

## SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE  
STRAWBERRY CASHEW SMOOTHIE

## PRESSED JUICES

13

TURMERIC PINEAPPLE

vitamins c & b6, relaxation

CARROT GINGER

vitamins a & c, detoxify

KALE APPLE

vitamins b & c, energy

BEEET LEMON

antioxidant, detoxify

## FRUITS & GRAINS

FRESH SLICED FRUIT 

17

AÇAI BOWL 

18

banana, coconut, strawberry, rhubarb compote, granola, bee pollen, honey

SUPER OATS 

16

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

CHIA BOWL 

14

greek yogurt, burnt honey, granola, hazelnuts, mango, cocoa nibs, kiwi, key lime purée




BREAKFAST PASTRIES 

12

four assorted, butter, jams & jellies

## TOASTS

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ALMOND 	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	22
goat cheese, balsamic strawberries, cashews, basil, honey, sourdough	
SMOKED SALMON* 	26
bagel, herb cream cheese, egg, tomato, cucumber, capers, onion, dill	

## SPECIALTIES

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OLD-FASHIONED PANCAKES 	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
BELGIAN WAFFLE 	16
whipped strawberry mascarpone, powdered sugar, maple syrup	
TWO FARM EGGS* 	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	35
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET 	21
white cheddar, spinach, cremini, shiitake, portobello	
HERONS FEATURED OMELET 	26
chef selected seasonal ingredients, local cheese, roasted potatoes	

## BREAKFAST MEATS

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

## SIDES

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FRESH FRUIT	12
ROASTED POTATOES	8
BUTTERMILK BISCUITS	8
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.