



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 cuisine of award-winning executive chef Steven Devereaux Greene and chef de cuisine Spencer Thomson. The Herons 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. Herons 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 a la carte menu or a featured seasonal tasting menu. 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 Herons. New for 2025, acclaimed Sushi Chef Hyunwoo Kim introduces specialty sushi small plates to the Bar Menu, expertly and artfully crafted with the ocean's freshest ingredients.

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 4091 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*	36
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	33
Choice of Toast: <i>Whole Wheat, Multi-Grain, Rye</i>	
Choice of Smoothie: <i>Umstead Golden Smoothie, Strawberry Cashew Smoothie</i>	
Choice of Coffee or Tea	

A LA MINUTE

MIXED FRUIT	22
Choice of Pastries or Chia Pudding	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

SPECIALTIES

CRAB CAKE BENEDICT*	34
<i>Blue Crab, Porchetta, Poached Eggs, English Muffin, Champagne 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	20
<i>White Cheddar, Spinach, Cremini, Shiitake, Portobello, Tomato</i>	
TWO FARM EGGS*	26
<i>Roasted Kennebec Potatoes, Choice of Breakfast Meat</i>	
OLD-FASHIONED PANCAKES	19
<i>Traditional, Blueberry, Banana or Chocolate Chip</i>	



PRESSED JUICES

12

Pineapple Turmeric
Vitamin C & B, Relaxation

Carrot Ginger
Vitamin A & C, Detoxify

Kale Apple
Vitamin B & C, Energy

Beet Lemon
Antioxidant, Detoxify

FRESH FRUIT & GRAINS

Fresh Sliced Fruit Plate 16

Acai Bowl 17
House Granola, Bee Pollen, Banana, Cherries, Cocoa Energy Bites, Honey

Cold Cereal Selection with Bananas or Strawberries 8
Cheerios, Golden Grahams, Mini Wheats, Granola

Chia Bowl 14
Greek Yogurt, Chai Tea, Granola, Raspberries, Blackberries

Super Oats 16
Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon

TOASTS

AVOCADO TOAST 19
Tomato, Basil, Arugula, Manchego, Pecan, Champagne Vinaigrette

ALMOND BUTTER TOAST 16
Bananas, House Granola, Honey, Bee Pollen, Multi-grain

SMOKED SALMON 24
Bagel, Herb Cream Cheese, Egg, Tomato, Cucumber, Capers, Dill

SIDES

Fresh Fruit
12

Roasted Potatoes
Buttermilk Biscuits
Buttered Local Grits
8

SMOOTHIES

12

Umstead Golden Smoothie
*Turmeric, Ginger, Carrot, Coconut,
Cardamom, Banana, Mango*

Strawberry Cashew Smoothie
*Strawberries, Cashew Butter,
Almond Milk, Honey*

BREAKFAST MEATS

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

Menu and prices subject to seasonal change.

A 23% service charge and \$5.00 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

TOMATO SALAD 18
Watermelon, Radish, Feta, Watercress, Yuzu Honey Vinaigrette

WEDGE SALAD 17
Baby Tomatoes, Bacon Lardons, Herbs, Blue Cheese Dressing

CRISPY SHRIMP 20
Panko Breaded, Cabbage Slaw, Green Tomato Chutney

BEEF TARTARE* 24
Tenderloin, Truffle Aioli, Capers, Shallots, Mustard, Black Onion Bread

CRUDO* 24
Snapper, Plums, Shiso, Daikon, Pearl Onions, Umeboshi Vinaigrette

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

SOUPS

CORN SOUP 16
Chilled, Lobster, Lemongrass, Coconut Puree, Cilantro, Marcona Almonds

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





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>	
FRIED GREEN TOMATO	22
<i>Pimento Cheese, Bacon, Bibb Lettuce, Sourdough</i>	
UMSTEAD SMASH BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
CUSTOM SMASH 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</i>	

ENTRÉES

CAESAR SALAD*	17
<i>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
CRAB CAKE SALAD	32
<i>Potato Crusted, Grilled Romaine, Shallots, Smoked Tomato Vinaigrette</i>	
HALIBUT	35
<i>Summer Succotash, Onions, Pine Nuts, Polenta, Basil Pesto Broth</i>	
CHIRASHI BOWL*	32
<i>Raw Salmon, Hamachi, Tuna, Scallions, Nori Chip, Sushi Rice, Wasabi Soy</i>	
CHICKEN	32
<i>Okra, Mushrooms, Leeks, Country Ham, White Grits, Sherry Cream</i>	
SALMON*	35
<i>Shiitakes, Red Peppers, Green Beans, Rice Cakes, Miso Mushroom Dashi</i>	
BEEF FILET*	42
<i>Broccolini, Potato, Red Pepper, Hon Shimeji Mushrooms, Sauce Robert</i>	

Menu and prices subject to seasonal change.

A 23% service charge and \$5.00 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.*

DESSERT MENU

SORBET 11

Frozen White Verjus, Yuzu Compressed Summer Melon, Creme Fraîche

PEACH 13

Bavarian Mousse, Jam, Dehydrated Meringue, Almond Miso Crumb

LAYER CAKE 13

Whipped Vanilla Bean Mascarpone, White Chocolate Italian Buttercream

CHOCOLATE 13

Valrhona Sixty-Four Percent Ganache, Salted Caramel Jam, Ice Cream

SUNDAE 13

Vanilla Gelato, Key Lime Curd, Blueberry Compote, Graham Cracker





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, Caesar Dressing</i> <i>Chicken 11 Salmon 14 Shrimp 14</i>	17
FRIED GREEN TOMATO SANDWICH <i>Pimento Cheese, Bacon, Bibb Lettuce, Sourdough</i>	22
UMSTEAD SMASH BURGER* <i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	27
CUSTOM SMASH 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</i>	23
CLUB SANDWICH <i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	22
COOKIES <i>Half Dozen, Chocolate Chip Cookies</i>	12

Menu and prices subject to seasonal change.

A 23% service charge and \$5.00 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.*

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



dining

BOTTLED WATER		8
BLACK CURRANT ICED TEA	Glass	5
Unsweetened or Sweetened	Pitcher	15
SOFT DRINKS		4
Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda		
JUICES		6
Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry		
MILK		4
Skim, 2%, Whole, Soy, Almond, Oat		
SPECIALTY COFFEE		
Espresso		5
Double Espresso		6
Cappuccino		7
Café Latte		7
Iced Coffee		7
Freshly Brewed Coffee	2 cups	6
	5 cups	9
IKAATI TEA		5
Rajah Estate		
Organic English Breakfast Tea		
Imperial Earl Grey		
Organic Black Tea		
Jade Dragon		
Organic Green Tea		
Soothe		
Organic Chamomile, Caffeine-Free		
Peppermint		
Organic Peppermint Tea, Caffeine-Free		

Menu and prices subject to seasonal change.

A 23% service charge and \$5.00 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.

B E E R

MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
AMSTEL LIGHT	Amsterdam	7

In addition to the beers listed above, The Umstead is excited to offer a rotating collection of craft beers for guests to enjoy. Please reach out to our In Room Dining Team at #4091, or refer to your tablet, to learn about our current craft beer selection.

W I N E L I S T

WINE BY THE GLASS gls|btl

SPARKLING

JEIO PROSECCO SUPERIORE DOCG BRUT	Conegliano Valdobbiadene, Italy	17/72
AUBRY ‘THE UMSTEAD’ BRUT	Champagne, France	24/110
RUINART BRUT ROSÉ	Champagne, France	39/175

WHITE

RIESLING, SEMI-DRY, HERMANN J. WEIMER, 2023	Seneca Lake, New York	15/60
SAUVIGNON BLANC, FAMILIE BAUDRY, 2023	Sancerre, France	20/80
PINOT GRIGIO, CANTINA TERLAN ‘TRADITION’, 2024	Alto-Adige, Italy	16/64
ALBARIÑO, ZARATE, 2023	Rias Baixas, Spain	16/64
CHARDONNAY, ALMA DE CATTLEYA, 2023	Sonoma County, California	19/76

ROSÉ

PEYRASSOL ‘LES COMMANDEURS’	Côtes de Provence, France	16/64
-----------------------------	---------------------------	-------

RED

GRENACHE BLEND, FAMILLE GRAS COTES DU RHONE, 2021	Rhone Valley, France	16/64
PINOT NOIR, ALEXANA ‘THE UMSTEAD CUVÉE’, 2021	Willamette Valley, Oregon	20/80
RED BLEND, GAIL WINES ‘DORIS’ RED TABLE WINE, 2021	Sonoma Valley, California	14/54
CABERNET SAUVIGNON, BAND OF VINTNERS, 2022	Napa Valley, California	22/88
BDX BLEND, TENUTA SETTE CIELI ‘YANTRA’ TOSCANA IGT, 2021	Tuscany, Italy	18/72