






fruit & salads

fresh fruit plate  
15



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

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

kale salad  
endive, barley, goat cheese, apple, pistachio vinaigrette
16



toasts

almond butter  
banana, house-made granola, honey, multi-grain
16



avocado  
lime, arugula, radishes, poached egg, sourdough
18

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

eggs

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

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

egg white omelet  
white cheddar, spinach, cremini, shiitake, portabella
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

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* 

tamari egg, wheat berries, quinoa, sunchoke, ginger, yuzu
25

umstead burger* 

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

steak & eggs* 

filet, two farm eggs, herbed fries, bordelaise
32

desserts

lemon

butter milk cake, crème fraiche, bergamot, brulee meringue
12

coconut  

chilled custard, prickly pear gelee, mango, pineapple sorbet
12

peanut

almond shortbread tart, ganache, caramelized banana confit
12



chocolate

bavarian cream, andoa namelaka, cantonese cocoa nibs
12

sundae  

dark chocolate brownie, peppermint bark, chantilly cream
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.