








fruit & salads



fresh fruit plate  
16



yogurt panna cotta 
tonka bean, vanilla, blueberry compote, almonds
14


açaí bowl  
banana, seasonal berries, coconut, granola, bee pollen, honey
17

butter lettuce  
carrots, cucumbers, tomato, peppers, sweet ginger dressing
17



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

eggs

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
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


specialties

super oats  goji berries, raw almonds, cocoa nibs, blueberries, cinnamon
16old-fashioned pancakes traditional, blueberry, chocolate chip, banana, maple syrup
17umstead burger * gruyère, caramelized onion, truffle aioli, herbed fries
27hot pot pork belly, pork loin, kimchi, tofu, fennel, enoki mushroom, rice
30steak & eggs * filet, two farm eggs, herbed fries, black truffle jus
35

dessert

melon  watermelon key lime sherbet, jasmine tea syrup, blueberry jam
13

peach

cornmeal cake, crème fraiche, yuzu puree, candied almond croquant
13espresso frozen parfait, meyer lemon cream, coffee caramel, buttermilk sherbet
13chocolate manjari sixty-four percent chocolate, raspberry ganache, chambord
13sundae pistachio baklava, vanilla bean gelato, cardamom honey, Chantilly
13  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.