

SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE
CHERRY LIME BLACK CARDAMOM SMOOTHIE

PRESSED JUICES

13

TURMERIC PINEAPPLE

vitamins c & b6, relaxation

CARROT GINGER

vitamins a & c, detoxify

KALE APPLE

vitamins b & c, energy

BEET LEMON

antioxidant, detoxify

FRUITS & GRAINS

FRESH SLICED FRUIT  17

AÇAI BOWL  18

banana, coconut, blueberry, blackberry, granola, bee pollen, honey

SUPER OATS  16

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




CHIA BOWL  14

greek yogurt, ground cherries, kiwi, cocoa nibs, burnt honey, granola

BREAKFAST PASTRIES  12

four assorted, butter, jams & jellies

TOASTS

ALMOND 	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	22
cherry tomatoes, toasted genmai, white miso hummus, sourdough	
SMOKED SALMON* 	26
bagel, herb cream cheese, egg, tomato, cucumber, capers, onion, dill	


SPECIALTIES

OLD-FASHIONED PANCAKES 	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
JOHN HAULK WAFFLE 	16
vanilla mascarpone, roasted peaches, 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, tomatoes	
HERONS FEATURED OMELET 	26
chef selected seasonal ingredients, local cheese, roasted potatoes	

BREAKFAST MEATS

SIDES

TURKEY BACON	8	FRESH FRUIT	12
PORK SAUSAGE	8	ROASTED POTATOES	8
SMOKED BACON	8	BUTTERMILK BISCUITS	8
CHICKEN-APPLE SAUSAGE	8	BUTTERED WHITE GRITS	8
NC COUNTRY HAM	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.