

SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE
PISTACHIO PASSION FRUIT SMOOTHIE

PRESSED JUICES

12

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

AÇAÍ BOWL 

18

banana, coconut, blood orange, energy bites, granola, bee pollen, honey

SUPER OATS 

16

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

CHIA BOWL 

14




greek yogurt, chai tea, granola, kiwi, pear, citrus, mint

BREAKFAST PASTRIES 

12

four assorted, butter, jams & jellies

TOASTS

ALMOND 	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	22
grapefruit, crème fraiche, crushed red pepper, honey, 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	
BELGIAN WAFFLES 	19
candied pecans, 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

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.