








fruit & salads

fresh fruit plate  
16



yogurt panna cotta 
tonka bean panna cotta, apple jam, almonds, granola
14

açaí bowl  
banana, kiwi, mango, granola, bee pollen, honey
17

kale salad  
manchego, barley, pumpkin seeds, apple vinaigrette
17



toasts

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



avocado  
arugula, butternut squash, pumpkin seeds, feta
19

smoked salmon 
everything bagel, cream cheese, cucumber, capers, dill
22

eggs

two farm eggs *  
roasted yukon 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, tomato
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

16

old-fashioned pancakes 

traditional, blueberry, chocolate chip, banana, maple syrup

17

umstead burger * 

gruyère, caramelized onion, truffle aioli, herbed fries

27

dandan noodles

duck, bok choy, peanuts, scallions, sesame, chili oil

30

steak & eggs * 

filet, two farm eggs, herbed fries, black truffle jus

35

dessert

sorbet 

lemon buttermilk, green apple, vanilla pear, jam, cider glaze

13

pumpkin

mousse, genoise, candied pepitas, salted caramel, bergamot

13

espresso

chocolate ladyfinger chiffon, whipped mascarpone, kahlúa

13

chocolate

manjari ganache tart, earl grey ice cream, caramelized cocoa

13

sundae  

cinnamon spiced brownie, apple confit, maple sugar, 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.