



WELCOME TO THE UMSTEAD HOTEL AND SPA

On behalf of the staff, we are honored to have you as our guest and hope that you will enjoy a relaxing visit. I encourage you to discover all of our amenities and services and fully take pleasure in the Umstead experience. Sample the delightful seasonal menus in Herons or The Bar, enjoy live music in our Lounge or relax into luxurious pampering in The Umstead Spa. Our goal is to create a lasting memory in the hopes that you will return in the near future.

Please feel free to call upon me or any of The Umstead associates, if we may be of personal assistance and thank you for staying with us.

Warmest regards,
David Mars
Managing Director





HERONS

Hérons is The Umstead's signature modern fine-dining restaurant, serving breakfast, lunch, weekend brunch, and dinner. The welcoming, elegant space is a showcase for the refined American cuisine of award-winning executive chef Steven Devereaux Greene and chef de cuisine Spencer Thomson. The Hérons chefs create artfully prepared food, drawing organic produce, farm-raised meats and other fresh ingredients from our own dedicated farm, One Oak Farm, and other regional farms. Hérons offers an intimate dining room with an energetic glass enclosed kitchen, a lakeside terrace, or a Private Dining Room for ten.

Hérons offers a flight of surprising flavors in our four-course, prix fix menus, the eight-course Art Tour and offers additional vegetarian and gluten free menus upon request.

THE BAR AND LOUNGE

The Umstead Bar and Lounge, situated around the beautiful Chihuly glass sculpture at the heart of the hotel, offers a refined, casual menu as well as signature cocktails, international beers, and a carefully curated wine selection. A contemporary range of flavors to suit any palette can be enjoyed in the plush lounge seating, or on the expansive outside terrace with views of the wooded natural landscape and lake. With live entertainment in the evenings, you'll find that the fare on our bar menu is impressive and imaginative in the spirit of Hérons.

HERONS HOURS

BREAKFAST

Monday – Friday
7:00am to 10:00am

LUNCH

Monday – Friday
11:30am to 2:00pm

WEEKEND BRUNCH

Saturday – Sunday
7:00am to 1:00pm


DINNER

Tuesday – Saturday
5:00pm to 9:00pm

THE BAR AND LOUNGE HOURS

Sunday – Thursday
11:30am to 11:00pm

Friday – Saturday
11:30am to 12 midnight

Dial 4200 or touch  for dining information or reservations

BREAKFAST

Served from 6:00am to 10:00am, Monday – Friday
and 6:00am to 1:00pm, Saturday – Sunday

AMERICAN BREAKFAST

Two Farm Eggs*	35
Side of Seasonal Fruit and Roasted Potatoes	
Choice of Meat: <i>Smoked Bacon, Turkey Bacon, Country Ham, Chicken Apple Sausage, Pork Sausage</i>	
Choice of Toast: <i>White, Whole Wheat, Multi-Grain, Rye, English Muffin</i>	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

THE SPA

Three Egg White Omelet with Farm Vegetables	32
Choice of Toast: <i>Whole Wheat, Multi-Grain, Rye</i>	
Choice of Smoothie: <i>Umstead Golden Smoothie, Pistachio Smoothie</i>	
Choice of Coffee or Tea	

A LA MINUTE

MIXED FRUIT	21
Choice of Pastries or Parfait	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

SPECIALTIES


CRAB CAKE BENEDICT*	32
<i>Blue Crab, Pork Belly, Poached Eggs, English Muffin, Choron Hollandaise</i>	
THREE EGG OMELET	19
<i>Choice of: Ham, Bacon, Sausage, Goat Cheese, Swiss, Cheddar, Onions, Tomatoes, Spinach, Peppers, Mushrooms</i>	
HERONS FEATURED OMELET	25
<i>Seasonal Ingredients, Local Cheese, Roasted Potatoes</i>	
EGG WHITE OMELET	19
<i>White Cheddar, Spinach, Cremini, Shiitake, Tomatoes</i>	
TWO FARM EGGS*	24
<i>Roasted Idaho Potatoes, Choice of Breakfast Meat</i>	
OLD-FASHIONED PANCAKES	17
<i>Traditional, Blueberry, Banana or Chocolate Chip</i>	



PRESSED JUICES	12	SMOOTHIES	12
Watermelon Cherry <i>Vitamin A & C, Antioxidant</i>		Umstead Golden Smoothie <i>Turmeric, Ginger, Carrot, Coconut, Cardamom, Banana, Mango</i>	
Carrot Ginger <i>Vitamin A & C, Detoxify</i>		Pistachio Smoothie <i>Pistachio, Passion Fruit, Cardamom, Yogurt, Coconut Water</i>	
Kale Apple <i>Vitamin B & C, Energy</i>			
Beet Lemon <i>Antioxidant, Detoxify</i>			
 FRESH FRUIT & GRAINS			
Fresh Sliced Fruit			16
Acai Bowl <i>House Granola, Bee Pollen, Banana, Mixed Berries, Honey</i>			17
Cold Cereal Selection with Bananas or Strawberries <i>Cheerios, Golden Grahams, Mini Wheats, Granola</i>			8
Yogurt Panna Cotta <i>Tonka Bean Panna Cotta, Blueberry Compote, Almonds, Granola</i>			14
Super Oats <i>Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon</i>			16
 TOASTS			
AVOCADO TOAST <i>Avocado, Arugula, Heirloom Tomatoes, Aged Goat Cheese, Balsamic</i>			19
PECAN MISO BUTTER <i>Pecan Miso Butter, Grape Jelly, House Granola, Multi-grain</i>			16
SMOKED SALMON <i>Everything Bagel, Herb Cream Cheese, Cucumber, Capers, Dill</i>			22
 SIDES		 BREAKFAST MEATS	
Fresh Fruit 10		Turkey Bacon	
Roasted Potatoes		Pork Sausage	
Buttermilk Biscuits		Smoked Bacon	
Buttered Local Grits 8		Chicken-Apple Sausage	
		North Carolina Country Ham	
		8	

Menu and prices subject to seasonal change.

A 20% service charge and \$3.50 portage fee will be added to all in-room dining orders.

To place an in-room dining order, dial 4091 or touch  on your guest room telephone.

**The consumption of raw or undercooked animal products may lead to an increased health risk.*

ALL DAY MENU

Served from 10:00am to 10:00pm, Monday – Friday
and 1:00pm to 10:00pm Saturday – Sunday

SMALL PLATES

TOMATO SALAD	18
<i>Watermelon, Basil, Nori, Togarashi, Honey-Miso Dressing</i>	
BUTTER LETTUCE	17
<i>Carrots, Cucumber, Tomato, Peppers, Sweet Ginger Dressing</i>	
SHRIMP COCKTAIL	20
<i>Chilled Shrimp, Lemon, Citrus Caviar, Thai Cocktail Sauce</i>	
TUNA TARTARE*	24
<i>Sesame Seeds, Scallions, Seaweed Chips, Gochujang Dressing</i>	
TATAKI*	16
<i>Tenderloin, Cucumber Kimchi, Ponzu Sauce</i>	
MEAT & CHEESE	30
<i>Sweet Pepper Relish, Mustard, House Pickles, Grilled Bread</i>	

SOUPS

CHILLED CORN SOUP	16
<i>Coconut, Lemongrass, Peanuts, Cilantro, Thai Basil, Mung Beans</i>	
UMSTEAD HOMEMADE CHICKEN NOODLE SOUP	15
<i>Roasted Chicken Breast, Noodles, Celery, Carrots, Onion, Herbs</i>	
MISO BROTH	16
<i>Miso, Dashi, Tamari, Mirin, Scallions, Tofu</i>	





SANDWICHES


CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	
LOBSTER ROLL	32
<i>Buttermilk Roll, House Made Pickles, Lemon Aioli, House Made Chips</i>	
SOUP & SANDWICH	27
<i>Miso Broth, Korean Fried Chicken Sandwich</i>	
UMSTEAD BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
VEGGIE BURGER	22
<i>Quinoa, Walnuts, Carrots, Caramelized Onions, Pickles, Sambal Aioli, Herbed Fries</i>	
CUSTOM BURGER*	23
<i>Herbed Fries</i>	
Choice of Cheese: <i>American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
Optional Add Ons: <i>Lettuce, Tomato, Onion, Bacon, Avocado</i>	

ENTRÉES

CAESAR SALAD*	17
<i>Romaine, Parmesan, Anchovies, Croutons</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
FLOUNDER	27
<i>Tempura Battered, Bamboo Rice, Asian Slaw, Sweet Onion Aioli</i>	
CHIRASHI BOWL*	32
<i>Salmon, Hamachi, Shrimp, Avocado, Bubu Arare, Ginger Rice, Kanzuri Aioli</i>	
CAROLINA CHICKEN	32
<i>Congee, Summer Tomato Ragu, Ginger, Char Siu Jus</i>	
SALMON*	35
<i>Bok Choy, Carrots, Ginger Rice Cake, Genmai Crust, Green Coconut Curry</i>	
BEEF FILET*	42
<i>Potato Cake, Tamago Egg, Cabbage, Scallions, Shaoxing Jus</i>	

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DESSERT MENU

MELON	13
<i>Watermelon Key Lime Sherbet, Jasmine Tea Syrup, Blueberry Jam</i>	
PEACH	13
<i>Cornmeal Cake, Crème Fraîche, Yuzu Purée, Candied Almond Croquant</i>	
ESPRESSO	13
<i>Frozen Parfait, Meyer Lemon Cream, Coffee Caramel, Buttermilk Sherbet</i>	
CHOCOLATE	13
<i>Manjari Sixty-Four Percent Chocolate, Raspberry Ganache, Chambord</i>	
SUNDAE	13
<i>Pistachio Baklava, Vanilla Bean Gelato, Cardamom Honey, Chantilly</i>	






LATE NIGHT MENU

Served daily 10:00pm to 6:00am

BLACK TRUFFLE FRIES <i>Fresh Truffle, Truffle Oil, Grated Aged Parmesan</i>	20
CAESAR SALAD* <i>Romaine, Parmesan, Anchovies, Croutons</i> <i>Chicken 11 Salmon 14 Shrimp 14</i>	17
UMSTEAD BURGER* <i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	27
VEGGIE BURGER <i>Quinoa, Walnuts, Carrots, Caramelized Onions, Sambal Aioli, Herbed Fries</i>	20
CUSTOM BURGER* <i>Herbed Fries</i> <i>Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue Cheese</i> <i>Optional Add Ons: Lettuce, Tomato, Onion, Bacon, Avocado</i>	23
CLUB SANDWICH <i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House Made Chips</i>	13
COOKIES <i>Half Dozen, Chocolate Chip Cookies</i>	12

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CHILDREN'S MENU

BREAKFAST

*Served from 6:00am to 10:00am, Monday – Friday
and 6:00am to 1:00pm, Saturday – Sunday*

OLD-FASHIONED PANCAKES WITH MAPLE SYRUP 12
Traditional, Blueberry, Banana or Chocolate Chip

ONE EGG WITH BACON OR SAUSAGE, TOAST* 7

CEREAL WITH SLICED BANANAS OR STRAWBERRIES 5
Cheerios, Golden Grahams, Mini Wheats, Granola

ALL DAY

SLICED FRUIT PLATE 10

MACARONI AND CHEESE 12

CHEESE PIZZA 13

The following have a choice of fries or fruit.

UMSTEAD BURGER 12
Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue

PETITE FILET 24

CHICKEN FINGERS 12
Choice of Sauce: BBQ, Honey Mustard, Ranch

GRILLED CHEESE SANDWICH 10

DESSERT

KIDS SUNDAE 5

THE UMSTEAD CUPCAKE 5

CHOCOLATE CHIP COOKIES 6




B E V E R A G E S

BOTTLED WATER		8
<i>Acqua Panna (1L), San Pellegrino (1L)</i>		
BLACK CURRANT ICED TEA	Glass	5
<i>Unsweetened or Sweetened</i>	Pitcher	10
SOFT DRINKS		4
<i>Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda</i>		
JUICES		6
<i>Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>		
MILK		4
<i>Skim, 2%, Whole, Soy, Almond, Oat</i>		
SPECIALTY COFFEE		
Espresso		4
Double Espresso		5
Cappuccino		6
Café Latte		6
Iced Coffee		6
Freshly Brewed Coffee	2 cups	5
	5 cups	8
IKAATI TEA		5
Rajah Estate		
<i>Organic English Breakfast Tea</i>		
Imperial Earl Grey		
<i>Organic Black Tea</i>		
Jade Dragon		
<i>Organic Green Tea</i>		
Soothe		
<i>Organic Chamomile, Caffeine-Free</i>		
Peppermint		
<i>Organic Peppermint Tea, Caffeine-Free</i>		

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B E E R

MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
AMSTEL LIGHT	Amsterdam	7

In addition to the beers listed above, The Umstead is excited to offer a rotating collection of craft beers for guests to enjoy. Please reach out to our In Room Dining Team at #4091, or refer to your tablet, to learn about our current craft beer selection.

W I N E L I S T

WINE BY THE GLASS		gls btl
SPARKLING		
BODET-HEROLD 'PHYSIS', CRÉMANT DE LOIRE	Loire Valley, France	17/72
AUBRY 'THE UMSTEAD' BRUT	Champagne, France	23/105
JOSEP VENTOSA CAVA BRUT ROSÉ	Penedes, Spain	12/48
LAURENT-PERRIER 'CUVÉE ROSÉ'	Champagne, France	35/160
WHITE		
RIESLING, DR. H. THANISCH 'BERNKASTELER BADSTUBE' KABINETT	Mosel, Germany	15/60
SAUVIGNON BLANC, PASCAL & NICOLAS REVERDY 'LES ANGELOTS'	Sancerre, France	20/80
PINOT BLANC, J. HOFSTATTER WEISSBURGUNDER, 2021	Alto-Adige, Italy	13/52
ALBARIÑO, FAMILIA TORRES 'PAZO DAS BRUXAS', 2022	Rias Baixas, Spain	15/60
CHARDONNAY, ENFIELD WINE CO., 2021	California	18/72
ROSÉ		
DOMAINE DE TRIENNES, IGP MEDITERRANEE, 2022	Provence, France	13/52
RED		
GRENACHE BLEND, FAMILLE GRAS COTES DU RHONE, 2021	Rhone Valley, France	15/60
PINOT NOIR, ALEXANA 'THE UMSTEAD CUVÉE', 2020	Willamette Valley, Oregon	20/80
RED BLEND, GAIL WINES 'DORIS' RED TABLE WINE, 2021	Sonoma Valley, California	13/52
CABERNET SAUVIGNON, ROUTE STOCK, 2021	Napa Valley, California	18/72
BDX BLEND, CH. BELREGARD-FIGEAC ST. EMILION G. CRU, 2017	Bordeaux, France	24/96



