

SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE
GUAVA PINEAPPLE 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, persimmon, mint

BREAKFAST PASTRIES 

12

four assorted, butter, jams & jellies

TOASTS

ALMOND 	17
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	20
pumpkin seeds, sunflower seeds, benne seeds, walnuts, honey, sourdough	
SMOKED SALMON * 	25
bagel, herb cream cheese, egg, tomato, cucumber, capers, onion, dill	

SPECIALTIES

OLD-FASHIONED PANCAKES 	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
TWO FARM EGGS * 	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	34
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET 	20
white cheddar, spinach, cremini, shiitake, portobello	
HERONS FEATURED OMELET 	25
chef selected seasonal ingredients, local cheese, roasted potatoes	

BREAKFAST MEATS

TURKEY BACON	8
PORK SAUSAGE	8
SMOKED BACON	8
CHICKEN-APPLE SAUSAGE	8
NC COUNTRY HAM	8

SIDES

FRESH FRUIT	12
ROASTED POTATOES	8
BUTTERMILK BISCUITS	8
BUTTERED WHITE GRITS	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.