

FRUIT & SALADS

FRESH FRUIT PLATE V X	17
CHIA BOWL X	14
greek yogurt, chai tea, granola, kiwi, citrus, mint	
AÇAI BOWL V X	18
banana, coconut, blood orange energy bites, granola, bee pollen, pomegranate seeds	
WEDGE SALAD V X	19
baby tomatoes, bacon lardon, fine herbs, blue cheese dressing	

TOASTS

ALMOND V X	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO V X	22
grapefruit, crème fraîche, crushed red pepper, honey, sourdough	
SMOKED SALMON * X	26
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

EGGS

TWO FARM EGGS * V X	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	35
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET V X	21
white cheddar, spinach, cremini, shiitake, portabella, tomato	
HERONS FEATURED OMELET V X	26
chef selected seasonal ingredients, local cheese, roasted potatoes	

SPECIALTIES

SUPER OATS  	16
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon	
OLD-FASHIONED PANCAKES 	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
UMSTEAD SMASH BURGER * 	27
gruyère, caramelized onion, black truffle aioli, herbed fries	
WINTER HOT POT  	32
thai short rib, kimchi, tofu, potato, squash, cabbage, enoki, rice	
STEAK & EGGS * 	38
filet, two farm eggs, herbed fries, black truffle jus	



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		

DESSERTS

STICKY TOFFEE 	12
warmed brown sugar date cake, buffalo trace bourbon gelato	
CITRUS	14
meyer lemon tart, meringue crisp, yuzu jam, buttermilk sherbet	
TIRAMISU 	14
espresso-soaked chiffon, kahlua whipped vanilla mascarpone	
CHOCOLATE	14
layer cake, white chocolate whipped ganache, baileys frosting	
SUNDAE  	14
caramelized pineapple jam, vanilla gelato, candied walnuts	

  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.