

## smoothies

12

blueberry pomegranate  
green smoothie

## pressed juices

12

b e e t l e m o n  
antioxidant, detoxification


c a r r o t g i n g e r  
vitamins a & c, immunity


k a l e a p p l e  
vitamins b & c, energy


t u r m e r i c p i n e a p p l e  
vitamins c & b6, relaxation


## fruits & grains

f r e s h s l i c e d f r u i t   
15

a ç a í b o w l   
banana, kiwi, pomegranate, granola, bee pollen, honey  
15


s u p e r o a t s   
goji berries, almonds, cocoa nibs, blueberries, cinnamon  
15


y o g u r t p a r f a i t   
tonka bean panna cotta, apple compote, almonds, granola  
14

b r e a k f a s t p a s t r i e s   
whipped butter, assorted jams & jellies  
10


## toasts


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

avocado   
 lime, arugula, radishes, poached egg, sourdough  
 18


smoked salmon   
 everything bagel, cream cheese, cucumber, capers, dill  
 20

## specialties

old-fashioned pancakes   
 traditional, blueberry, banana or chocolate chip  
 17

two farm eggs\*   
 roasted yukon potatoes, choice of breakfast meat  
 22

crab cake benedict\*  
 blue crab, canadian bacon, english muffin, hollandaise  
 29

egg white omelet   
 white cheddar, spinach, cremini, shiitake, portabella  
 18


herons featured omelet  
 seasonal ingredients, local cheese, roasted potatoes  
 20

## breakfast meats

turkey bacon  
 pork sausage  
 smoked bacon  
 chicken-apple sausage  
 north carolina country ham  
 8

## sides

fresh fruit  
 roasted potatoes  
 buttermilk biscuits  
 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.