

WELCOME TO THE UMSTEAD HOTEL AND SPA

On behalf of our entire team, it is my pleasure to welcome you to The Umstead Hotel and Spa. We are honored to have you as our guest and hope your stay is both relaxing and memorable.

I encourage you to take time to discover all that The Umstead has to offer. Enjoy our seasonal culinary offerings at Herons or The Bar, unwind with live music in the Lounge, or indulge in a restorative experience at The Umstead Spa. Whether you are here to relax, celebrate, or simply reconnect, our team is committed to making your experience truly exceptional.

At The Umstead, our goal is to create meaningful experiences and lasting memories that inspire you to return again and again. Your comfort and satisfaction are our highest priorities, and I invite you to reach out to me personally or to any member of our team should there be anything we can do to make your stay more enjoyable.

Thank you for choosing The Umstead Hotel and Spa. It is our privilege to have you with us, and we hope you enjoy every moment of your stay.

Warmest regards,

Jose Carlos Curci
General Manager

HERONS

Herons 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 cuisine of award-winning Executive Chef Steven Devereaux Greene and Chef de Cuisine Spencer Thomson. The Herons 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. Herons offers an intimate dining room with an energetic glass-enclosed kitchen, a lakeside terrace, or a private dining room for ten.

Herons offers a flight of surprising flavors in our à la carte menu or a featured seasonal tasting menu. 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 will find that the fare on our bar menu is impressive and imaginative in the spirit of Herons. Acclaimed Sushi Chef Hyunwoo Kim introduces specialty sushi small plates to The Bar menu, expertly and artfully crafted with the ocean's freshest ingredients.

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 4091 or touch for dining information or reservations

B R E A K F A S T

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

AMERICAN BREAKFAST

Two Farm Eggs* 36
Side of Seasonal Fruit and Roasted Potatoes
Choice of Meat: *Smoked Bacon, Turkey Bacon, Country Ham, Chicken Apple Sausage, Pork Sausage*
Choice of Toast: *White, Whole Wheat, Multi-Grain, Rye, English Muffin*
Choice of Juice: *Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry*
Choice of Coffee or Tea

THE SPA

Three Egg White Omelet with Farm Vegetables 33
Choice of Toast: *Whole Wheat, Multi-Grain, Rye*
Choice of Smoothie: *Umstead Golden Smoothie, Apple Cashew Smoothie*
Choice of Coffee or Tea

A LA MINUTE

Mixed Fruit 22
Choice of Pastries or Chia Pudding
Choice of Juice: *Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry*
Choice of Coffee or Tea

SPECIALTIES

CRAB CAKE BENEDICT* 35
Blue Crab, Porchetta, Poached Eggs, English Muffin, Champagne Hollandaise

THREE EGG OMELET 19
Choice of: Ham, Bacon, Sausage, Goat Cheese, Swiss, Cheddar,
Onions, Tomatoes, Spinach, Peppers, Mushrooms

HERONS FEATURED OMELET 26
Seasonal Ingredients, Local Cheese, Roasted Potatoes

EGG WHITE OMELET *(gf, v)* 21
White Cheddar, Spinach, Cremini, Shiitake, Portobello, Tomato

TWO FARM EGGS* 26
Roasted Kennebec Potatoes, Choice of Breakfast Meat

OLD-FASHIONED PANCAKES *(v)* 20
Traditional, Blueberry, Banana or Chocolate Chip

PRESSED JUICES 13

Pineapple Turmeric
Vitamin C & B, Relaxation

Carrot Ginger
Vitamin A & C, Detoxify

Kale Apple
Vitamin B & C, Energy

Beet Lemon
Antioxidant, Detoxify

SMOOTHIES 12

Umstead Golden Smoothie
Turmeric, Ginger, Carrot, Coconut, Cardamom, Banana, Mango

Apple Cashew Smoothie
Roasted Apple, Apple Cider, Cashew Butter, Vanilla, Ginger, Almond Milk

FRESH FRUIT & GRAINS

Fresh Sliced Fruit Plate 17

Acai Bowl *(gf, v)* 19
House Granola, Bee Pollen, Banana, Blackberry, Persimmon, Honey

Cold Cereal Selection with Bananas or Strawberries 8
Cheerios, Cinnamon Toast Crunch, Frosted Flakes, Granola

Chia Bowl *(gf, v)* 15
Greek Yogurt, Burnt Honey, Granola, Tangerine, Cocoa Nibs

Super Oats *(gf, v)* 16
Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon

TOASTS

AVOCADO TOAST *(v)* 24
Miso Roasted Mushrooms, Radish, Pickled Shallots, Sourdough

ALMOND BUTTER TOAST *(v)* 18
Bananas, House Granola, Honey, Bee Pollen, Multi-grain

SMOKED SALMON 26
Bagel, Herb Cream Cheese, Egg, Tomato, Cucumber, Capers, Onion, Dill

SIDES

Fresh Fruit
12

Roasted Potatoes
Buttermilk Biscuits
Buttered Local Grits
8

BREAKFAST MEATS

Turkey Bacon
Pork Sausage
Smoked Bacon
Chicken Apple Sausage
North Carolina Country Ham
8

Menu and prices subject to seasonal change.
(gf) - indicates menu items that are gluten free, (v) - indicates menu items that are vegetarian.
A 23% service charge and $5.00 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

ONE OAK FARM SALAD *(gf, v)* 20
Salanova, Purple Kohlrabi, Beets, Almond, Muscadine-Verjus Vinaigrette

FALL WEDGE SALAD *(gf)* 22
Smoked Apples, Bacon Lardons, Blue Cheese, Pickled Walnut

TUNA TARTARE* 26
Avocado, Daikon, Ginger, Scallions, Calamansi, Black Sesame Chip

CRUDO* 25
Hamachi, Kumquat, Coconut, Pickled Carrot, Ginger, Kanzuri Mignonette

MEAT & CHEESE 32
Sweet Pepper Relish, Mustard, House Pickles, Grilled Sourdough

SOUPS

ROASTED SUNCHOKE SOUP 18
Potatoes, Leeks, Carrots, Country Ham, Brown Butter Sherry

UMSTEAD HOMEMADE CHICKEN NOODLE SOUP 15
Roasted Chicken, Egg Noodles, Celery, Carrots, Onion, Herbs



SANDWICHES

CLUB SANDWICH 22
Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House-Made Chips

LOBSTER ROLL 36
Buttermilk Roll, House-Made Pickles, Lemon Aioli, House-Made Chips

ROASTED TURKEY FOCACCIA 25
Apple Mustarda, Arugula, Lusty Monk, Camembert Cream

UMSTEAD SMASH BURGER* 28
Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries

CUSTOM SMASH BURGER* 28
Herbed Fries
Choice of Cheese: *American, Cheddar, Swiss, Provolone, Blue Cheese*
Optional Add Ons: *Lettuce, Tomato, Onion, Bacon, Avocado*

ENTRÉES

CAESAR SALAD* 20
Baby Gem Lettuce, Parmesan, Anchovy Breadcrumbs, Cured Egg Yolk
Chicken 13 Salmon 15 Shrimp 16

CRAB CAKE SALAD 35
Farm Greens, Turnips, Persimmons, Pickled Peppers, Shiso Tartare Sauce

CHIRASHI BOWL* 34
Tuna, Salmon, Hamachi, Tamago Egg, Sesame, Cucumber, Avocado, Spicy Aioli

NC COASTLINE *(gf)* 36
Potato Ragout, Carrots, Compressed Celery, Field Peas, Smoked Clam Nage

CHICKEN 34
Sweet Potato, Savoy Cabbage, Cauliflower, Leeks, Miso, Black Garlic Jus

SALMON* 38
Winter Squash, Turnips, Citrus, Wasabi, Smoked Dashi Butter

BEEF FILET* *(gf)* 48
Potato Rosti, Hon Shimeji, Smoked Onion Purée, Pumpkin, Dashi Jus

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DESSERT MENU

APPLE 14
Warm Cider Cake, Gelée, Caramelized White Chocolate, Cinnamon Gelato

TAPIOCA *(gf)* 14
Cardamom Coconut Milk, Vanilla Pineapple Jam, Passion Fruit Mango Syrup

LAYER CAKE 14
Buttermilk Chiffon, Salted Caramel, Whipped Caramelia, Milk Ice Cream

CHOCOLATE 14
Sable Tart, Seventy Percent Ganache, Crème Fraîche, Earl Grey Shortbread

SUNDAE *(gf)* 14
Praline Ice Cream, Brownie, Candied Hazelnuts, Gianduja Chocolate, Chantilly



LATE NIGHT MENU

Served daily 10:00pm to 12:00am (Sunday-Thursday), 10:00pm to 1:00am (Friday-Saturday)

TOGARASHI FRIES 16
Togarashi Seasoning, Cilantro Lime Aioli

CAESAR SALAD* 20
Baby Gem Lettuce, Parmesan, Anchovy Breadcrumbs, Cured Egg Yolk
Chicken 13 Salmon 15 Shrimp 16

UMSTEAD SMASH BURGER* 28
Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries

CUSTOM SMASH BURGER* 28
Herbed Fries
Choice of Cheese: *American, Cheddar, Swiss, Provolone, Blue Cheese*
Optional Add Ons: *Lettuce, Tomato, Onion, Bacon, Avocado*

CLUB SANDWICH 22
Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House-Made Chips

COOKIES 13
Half Dozen, Chocolate Chip Cookies

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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 14
Traditional, Blueberry, Banana or Chocolate Chip

ONE EGG WITH BACON OR SAUSAGE, TOAST* 10

CEREAL WITH SLICED BANANAS OR STRAWBERRIES 8
Cheerios, Cinnamon Toast Crunch, Frosted Flakes, Granola

ALL DAY

SLICED FRUIT PLATE 11

MACARONI AND CHEESE 12

CHEESE PIZZA 14

The following have a choice of fries or fruit.

UMSTEAD BURGER 14
Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue

PETITE FILET 28

CHICKEN FINGERS 14
Choice of Sauce: BBQ, Honey Mustard, Ranch

GRILLED CHEESE SANDWICH 11

DESSERT

KIDS SUNDAE 7

CHOCOLATE CHIP COOKIES 7

BEVERAGES

BOTTLED WATER *(1 L)*		8
BLACK CURRANT ICED TEA *Unsweetened or Sweetened*	Glass Pitcher	5 15
SOFT DRINKS *Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda*		5
JUICES *Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry*		6
MILK *Skim, 2%, Whole, Almond, Oat, Macadamia*		5
SPECIALTY COFFEE		
Espresso		5
Double Espresso		6
Cappuccino		7
Café Latte		7
Iced Coffee		7
Freshly Brewed Coffee	2 cups 5 cups	10 15
IKAATI TEA		6

Rajah Estate
Organic English Breakfast Tea

Imperial Earl Grey
Organic Black Tea

Jade Dragon
Organic Green Tea

Soothe
Organic Chamomile, Caffeine-Free

Peppermint
Organic Peppermint Tea, Caffeine-Free

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B E E R

MILLER LITE	Wisconsin	7
HEINEKEN	Amsterdam	7
GUINNESS	Ireland	8

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

MARKUS MOLITOR, 'RIESLING SEKT BRUT'	Mosel-Saar-Ruwer, Germany	15/60
AUBRY 'THE UMSTEAD' BRUT	Champagne, France	29/130
BRICK AND MORTAR, 'VP ROSÉ NATURE', 2022	Sonoma Valley, California	18/72

WHITE

RIESLING, VON WINNING 'WINNINGS', 2023	Pfalz, Germany	15/60
SAUVIGNON BLANC, LIEU DIT, 2024	Santa Ynez, California	16/64
SAUVIGNON BLANC, LA CLEF DU RECIT, 2024	Sancerre, France	26/104
PINOT GRIGIO, CANTINA TERLANO 'TRADITION', 2024	Alto-Adige, Italy	16/64
ALBARIÑO, PAZO DAS BRUXAS,, 2024	Rias Baixas, Spain	16/64
CHARDONNAY, ENFIELD CO 'CITRINE', 2023	California	19/76

ORANGE & ROSÉ

DAY WINES 'VIN DE DAYS L'ORANGE'	Willamette Valley, Oregon	16/64
PEYRASSOL 'LES COMMANDEURS'	Côtes de Provence, France	16/64

RED

PINOT NOIR, HIRSCH VINEYARDS 'THE UMSTEAD CUVEE'	Sonoma Coast, California	22/88
RED BLEND, FAMILLE GRAS 'VIEILLES VIGNES', 2022	Cotes-Du-Rhone, France	15/60
TEMPRANILLO, PERICA 'VIÑA OLAGOSA', 2014	Rioja Reserva, Spain	17/68
SYRAH, PRESQU'ILE, 2023	Santa Barbara, California	17/68
SANGIOVESE BLEND, CASTELLO DI VOLPAIA CHIANTI CLASSICO, 2022	Tuscany, Italy	18/72
CABERNET SAUVIGNON, SCATTERED PEAKS, 2023	Napa Valley, California	21/84

In an effort to offer the most comprehensive and exciting selection and vintages to our guests, the wines listed herein may fluctuate due to the sourcing and limited availability of our unique offerings.

