

FRUIT & SALADS

FRESH FRUIT PLATE V X	17
CHIA BOWL V X	15
greek yogurt, gooseberries, tangerine, cocoa nibs, burnt honey, granola	
AÇAI BOWL V X	19
banana, coconut, persimmon, granola, bee pollen, honey	
FALL WEDGE SALAD V X	19
smoked apples, bacon lardon, pickled walnuts, blue cheese dressing	

TOASTS

ALMOND V X	18
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO V	24
miso roasted mushrooms, radish, pickled shallots, genmai, 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 	20
traditional, blueberry, chocolate chip, or banana, maple syrup	
UMSTEAD SMASH BURGER * 	28
gruyère, caramelized onion, black truffle aioli, herbed fries	
AUTUMN HOT POT  	36
crab dumpling, kimchi, tofu, squash, fennel, cabbage, enoki, rice	
STEAK & EGGS * 	39
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

APPLE	14
warm cider cake, gelee, caramelized white chocolate, cinnamon gelato	
TAPIOCA 	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 fraiche, earl grey shortbread	
SUNDAE 	14
praline ice cream, brownie, candied hazelnuts, gianduja chocolate, chantilly	

  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.