



WELCOME TO THE UMSTEAD HOTEL AND SPA



HERONS

Hérons 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.

Hérons offers a flight of surprising flavors in our a 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: <i>Smoked Bacon, Turkey Bacon, Country Ham, Chicken Apple Sausage, Pork Sausage</i>	
Choice of Toast: <i>White, Whole Wheat, Multi-Grain, Rye, English Muffin</i>	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

THE SPA

Three Egg White Omelet with Farm Vegetables	33
Choice of Toast: <i>Whole Wheat, Multi-Grain, Rye</i>	
Choice of Smoothie: <i>Umstead Golden Smoothie, Cherry Lime Black Cardamom Smoothie</i>	
Choice of Coffee or Tea	

A LA MINUTE

MIXED FRUIT	22
Choice of Pastries or Chia Pudding	
Choice of Juice: <i>Artisanal Orange, Artisanal Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>	
Choice of Coffee or Tea	

SPECIALTIES

CRAB CAKE BENEDICT*	35
<i>Blue Crab, Porchetta, Poached Eggs, English Muffin, Champagne Hollandaise</i>	
THREE EGG OMELET	19
<i>Choice of: Ham, Bacon, Sausage, Goat Cheese, Swiss, Cheddar, Onions, Tomatoes, Spinach, Peppers, Mushrooms</i>	
HERONS FEATURED OMELET	26
<i>Seasonal Ingredients, Local Cheese, Roasted Potatoes</i>	
EGG WHITE OMELET (gf, v)	21
<i>White Cheddar, Spinach, Cremini, Shiitake, Portobello, Tomato</i>	
TWO FARM EGGS*	26
<i>Roasted Kennebec Potatoes, Choice of Breakfast Meat</i>	
OLD-FASHIONED PANCAKES (v)	19
<i>Traditional, Blueberry, Banana or Chocolate Chip</i>	



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

FRESH FRUIT & GRAINS

Fresh Sliced Fruit Plate 17

Acai Bowl (gf, v) 18
House Granola, Bee Pollen, Banana, Blackberry, Blueberry, Honey

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

Chia Bowl (gf, v) 14
Greek Yogurt, Burnt Honey, Granola, Hazelnuts, Ground Cherries, Cocoa Nibs, Kiwi

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

TOASTS

AVOCADO TOAST (v) 22
White Miso Hummus, Cherry Tomatoes, Sherry Vinaigrette, Genmai

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

SMOOTHIES

12

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

Cherry Lime Black Cardamom Smoothie
*Cherry, Lime, Dates, Black Cardamom,
Almond Milk, Coconut Water*

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

TOMATO SALAD 19
Peaches, Almonds, Tomato Dashi, Candied Genmai, Basil-Scallion Oil

WEDGE SALAD (gf) 19
Baby Tomatoes, Bacon Lardons, Herbs, Blue Cheese Dressing

CRAB & CORN CUSTARD 26
Brown Butter, Smoked Tomato Vinaigrette, Crispy Potato

TUNA TARTARE* 24
Avocado Crema, Pickled Watermelon Rind, Ginger-Scallion Vinaigrette

CRUDO* 24
Hamachi, Plum, Celery, Toasted Buckwheat, Chilled Plum Dashi

MEAT & CHEESE 30
Sweet Pepper Relish, Mustard, House Pickles, Grilled Sourdough

SOUPS

CHILLED CUCUMBER SOUP 16
Yogurt, Compressed Melon, Dill Oil, Crispy Country Ham

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





SANDWICHES

CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House-Made Chips</i>	
LOBSTER ROLL	36
<i>Buttermilk Roll, House-Made Pickles, Lemon Aioli, House-Made Chips</i>	
SHRIMP TOAST	25
<i>Scallions, Red Peppers, Cucumber, Papaya, Ahi Limon Jam, Potato Bread</i>	
UMSTEAD SMASH BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
CUSTOM SMASH BURGER*	27
<i>Herbed Fries</i>	
Choice of Cheese: <i>American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
Optional Add Ons: <i>Lettuce, Tomato, Onion, Bacon, Avocado</i>	

ENTRÉES

CAESAR SALAD*	18
<i>Baby Gem Lettuce, Parmesan, Anchovy Breadcrumbs, Cured Egg Yolk</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
CRAB CAKE SALAD	32
<i>Sesame-Citrus Greens, Shiso Tartare Sauce, Pickled Summer Squash</i>	
NC COASTLINE (gf)	35
<i>Carolina Gold Rice Grits, Baby Squash, Littleneck Clams, Saffron Broth</i>	
CHIRASHI BOWL* (gf)	32
<i>Tuna, Salmon, Shrimp, Tamago Egg, Sesame, Cucumber, Avocado, Spicy Aioli</i>	
CHICKEN (gf)	32
<i>Blue Grits, Charred Eggplant, Carolina Field Peas, Black Garlic Jus</i>	
KING SALMON* (gf)	35
<i>Heirloom Beans, Grilled Apricot, Sunflower Crumble, Smoked Brown Butter</i>	
BEEF FILET* (gf)	42
<i>Hon Shimeji, Smoked Onion Puree, Sugar Snap Peas, Dashi Jus</i>	

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DESSERT MENU

BLACKBERRY (gf) 14
Yogurt Panna Cotta, Elderflower Gelée, White Port Granita, Jam Sorbet

LEMON 14
Layered Mousse, Graham Cracker Cake, Citrus Curd, Buttermilk Sorbet

MERINGUE
Dark Chocolate Tonka Ice Cream Baked Alaska, Espresso Fudge Cake

CHOCOLATE 14
Cherry Mousse Cake, Feuilletine Crunch, Sour Cherry Sorbet, Cocoa Nibs

SUNDAE (v) 14
Vanilla Gelato, Raspberry Sorbet, Peach Compote, Vanilla Chiffon, Chantilly





LATE NIGHT MENU

Served daily 10:00pm to 6:00am

TOGARASHI FRIES	20
<i>Togarashi Seasoning, Cilantro Lime Aioli</i>	
CAESAR SALAD*	18
<i>Baby Gem Lettuce, Parmesan, Anchovy Breadcrumbs, Cured Egg Yolk</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
UMSTEAD SMASH BURGER*	27
<i>Gruyère, Truffle Aioli, Caramelized Onions, Herbed Fries</i>	
CUSTOM SMASH BURGER*	27
<i>Herbed Fries</i>	
<i>Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue Cheese</i>	
<i>Optional Add Ons: Lettuce, Tomato, Onion, Bacon, Avocado</i>	
CLUB SANDWICH	22
<i>Turkey, Ham, Bacon, Provolone, Lettuce, Tomato, Mayo, House-Made Chips</i>	
COOKIES	12
<i>Half Dozen, Chocolate Chip Cookies</i>	

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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



B E V E R A G E S

MOUNTAIN VALLEY BOTTLED WATER (1 L)		8
BLACK CURRANT ICED TEA	Glass	5
Unsweetened or Sweetened	Pitcher	15
SOFT DRINKS		5
Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda		
JUICES		6
Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry		
MILK		5
Skim, 2%, Whole, Soy, Almond, Oat		
SPECIALTY COFFEE		
Espresso		5
Double Espresso		6
Cappuccino		7
Café Latte		7
Iced Coffee		7
Freshly Brewed Coffee	2 cups	10
	5 cups	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	24/110
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, MORGADIO, 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.