







fruit & salads



fresh fruit plate  
16



yogurt parfait 
tonka bean panna cotta, berry jam, almonds, granola
14


açaí bowl  
banana, strawberry, mango, granola, bee pollen, honey
17

butter lettuce  
manchego, jicama, radish, almond, peach vinaigrette
17



toasts

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



avocado  
arugula, tomato, goat cheese, pistachio, sourdough
19

smoked salmon 
everything bagel, cream cheese, cucumber, capers, dill
22

eggs

two farm eggs*  
roasted yukon potatoes, choice of breakfast meat
24

crab cake benedict*
blue crab, pork belly, english muffin, choron hollandaise
32

egg white omelet  
white cheddar, spinach, cremini, shiitake, tomato
19

herons featured omelet
seasonal ingredients, local cheese, roasted potatoes
25

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

specialties

super oats  goji berries, raw almonds, cocoa nibs, blueberries, cinnamon
16old-fashioned pancakes traditional, blueberry, chocolate chip, banana, maple syrup
18umstead burger * gruyère, caramelized onion, truffle aioli, herbed fries
27

dandan noodles *

duck, bok choy, peanuts, scallions, sesame, chili oil
30steak & eggs * filet, two farm eggs, herbed fries, black truffle jus
35

dessert

key lime

cheesecake mousse, blueberry jam, toasted coconut cream
13watermelon frozen yogurt, raspberry campari, dehydrated meringue
13

almond

vanilla caramel baked alaska, chiffon sponge, croquant
13

chocolate

bittersweet ganache, caramelized pretzels, marshmallow
13sundae  sweet cream gelato, cooked peaches, whipped chantilly
13

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.