



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, Strawberry Cashew 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</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*

**SMOOTHIES** 12

- Umstead Golden Smoothie  
*Turmeric, Ginger, Carrot, Coconut, Cardamom, Banana, Mango*
- Strawberry Cashew Smoothie  
*Strawberry, Cardamom, Cashew Butter, Dates, Almond Milk*

**FRESH FRUIT & GRAINS**

- Fresh Sliced Fruit Plate 17
- Acai Bowl (*gf, v*) 18  
*House Granola, Bee Pollen, Banana, Coconut, Strawberry, Rhubarb Compote, 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, Mango, Cocoa Nibs, Kiwi, Key Lime Purée*
- Super Oats (*gf, v*) 16  
*Goji Berries, Raw Almonds, Cocoa Nibs, Blueberries, Cinnamon*

**TOASTS**


- AVOCADO TOAST 22  
*Whipped Goat Cheese, Balsamic Strawberries, Cashews, Basil, Honey, Sourdough*
- ALMOND BUTTER TOAST 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

BEET SALAD (gf, v) <i>Strawberries, Pistachios, Shallots, Fromage Blanc, White Balsamic</i>	19
WEDGE SALAD (gf) <i>Baby Tomatoes, Bacon Lardons, Herbs, Blue Cheese Dressing</i>	19
OYSTER BIENVILLE (gf) <i>Roasted, Shrimp Bacon, Mushrooms, Garlic, Parmesan, Lemon</i>	26
TUNA TARTARE* (gf) <i>Scallions, Daikon, Sesame Seeds, Nuta Sumiso, Nori Chip</i>	24
CRUDO* (gf) <i>Hamachi, Capers, Tarragon, Daikon, Citrus Kosho, Meyer Lemon Vinaigrette</i>	24
MEAT & CHEESE <i>Sweet Pepper Relish, Mustard, House Pickles, Grilled Sourdough</i>	30

## SOUPS

ASPARAGUS SOUP (gf) <i>Crab Salad, English Peas, Pine Nuts, Parmesan, Mint, Lemon</i>	16
UMSTEAD HOMEMADE CHICKEN NOODLE SOUP <i>Roasted Chicken, Egg Noodles, Celery, Carrots, Onion, Herbs</i>	15






## 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, Asparagus Salad, Green Garlic Dressing, 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>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</i>	
<i>Chicken 11 Salmon 14 Shrimp 14</i>	
CRAB CAKE SALAD	32
<i>Cauliflower, Pancetta, Almonds, Lemon-Chive Aioli, Wildflower Vinaigrette</i>	
NC COASTLINE (gf)	35
<i>Snap Peas, Green Garlic, Bacon, Cremini, Rice Grits, Lemon Beurre Blanc</i>	
CHIRASHI BOWL	32
<i>Tuna, Salmon, Shrimp, Tamago Egg, Sesame, Cucumber, Avocado, Spicy Aioli</i>	
CHICKEN (gf)	32
<i>Spin Rossa Grits, Spinach, Pak Choi, Radish, Spring Onion, Fricassée</i>	
SALMON* (gf)	35
<i>Ramp Greens, Red Peppers, Cashews, White Acre Peas, Ginger Dashi</i>	
BEEF FILET* (gf)	42
<i>Collard Greens, Shiitakes, Peppers, Carolina Gold Rice Cake, Black Pepper Jus</i>	

*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.*

## DESSERT MENU

STRAWBERRY <i>(v)</i>	14
<i>Feuille D'brick Tart, Poached Rhubarb, Ganache, Elderflower, Sorbet</i>	
OLIVE OIL	14
<i>Layered Lemon Mousse Cake, Pistachio Cremeaux, Croquant, Gelato</i>	
CHEESECAKE	14
<i>Graham Cracker Chiffon, Vanilla Pineapple Jam, Passion Fruit, Mango</i>	
CHOCOLATE	14
<i>Caramelized Puff Pastry, Whipped Ganache, Tonka Bean Ice Cream</i>	
SUNDAE <i>(gf, v)</i>	14
<i>Coffee Gelato, Toffee Candy, Fudge Brownie, Chocolate Sauce, Chantilly</i>	





## LATE NIGHT MENU


Served daily 10:00pm to 6:00am

TOGARASHI FRIES	20
<i>Togarashi Seasoning, Cilantro Lime Aioli</i>	
CAESAR SALAD*	18
<i>Romaine, Parmesan, Anchovies, Croutons, Caesar Dressing</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>	

*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.*

# 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 <i>Traditional, Blueberry, Banana or Chocolate Chip</i>	14
ONE EGG WITH BACON OR SAUSAGE, TOAST*	10
CEREAL WITH SLICED BANANAS OR STRAWBERRIES <i>Cheerios, Cinnamon Toast Crunch, Frosted Flakes, Granola</i>	8

## ALL DAY

SLICED FRUIT PLATE	11
MACARONI AND CHEESE	12
CHEESE PIZZA	14
<i>The following have a choice of fries or fruit.</i>	
UMSTEAD BURGER <i>Choice of Cheese: American, Cheddar, Swiss, Provolone, Blue</i>	14
PETITE FILET	28
CHICKEN FINGERS <i>Choice of Sauce: BBQ, Honey Mustard, Ranch</i>	14
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
<i>Unsweetened or Sweetened</i>	Pitcher	15
SOFT DRINKS		5
<i>Coke, Diet Coke, Sprite, Ginger Ale, Ginger Beer, Club Soda</i>		
JUICES		6
<i>Artisanal Squeezed Orange, Artisanal Squeezed Grapefruit, V8, Tomato, Pineapple, Apple, Cranberry</i>		
MILK		5
<i>Skim, 2%, Whole, Soy, Almond, Oat</i>		
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		
<i>Organic English Breakfast Tea</i>		
Imperial Earl Grey		
<i>Organic Black Tea</i>		
Jade Dragon		
<i>Organic Green Tea</i>		
Soothe		
<i>Organic Chamomile, Caffeine-Free</i>		
Peppermint		
<i>Organic Peppermint Tea, Caffeine-Free</i>		

*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.*

## 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
PINOT GRIGIO, CANTINA TERLANO 'TRADITION', 2024	Alto-Adige, Italy	16/64
VERMENTINO, TERENCEZUOLA 'VIGNE BASSE', 2024	Tuscany, Italy	14/56
ALBARIÑO, ZARATE, 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, FAILLA, 2022	Willamette Valley, Oregon	20/80
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.*



