

SMOOTHIES

12

UMSTEAD GOLDEN SMOOTHIE
STRAWBERRY CASHEW SMOOTHIE

PRESSED JUICES

12

TURMERIC PINEAPPLE

vitamins c & b6, relaxation

CARROT GINGER

vitamins a & c, detoxify

KALE APPLE

vitamins b & c, energy

BEET LEMON

antioxidant, detoxify

FRUITS & GRAINS

FRESH SLICED FRUIT 

16

AÇAÍ BOWL 

17

banana, coconut, cherry energy bites, granola, bee pollen, honey

SUPER OATS 

16

goji berries, raw almonds, cocoa nibs, blueberries, cinnamon

CHIA BOWL 

14

greek yogurt, chai tea, granola, raspberries, blackberries

BREAKFAST PASTRIES 

12

whipped butter, assorted jams & jellies

TOASTS

ALMOND 	16
banana, honey, bee pollen, house granola, multi-grain	
AVOCADO 	19
tomato, basil, arugula, manchego, pecans, champagne vinaigrette	
SMOKED SALMON 	25
bagel, herb cream cheese, egg, tomato, cucumber, capers, dill	

SPECIALTIES

OLD-FASHIONED PANCAKES 	19
traditional, blueberry, chocolate chip, or banana, maple syrup	
TWO FARM EGGS* 	26
roasted kennebec potatoes, choice of breakfast meat	
CRAB CAKE BENEDICT	34
blue crab, porchetta, english muffin, champagne hollandaise	
EGG WHITE OMELET 	20
white cheddar, spinach, cremini, shiitake, portabella	
HERONS FEATURED OMELET 	25
chef selected seasonal ingredients, local cheese, roasted potatoes	

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		

 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.