

smoothies

8

vanilla-strawberry

blueberry banana

pressed juices

10

b e e t l e m o n
antioxidant, detoxify

c a r r o t g i n g e r
vitamins a & c, immunity

k a l e a p p l e
vitamins b & c, energy

t u m e r i c m a n d a r i n
vitamins c & b6, relaxation

fruits & grains

f r e s h s l i c e d f r u i t

10

a ç a í b o w l
granola, coconut, bee pollen, strawberry, banana, manuka
12

s u p e r o a t s
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon
12

y o g u r t p a r f a i t
panna cotta, strawberry-rhubarb compote, almonds, granola
8

b r e a k f a s t p a s t r i e s
whipped butter, assorted jams & jellies
7

specialties

o l d - f a s h i o n e d p a n c a k e s
traditional, blueberry, banana or chocolate chip
12

s m o k e d s a l m o n
everything bagel, herbed cream cheese, cucumber, capers, dill
17

t w o f a r m e g g s *
roasted fingerling potatoes, choice of breakfast meat
15

c r a b c a k e b e n e d i c t *
blue crab, canadian bacon, english muffin, hollandaise
18

e g g w h i t e o m e l e t
white cheddar cheese, mushrooms, spinach, tomatoes
15

h e r o n s f e a t u r e d o m e l e t
roasted potatoes, seasonal ingredients, local cheese
15

breakfast meats

turkey bacon
pork sausage
smoked bacon
chicken-apple sausage
north carolina country ham
6

sides

fresh fruit
roasted potatoes
buttermilk biscuits
buttered local grits
5

*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.