

## 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, almonds, cocoa nibs, blueberries, cinnamon  
12

y o g u r t p a r f a i t  
panna cotta, muscadine 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, 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, cremini, shiitake, portabella, spinach  
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.