

fruit & salads

fresh fruit plate
10

yogurt parfait
panna cotta, spiced apple compote, almonds, granola
8

açaí bowl
granola, coconut, bee pollen, strawberry, banana, manuka
12

petite lettuce
poached pears, walnuts, dates, fennel, sesame walnut vinaigrette
10

kale salad
farro, sweet potato, red onion, almonds, carrots, citrus dressing
15

eggs

two farm eggs*
roasted fingerling potatoes, choice of breakfast meat
15

crab benedict*
blue crab, canadian bacon, english muffin, hollandaise
18

egg white omelet
white cheddar, cremini, shiitake, portabella, spinach
15

herons featured omelet
roasted potatoes, seasonal ingredients, local cheese
15

specialties

h o t s m o k e d s a l m o n
baby romaine, frisée, field peas, pickled shallots, bacon-sherry
21

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

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

s h r i m p & r i c e b o w l
62° egg, charleston gold rice, mushrooms, country bread
22

u m s t e a d b u r g e r *
vine ripened tomatoes, pickles, choice of cheese, herb fries
19

s t e a k & e g g s *
filet, two farm eggs, herb fries, housemade steak sauce
30

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.