

## 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 p i n e a p p l e  
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, avocado, bee pollen, kiwi, pineapple, honey  
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, 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

old-fashioned pancakes   
traditional, blueberry, banana or chocolate chip  
12

smoked salmon  
everything bagel, cream cheese, cucumber, capers, dill  
17

two farm eggs\*   
roasted fingerling potatoes, choice of breakfast meat  
16

crab cake 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

## breakfast meats

turkey bacon  
pork sausage  
smoked bacon  
chicken-apple sausage  
north carolina country ham  
7

## sides

fresh fruit  
roasted potatoes  
buttermilk biscuits  
buttered local grits  
5



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.