



## fruit & salads

fresh fruit plate    
10

yogurt parfait   
panna cotta, rhubarb compote, almonds, granola  
8



açaí bowl    
granola, avocado, bee pollen, kiwi, pineapple, honey  
12

butter lettuces    
radish, cucumber, pistachio, goat cheese, raspberry  
10

## eggs

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

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

## 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


## specialties

super oats   goji berries, raw almonds, cocoa nibs, blueberries, cinnamon  
12



old-fashioned pancakes  traditional, blueberry, chocolate chip, banana, maple syrup  
12


shrimp & rice bowl   peas, charleston gold rice, charred tomato broth, country bread  
22

umstead burger\* vine ripened tomatoes, pickles, choice of cheese, herb fries  
19

steak & eggs\*  filet, two farm eggs, herb fries, housemade steak sauce  
30

## desserts

sundae   brown butter ice cream, walnuts, baklava, cinnamon, chantilly  
10

chocolate  burnt caramel mousse, caramelized cocoa, flourless cake  
12

almond bostock twice baked brioche, matcha lemon cream, oat crumble  
12

berry meringue   rhubarb sorbet, dehydrated rose, yogurt, berries  
11

  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.