



## 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 lettuce    
radish, english cucumber, goat cheese, almonds, blueberry  
12

## 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

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

tahitian vanilla, peach jam, lemon verbena, raspberry ice  
10

### jasmine parfait

summer melon, mulberry jam, almond biscuit, pistachio  
12

### thai

tea custard, rice crisp, coconut ivoire, ginger spiced rum  
11

### chocolate

passion fruit, mango, hazelnut feuilletine, espresso crumb  
12

  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.