

## smoothies

10

strawberry pomegranate  
apple crisp

## pressed juices

10

b e e t l e m o n  
antioxidant, detoxification



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    
12


a ç a í b o w l    
banana, dragon fruit, coconut, granola, bee pollen, honey  
14

s u p e r o a t s    
goji berries, almonds, cocoa nibs, blueberries, cinnamon  
13


y o g u r t p a r f a i t   
tonka bean panna cotta, quince compote, almonds, granola  
10

b r e a k f a s t p a s t r i e s   
whipped butter, assorted jams & jellies  
8



## 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  
14

s m o k e d s a l m o n  
everything bagel, cream cheese, cucumber, capers, dill  
18

t w o f a r m e g g s \*   
roasted yukon potatoes, choice of breakfast meat  
17

c r a b c a k e b e n e d i c t \*  
blue crab, canadian bacon, english muffin, hollandaise  
24

e g g w h i t e o m e l e t    
white cheddar, cremini, shiitake, portabella  
16

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  
17

## 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  
6



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.