





fruit & salads



fresh fruit plate  
12

yogurt parfait 
tonka bean panna cotta, quince compote, almonds, granola
10



açaí bowl  
banana, dragon fruit, coconut, granola, bee pollen, honey
14

kale salad  
sweet potato, lentils, apple, radish, almonds, dijon dressing
14

eggs

two farm eggs*  
roasted yukon potatoes, choice of breakfast meat
17

crab cake benedict*
blue crab, canadian bacon, english muffin, hollandaise
24

egg white omelet  
white cheddar, cremini, shiitake, portabella, spinach
16

herons featured omelet
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

specialties

super oats  

goji berries, raw almonds, cocoa nibs, blueberries, cinnamon

13

old-fashioned pancakes 

traditional, blueberry, chocolate chip, banana, maple syrup

14

shrimp & rice bowl  

charleston gold rice, 62degree egg, mushroom, country bread

25

umstead burger* 

vine ripened tomatoes, pickles, choice of cheese, herb fries

20

steak & eggs* 

filet, two farm eggs, herb fries, housemade steak sauce

30

desserts

sundae 

salted caramel, fall spiced apple confit, brown butter crumb

10

cheesecake

goat cheese cream, roasted hazelnut, muscadine, fig sorbet

11

crème brûlée 

40% jivara milk chocolate, candied kumquat, frozen Irish cream

12

chocolate

guanaja ganache, graham, marshmallow, toasted milk ice cream

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.