

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
12

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
18

c r a b c a k e b e n e d i c t *
blue crab, canadian bacon, english muffin, hollandaise
25

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
8

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.