






fruit & salads



fresh fruit plate  
12

yogurt parfait 
tonka bean panna cotta, quince compote, almonds, granola
12



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

kale salad  
sweet potato, lentils, apple, radish, almonds, dijon dressing
15

eggs

two farm eggs*  
roasted yukon potatoes, choice of breakfast meat
18

crab cake benedict*
blue crab, canadian bacon, english muffin, hollandaise
25

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
8



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* 
 tomatoes, lettuce, pickles, choice of cheese, herbed fries
 22

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

desserts

sundae  
 dark chocolate brownie, peppermint bark, Chantilly cream
 10

meyer lemon
 caramelized puff pastry, almond cream, buttermilk, poppyseed
 12

passionfruit-mango 
 chilled custard, dehydrated coconut meringue, lime sherbet
 11

spiced pear 
 ceylon cinnamon, white chocolate namelaka, chai ice cream
 12

chocolate 
 layer cake, mascarpone mousse, espresso, vanilla gelato
 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.