





fruit & salads


fresh fruit plate  
12

yogurt parfait 
tonka bean panna cotta, blueberry, almonds, granola
12


açaí bowl 
banana, kiwi, strawberry, granola, bee pollen, honey
14

asparagus salad 
bacon, petite greens, puffed parmesan, toast, truffle aioli
16

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 mushrooms
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, peas, ham hock broth

25

umstead burger* 

gruyère, caramelized onion, black truffle aioli, herbed fries

25

steak & eggs* 

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

30

desserts

lemon 

mousse, financier, crystalized pistachios, olive oil ice cream

11

carrot 

mascarpone mousse, toasted pecan praline, dehydrated carrot

12

cheesecake 

red berry confit, graham crumb, freeze dried raspberry, sorbet

12

chocolate 

flourless ganache torte, caramélia, toasted cocoa nib cream

12

sundae 

neopolitan ice cream, fudge brownie, vanilla chantilly cream

10



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.