

fruit & salads

y o g u r t p a r f a i t

panna cotta, blueberry compote, almonds, granola
8

a c a i b o w l

chia seeds, coconut, bee pollen, strawberry, banana
9

y o u n g l e t t u c e s

country ham, locatelli, pomegranate, pears, pickled onions, almond
10

k a l e s a l a d

shrimp, apple, barley, fennel, frisée, pancetta, basil-garlic dressing
19

t u n a r i c e b o w l *

ginger ponzu, cucumber, radish, scallion, bamboo rice, quail egg
13

eggs

t w o f a r m e g g s *

roasted potatoes, choice of breakfast meat, basil-tomato
14

6 2 d e g r e e e g g *

pickled field peas, country ham, red pepper, anson mills grits
13

c r a b b e n e d i c t *

blue crab, canadian bacon, english muffin, hollandaise
18

e g g w h i t e o m e l e t

cremini, portobello, & oyster mushrooms, field greens
15

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
15

shareables

fresh sliced fruit
truffle potato tots
deviled eggs
duck confit croquettes
9

sweet breads

warm doughnuts
crumb cake
nutella rolls
8

specialties

duck potato hash *
caramelized onions, fennel, frisée, duck egg, sherry
16

hot smoked salmon
scallion waffle, soy-mustard glaze, pickled carrot salad
16

super oats
goji berries, raw almond, cocoa nibs, blueberries, cinnamon
12

old-fashioned pancakes
traditional, blueberry, chocolate chip, banana, maple syrup
12

brioche french toast
seasonal marmalade, almond toasted crumb, vanilla cream
12

chicken & waffles
fried chicken, sweet potato waffle, pecan butter, honey
17

shrimp & grits *
tasso ham, cheddar, crispy egg, cremini mushroom jus
19

the umstead burger *
vine ripened tomatoes, pickles, choice of cheese, herb fries
18

steak & eggs *
new york strip, two farm eggs, house fries, steak sauce
22

breakfast meats

turkey bacon
pork sausage
smoked bacon
chicken-apple sausage
north carolina country ham
6

sides

fresh fruit
roasted potatoes
skillet cornbread
buttermilk biscuits
buttered local grits
5

*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.