

## smoothies

8

granny smith apple  
vanilla-strawberry  
avocado banana

## pressed juices

10

b e e t l e m o n  
antioxidant, detoxify

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

p i n e a p p l e t u r m e r i c  
vitamins C & B6, relaxation

## fruits & grains

f r e s h s l i c e d f r u i t

11

a c a i b o w l  
chia seeds, coconut, bee pollen, strawberry, banana  
9

s u p e r o a t s  
goji berries, raw almond, cocoa nibs, blueberries, cinnamon  
12

o a t m e a l g r a t i n  
brown sugar, bananas, golden raisins, brown butter, walnuts  
8

y o g u r t p a r f a i t  
panna cotta, blueberry compote, almonds, granola  
8

b r e a k f a s t p a s t r i e s  
whipped butter, assorted jams & jellies  
7

## specialties

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

old-fashioned pancakes  
 traditional, blueberry, banana or chocolate chip  
 12

cured salmon  
 toasted bagel, cream cheese, red onion, capers, dill  
 16

two farm eggs \*  
 roasted baby potatoes, choice of breakfast meat  
 14

crab cake benedict \*  
 blue crab, canadian bacon, english muffin, hollandaise  
 18

egg white omelet  
 cremini, portobello, & oyster mushrooms, field greens  
 15

herons featured omelet  
 roasted potatoes, seasonal ingredients, local cheese  
 15

## 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.