

smoothies

7

granny smith apple
vanilla-strawberry

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

b e r r i e s & c r è m e f r a î c h e
9

c o l d c e r e a l s e l e c t i o n
berries or banana

8

o a t m e a l g r a t i n
bananas, raisins, walnuts

8

h o u s e m a d e g r a n o l a
yogurt, blueberry compote, almonds

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

barley salad *

poached egg, spinach , golden beets, citrus vinaigrette
13

old - fashion pancakes

traditional, blueberry, banana or chocolate chip
11

cured salmon

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

two farm eggs *

roasted baby potatoes, choice of breakfast meat, toast
14

crab cake benedict *

canadian bacon, english muffin, choron hollandaise
17

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
5

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.