

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
caramelized 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

sweet potato hash *
poached egg, leeks, greens, parmesan, sherry vinaigrette
13

old-fashioned 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 *
blue crab, canadian bacon, english muffin, 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.