

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 n i ç o i s e *

olives, hard boiled egg, green beans, farm lettuce, vinaigrette
19

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.