

## fruit & salads

### y o g u r t & g r a n o l a

house made granola, greek yogurt, blueberry compote

8

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

country ham, locatelli, peaches, cherry tomatoes, almond

10

### s h r i m p s a l a d

kale, raisins, barley, fennel, pancetta, garlic-basil dressing

19

### t u n a n i ç o i s e \*

olives, deviled 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, anson mills grits

13

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

blue crab, canadian bacon, english muffin, hollandaise

17

### 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

h o t s m o k e d s a l m o n  
 scallion waffle, tamari-mustard glaze, pickled carrot salad  
 16

o l d - f a s h i o n e d p a n c a k e s  
 traditional, blueberry, chocolate chip, banana, maple syrup  
 11

b r i o c h e f r e n c h t o a s t  
 seasonal marmalade, almond toasted crumb, vanilla cream  
 12

c h i c k e n & w a f f l e s  
 pickle-fried chicken, sweet potato waffle, pecan, honey  
 18

s h r i m p & g r i t s \*  
 tasso ham, cheddar, crispy egg, cremini mushroom jus  
 19

t h e u m s t e a d b u r g e r \*  
 vine ripened tomatoes, pickles, choice of cheese, herb fries  
 18

s t e a k & e g g s \*  
 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  
 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