

## 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   r i c e   b o w l \*

ginger ponzu, cucumber, radish, scallion, bamboo rice, quail egg  
13

## 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.