

## juices

orange, grapefruit, apple, cranberry, pineapple  
tomato, vegetable, pomegranate

6

## fruit & salads

fresh sliced fruit

cantaloupe, honeydew, pineapple, grapes & berries

11

yogurt & granola

house made granola, greek yogurt, blueberries

8

young lettuces

country ham, bosc pear, walnuts, port vinaigrette

12

spinach salad

poached egg, mushrooms à la grecque, bacon, asiago

13

## eggs

two farm eggs

roasted potatoes, choice of breakfast meat

14

crab cake benedict

blue crab, country ham, english muffin, hollandaise

17

egg white omelet

spinach, peppers, cremini mushrooms, field greens

14

herons featured omelet

roasted potatoes, seasonal ingredients, local cheese

15

## specialties

warm doughnuts  
spiced sugar, crème anglaise, seasonal jam  
8

buttermilk pancakes  
plain, blueberry, chocolate chip, or banana  
11

brioche french toast  
apple marmalade, salt roasted pecans, vanilla cream  
12

the umstead burger  
dill pickles, butter lettuce, vine ripe tomato, fries  
18

country fried portobello  
toasted brioche bun, paprika aioli, potato salad  
14

shrimp & grits  
tasso ham, asiago cheese, crispy egg, cremini mushrooms  
18

cured salmon  
bagel, cream cheese, red onion, capers, dill, boiled egg  
14

smoked bacon casserole  
pepper preserves, aged cheddar, yukon gold potatoes  
16

steak & eggs  
grass fed new york strip, two farm eggs, crispy potatoes  
22

## breakfast meats

turkey bacon  
pork sausage  
smoked bacon  
chicken-apple sausage  
johnston county country ham  
5

## sides

toast  
fresh fruit  
roasted potatoes  
skillet cornbread  
buttermilk biscuits  
buttered local grits  
5