

fruit & salads

y o g u r t p a r f a i t

tonka bean panna cotta, pear compote, pecan, house granola
8

a ç a í b o w l

chia seeds, coconut, bee pollen, strawberry, banana, manuka
10

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

apple, red onion, blue cheese, country ham, walnut vinaigrette
10

k a l e s a l a d

shrimp, barley, citrus, pancetta, parmesan, fennel dressing
19

t u n a r i c e b o w l *

sesame, cucumber, radish, scallion, bamboo rice, quail egg
15

eggs

t w o f a r m e g g s *

roasted fingerling potatoes, choice of breakfast meat
14

h a m & b r i e s a n d w i c h

over-medium egg, chutney, watercress, apple, sourdough
14

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 fruit plate
truffle potato tots
deviled eggs
9

sweet breads

warm doughnuts
pumpkin crumb cake
apple hand pie
8

specialties

bravas potato hash *

sunny-side egg, smoked chicken, tomato, onion, arugula
16

smoked salmon

everything bagel, cream cheese, red onion, capers, dill
16

super oats

goji berries, raw almonds, cocoa nibs, blueberries, cinnamon
12

old-fashioned pancakes

traditional, blueberry, chocolate chip, banana, maple syrup
12

brioche french toast

seasonal marmalade, toasted almond crumb, vanilla cream
12

chicken & waffle benedict

fried chicken, sage waffle, prosciutto, mustard hollandaise
17

shrimp & grits *

tasso ham, cheddar, crispy egg, cremini mushroom jus
19

the truffle burger *

fried egg, bacon, truffle cheese, aioli, bibb, 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.