

smoothies

8

goji berry-raspberry
vanilla-strawberry
passion fruit banana

pressed juices

10

b e e t l e m o n
antioxidant, detoxify

c a r r o t g i n g e r
vitamins a & c, immunity

k a l e a p p l e
vitamins b & c, energy

t u m e r i c m a n d a r i n
vitamins c & b6, relaxation

fruits & grains

f r e s h s l i c e d f r u i t
10

a ç a í b o w l
chia seeds, coconut, bee pollen, strawberry, banana, manuka
10

s u p e r o a t s
goji berries, raw almonds, cocoa nibs, blueberries, cinnamon
12

m o c h a s m o o t h i e b o w l
banana, cocoa nibs, almonds, granola, spurlina energy balls
8

y o g u r t p a r f a i t
tonka bean panna cotta, pineapple, almonds, granola
8

b r e a k f a s t p a s t r i e s
whipped butter, assorted jams & jellies
7

specialties

bravas potato hash*
sunny-side egg, chicken, tomato, onion, arugula
16

old-fashioned pancakes
traditional, blueberry, banana or chocolate chip
12

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

two farm eggs*
roasted fingerling potatoes, choice of breakfast meat
14

crab cake benedict*
blue crab, canadian bacon, english muffin, hollandaise
18

egg white omelet
goat cheese, mushrooms, spinach, fine herbs, field greens
15

herons featured omelet
roasted potatoes, seasonal ingredients, local cheese
15

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.