

## 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  
12

s u p e r o a t s

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

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

tonka bean panna cotta, pineapple compote, 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, herbed cream cheese, cucumber, red onion, capers, dill  
17

two farm eggs \*  
roasted fingerling potatoes, choice of breakfast meat  
15

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.