

Emily Santos/Terence Gallagher  
Lou Hammond & Associates  
Tel: (212) 308-8880; Fax: (212) 891-0200  
E-mail: [emilys@lhammond.com](mailto:emilys@lhammond.com) / [terryg@lhammond.com](mailto:terryg@lhammond.com)

**NORTH CAROLINA FARM FRESH MEETS SOUTHERN COMFORT AT  
HERONS RESTAURANT AT THE UMSTEAD HOTEL AND SPA**

*Executive Chef Paul Kellum Introduces Locally and Seasonally Inspired Cuisine*

CARY, NC, July 29, 2008 – Paul Kellum, executive chef at The Umstead Hotel and Spa ([www.theumstead.com](http://www.theumstead.com)), has **unveiled new lunch and dinner menus** at the hotel’s signature restaurant, **Hérons**. The new menus underscore the restaurant’s commitment to local and seasonal ingredients, featuring the freshest sustainable products from local farms and artisans including North Carolina’s Blue Sky Farms, Elodie Farm, Cane Creek Farm, La Farm Bakery and Tanglewood. Fresh herbs are sourced from Herons’ newly planted organic herb garden where twice daily, the chefs pick from sweet, opal and Thai basil, rosemary, lemongrass, bay leaves, chives and six varieties of thyme to feature in the day’s menus.

“We’re proud to showcase the bounty of North Carolina in the cuisine at Herons,” said Executive Chef Paul Kellum. “We source about 80 percent of our ingredients from local farms, including our vegetables and cheeses, and our day boat seafood comes from the Carolina coast.”

The new menus at Herons celebrate modern American regional cuisine with an unexpected Southern flair, expertly prepared by a team of creative culinary professionals in the restaurant’s open exhibition kitchen. Kellum’s distinctive interpretation of a southern favorite, *Biscuits & Gravy*, is anything but ordinary. Available on the new dinner menu, the dish becomes *Chicken Fried Foie Gras over a Chive Buttermilk Biscuit with Porcini Mushroom Sabayon*. Other titillating dinner options include:

*Tuna Toro Tartare  
Scallion Pancakes, Dried Shallot, Caviar and Ponzu Sauce*

*Hérons Summer Salad  
Citrus Micro Greens, Pumpkin Seed Brittle, Humboldt Fog Goat Cheese, Baby Poached Pear,  
Cinnamon Crouton and Riesling Dressing*

*Garlic Crusted Chilean Sea Bass  
Sweet Corn Hush Puppies, Lima Beans in Lobster Saffron Broth*

## New Menus at Herons/2

### *Roasted Rack of Lamb*

*Sundried Tomato Polenta, Baby Summer Vegetable and Mint Basil Pesto*

In addition to the à la carte dinner menu, Herons offers a Chef's Tasting Menu, a multi-course menu designed to allow diners to experience the essence of Herons cuisine. The Tasting Menu is available for \$60, \$80 or \$100 per person for eight decadent courses varied by ingredients.

Herons' midday menus feature a mix of soups, salads, sandwiches and entrees, ideal for power lunching or a leisurely afternoon. Signature dishes include:

### *Blue Crab Cupcakes*

*Lemongrass Crème Fraîche Frosting*

### *Heirloom Tomato Salad*

*Garden Basil, Boursin Cheese, Aged Balsamic, Lemon Pressed Olive Oil*

### *Duck Reuben*

*House Made Purple Sauerkraut, Marbled Rye, Duck Demi Glace and Sweet Potato Fries*

### *Pan Seared NC Trout*

*Served over Warm Panzanella Salad topped with Mixed Olives and Tomato Provencal*

Each dish at Herons can be matched with a wine from the restaurant's award-winning wine list of over 400 selections. To view the new menus at Herons or to make a reservation, please visit [www.heronrestaurant.com](http://www.heronrestaurant.com).

**The Umstead Hotel and Spa** ([www.theumstead.com](http://www.theumstead.com)) is nestled against a beautiful three-acre lake, steps away from walking and jogging trails as well as The Umstead State Park. The 150 oversized guest rooms include luxurious furnishings and signature amenities. State-of-the-art technology enhances the customer experience on all levels. Adjacent to the hotel, the plush Umstead Spa features the finest treatment rooms, a "meditation" courtyard and more. The treatment menu includes a variety of massages, facials, body masks, body polishes and exfoliation treatments, hydro-therapy baths and showers, hand and foot treatments, manicures and pedicures. The Umstead Hotel and Spa is North Carolina's first hotel to receive AAA's coveted "Five Diamond Award" as well as being a member of Leading Hotels of the World and Leading Spas of the World. For reservations and information, call toll-free at 1-866-877-4141. Images available upon request.

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