

Sound to Sea

Please understand for a multitude of reasons (using fresh sea food) & due to volume we might run out of some of the items listed below later at night. We do apologize.

*Char-Crusted Salmon

We do a ginger teriyaki crust on our fresh salmon and then pair it with wild rice, warm sweet orange sauce with your choice of side item. A local favorite. 17.00

Carolina Fried Seafood

A combination of hand breaded flounder, shrimp & scallops slightly dusted & seasoned all fried to a golden brown served with cocktail & tarter with your choice of side item. \$18.00 A coastal classic.

*Tuna & Shrimp Stackers

This one is fun....Large slices of seared tuna stacked between grilled jumbo shrimp over black bean & corn medley topped with fresh feta cheese, cilantro, cucumber wasabi, pico & ginger sesame. Yes the tuna is rare & chilled. 16.50
Served with side house salad

Poor Mans Bowl

Real simple.-- Mussels, shrimp, scallops, smoked kielbasa, smoked sausage, corn, bacon, all sautéed in our home made roasted tomato broth served with baggett for dipping. 16.00

Jumbo Lump Crab Cake

Jumbo lump crab meat folded together with a blend of house seasoning to form what we call the two largest crab cakes in the area. Sautéed and never fried. All topped with more crab meat, lemon hollandaise & grilled asparagus . 23.00
Just want one cake, we can do that. 18.00

Santa Fe Mahi & Shrimp

Santa Fe dusted mahi over black bean corn salsa topped with two grilled shrimp, cilantro lime pico topped with chipotle cheddar sauce & broccoli . 16.00 Served with a side house salad.

Drunken Mussels

One pound of blue mussels simmered in our smoky roasted tomato & wine au jus. Served with toasted baguette for dipping & a side of pasta of your choice. Marinara or Parmesan Alfredo. 13.00

On all Sound to Sea entrees you can add a side salad for 1.99 , Caesar salad for 2.50 or a cup of any soup for 2.50

Southern Pasta or Rice Bowls

All pasta bowls are served with toasted garlic bread.

You can add a side salad for 1.99 , Caesar salad for 2.50 or a cup of any soup for 2.50

Blackened Chicken Pasta

We blackened our fresh all natural grilled chicken breast then tossed in grape tomatoes, smoked bacon, mushrooms, green onions, fettuccine pasta with creamy alfredo sauce. \$12.50

Triple Cheese Spinach Lasagna

This is not your ordinary lasagna. We load this one up with spinach, ricotta cheese, mozzarella cheese & feta cheese all blended with parmesan cream, fresh mushrooms & basil marinara. \$14.00

Wild Mushroom Chicken & Shrimp

Two fresh all natural sautéed chicken breast with grill shrimp over long grain wild rice tossed with fresh mushrooms topped with our creamy tarragon parmesan sauce. 16.00

Meat Lasagna

Our home made recipe is loaded with ground certified angus beef, fresh Italian sausage & plenty of creamy ricotta topped with marinara & melted mozzarella. \$11.00

Creamy Shrimp & Scallop Pasta

Large scallops & shrimp sautéed with white parmesan sauce, fresh herbs, garlic, smoked bacon, diced grape tomatoes all tossed with fettuccine. 16.00

*These items are cooked to order.

Consuming Raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions

Good Sandwiches & Simple Eats

Boring Chicken Sandwich

Sautéed chicken breast topped with apple wood smoked bacon, melted cheddar cheese, melted provolone with lettuce & tomato, all served on a kaiser roll. 8.00 Served with your choice of side item.

Angry Rooster Fingers

Five buttermilk marinated hand breaded chicken tenderloins served over our cracked black pepper fries. Your choice regular, hot or dipped in curry creole cheddar 7.50 All of our chicken is fresh, never frozen and all natural. Shouldn't everyone's be.?

The Cuban

Slow roasted pork tenderloin paired with grilled ham, melted provolone cheese, fried pickles, mayo & our Morgan's sauce. 9.50 Served on a toasted telera roll and your choice of side item. Limited item.....

Steak & Pepper Sandwich

We sauté a combination of ribeye, strip & shoulder tender to create this sandwich with fire roasted peppers and onions tossed with house seasoning all topped with melted provolone cheese and creamy tiger horseradish sauce. 10.00 Served on a toasted kaiser roll. Includes your choice of side item. Limited item.....

Sweet Chicken Salad

Our home made chicken salad comes with lettuce served on the bread of your choice. (sourdough, wheat berry or croissant) 8.00 Our chicken salad contains pecans

The Reuben

Thinly sliced corn beef, sauerkraut, melted provolone cheese & our roasted red pepper sauce all on our grilled telera roll. Sorry, no rye here. 9.00 Includes your choice of side item.

Side Choices

(* marks a .99 cent upcharge with any burger or sandwich)

Garlic Mashed Potatoes

*Baked Macaroni & Cheese

Seasonal Vegetable

*Sweet Potato Fries

Baked Potato

Brown Sugar & Cinnamon Sweet Potato

Cracked Black Pepper Fries

*Onion Rings



About our Building & Us

Morgan's Tavern & Grill opened its doors with one goal in mind, "Great service, good food in a casual and comfortable atmosphere." Today that goal still stands tall, as people from all areas ask. Are you fine dining? We proudly say NO, we are every day dining. We believe in good food at sensible prices. We believe in sincere service because as our guest it is our responsibility to ensure every experience is fun and enjoyable. This building has stood for over 100 years. In 1912 this was the home for the New Bern Garage Company. It is an example of what hard work can accomplish, from its 16-22 inch thick walls to the original roof trusses and ceiling joists that still stand today. We believe that all you need is a dream and hard work and you can do anything. This is our dream and we are proud to serve you and our community.