

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.

All entrees are served with fresh baked croissants, choice of side item unless noted. On all Sound to Sea entrees you can add a side garden salad for 2.99 , Caesar salad for 3.99 or a cup of Lobster Bisque or French Onion for 3.99

*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. 19.00

Sound to Sea Feature

Well.....Not sure what it will be. Not sure how in the world it will be cooked. Not sure how much it will cost. More than likely it will be from North Carolina and your awesome server will fill you in. Let's eat.

*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, cumber wasabi , pico & ginger sesame. Yes the tuna is rare (cold red center). 18.00

Bacon Wrapped Scallops

Six jumbo fresh scallops wrapped in smoked bacon, dusted with our house seasonings, flash fried with tempura asparagus, wild rice with our roasted basil tomato puree . 24.00
Limited item....

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, broccoli, lemon hollandaise and splashed with our sweet pepper vinaigrette. 16.00

Carolina Fried Seafood

Build your meal. All of our seafood will be slightly dusted (nothing to hide here) and fried to a golden brown. Served with your choice of side item and cocktail or tarter sauce. A coastal classic. Remember cheap seafood isn't good and good seafood isn't cheap.

*All flounder (3) 16.00 *All Jumbo Shrimp (10) 17.50 *All Jumbo Scallops (8) 27.50
*Flounder (2) Shrimp (3) Scallops (3) 24.00 *Flounder (2) Shrimp (5) 18.00 *Flounder (2) Scallops (5) 27.50
*Shrimp (5) Scallops (5) 27.50 *Size don't matter shrimp (A platter of really good Louisiana shrimp, 20-25) 16.00

Pasta Bowls, Rice Bowls & More Good Seafood

All pasta bowls are served with toasted garlic bread. You can add a side garden salad for 2.99, Caesar salad for 3.99 or a cup of Lobster Bisque or French Onion soup for 3.99

*The "Old" Favorite Pasta Bowl

The local favorite for years. Grape tomatoes, parmesan cheese, mushrooms, green onions, smoked bacon all tossed with fettuccine pasta in our house made parmesan sauce with just a splash of cajun. 10.00

With grilled or blackened all natural chicken +3

With grilled or blackened shrimp (4) +5

With grilled or blackened shrimp & scallops (2 each) +6

With grilled or blackened salmon +8

Creole Shrimp & Rice Bowl

Mrs. DoDine's creole sauce simmered with andouille sausage, crisp bacon, jumbo shrimp and a lot more other things that's a secret all over a bed of rice . Just let us know if you want a spoon or a fork. 17.00

Poor Mans Bowl

Real simple.-- Mussels (7-9), shrimp (5), smoked kielbasa, smoked sausage, corn, bacon, wild rice all sautéed in our home made roasted tomato broth served with baggett for dipping. 18.00

*Tuscany Pasta Bowl

Wilted spinach tossed with tomatoes, grilled artichokes, fired roasted red bell peppers, feta cheese with fettuccine and tomato basil puree . 13.00

With grilled all natural chicken +3

With grilled shrimp (4) +5

With grilled or blackened shrimp & scallops (2 each) +6

With grilled salmon +8

**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

For Starters, For Sharing or Just Simple Eats

(Patio menu, bar menu, well heck....let's make this everyone's menu. 5pm till close or until we just run out!) This is designed for people who just want to sit around, hang out and try different things. No rush, no rules just good times and great friends. Enjoy!

Baked Crab Dip

Our home made crab dip is loaded with lumpy crab meat and topped with melted mozzarella and parmesan cheese. 12.00
Served with toasted pita bread

Triple Cheese Buffalo Fries

A complete meal all by itself. A very large portion of our signature Cracked Black Pepper Fries drizzled with buffalo tiger sauce with melted cheddar, mozzarella, pepper jack, feta cheese & smoked bacon. 10.00 Served with ranch or honey mustard.

Chips, Pork & Chili

Our house chips covered with Mr. D's chili, melted pepper jack, mozzarella and cheddar cheese, slow roasted pork and smoked bacon. . 10.99 It's that good...

Spinach & Artichoke Dip

This cheese dip is loaded with spinach & artichokes then topped with melted mozzarella, parmesan & grilled artichokes. 10.00 Served with toasted pita bread

*Tuna Lettuce Wraps

This only comes one way. Raw. Slightly seasoned seared tuna is diced & paired with cucumber wasabi, chipotle vinaigrette, black bean salsa, pepper jack & cilantro pico all in romaine lettuce. Four per order. 12.00

Portabella Chips

Fresh portabella sliced mushrooms fried with our tavern ale tempura batter paired with mixed greens, creamy horseradish and jalapeno ranch. 8.00

Dusted Calamari

We only use tender rings for our house dusted calamari served with traditional lemon and hot marinara. Boring but really good. 9.50

Carolina Rib Bongs

We take three of our meatiest slow roasted six hour ribs, bread them with our house blend of seasonings and fry them to a golden brown. Served over crisp mixed greens with Tennessee vinaigrette. 9.99

Carolina Fried Oyster

Fresh Carolina fried oysters over wilted spinach and bacon. Served with our house made Tennessee vinaigrette with cocktail or tarter. 11.50 (when available)

Tavern Beer Cheese Dip

This is a combination of five different cheeses, a lot of diced smoked bacon and of course a splash of our own beer. All baked to a delicious hot mess served with your choice of chips or toasted pita bread. 10.00

1995 Cheese Sticks

Yes that was the year when everyone wanted deep fried cheese. Well we still do!!! Double dipped southern style mozzarella cheese sticks fried to a ooey gooey golden brown served with warm marinara. (4 sticks) 5.50 (8 sticks) 9.50

Happy Sandwiches

Turkey, Apple, Swiss Club

Thinly sliced chilled turkey with sliced apples, mixed greens, Swiss cheese, crispy bacon drizzled with our apple vinaigrette on your choice of toasted pita or rustic sourdough. 10.00
Includes your choice of side item.

The Loaded Dip

This is our well-known French Dip loaded with thinly sliced Certified Angus roast beef, sautéed mushrooms, caramelized onions & melted provolone cheese with our red wine and onion au jus. Served on a hoagie roll. 11.00

Greg's Club

A portion of the sale of this sandwich will be donated to RCS monthly. Hand cut turkey, ham, bacon, sliced cheddar & provolone cheese, lettuce, tomato, onion and our own Morgan's sauce. 10.00 Your choice of wheat berry or rustic sourdough bread. Includes your choice of side item

The Cudjoe Key Haddock

Cajun grilled New England haddock topped with pico del gallo, Bohemian tarter and cucumber wasabi all on a toasted kaiser roll. 9.99 Includes your choice of side item.

Not So Hot Chicken

Our all natural fresh chicken breast battered and fried then dipped in our tangy not so hot sauce all on a toasted kaiser roll with lettuce, pickle, ranch and honey. 8.50 Includes your choice of side item.

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Pasture to Plate



*All entrees are served with fresh baked croissants, choice of side item unless noted.
On all Pasture to Plate entrees you can add a side garden salad for 2.99 , Caesar salad for 3.99
or a cup of lobster bisque or French onion for 3.99*

*Petite "35"

For those who really do not want a 16oz steak we now offer our ribeye "35" in a 10 to 12 ounce. Same great steak served with sweet onion au jus and rosemary butter. 22.00

*Molasses Chops

Two eight ounce, center cut marinated boneless pork chops grilled to your specifications and drizzled with our own molasses, brown sugar & bourbon glaze. \$15.50

Meatloaf & Potato Cake

Our meatloaf is slow roasted using our signature ground steak recipe then slightly grilled before being served over cheddar bacon potato cake with red wine reduction gravy.

14.99

Served with a side house salad.

*Ribeye "35"

Our hand cut & closely trimmed 14 to 16 ounce marbled ribeye is truly aged for a minimum of thirty five days to ensure a fully tender steak. (yes there is fat on the steak). Served with sweet onion au jus and rosemary butter. \$26.00

Six hour Ribs

*Each morning one guy spends six hours rubbing, seasoning then slow roasting these ribs just for you. Finished off on the grill and basted with tangy BBQ sauce. Four bone rack 14.50
Eight bone rack. 19.00 Served with your choice of side item.*

Grilled Cordon Bleu

We took a classic & made it bigger, two grilled chicken breast, sautéed black forest ham, melted provolone cheese, topped with home made lemon hollandaise & garnished with toasted coriander bread crumbs. \$16.50 Served with your choice of side item.

Boring Chicken Platter

The name says it all... Two seasoned & seared all natural chicken breast topped with smoked bacon & melted cheddar over rice pilaf. Simple, basic but good.. 14.00 Served with your choice of side item..

Just Good Burgers



**All of our burgers contain ground chuck roast, ground short rib and ground beef brisket. Just thought you should know. We don't say hamburger, we say "Ground Steak Burger". Or choose our fresh all natural chicken breast for your next burger. All served with your choice of side item.*

*The Bear's Way

Smothered with sautéed mushrooms, onions, provolone & cheddar cheese with smoked bacon. 10.00

*The Original Burger

Aged cheddar cheese, apple wood smoked bacon, lettuce, tomato & onion. 9.00

*The Jalapeno & Cream Cheese

Basted with our signature sweet & tangy BBQ sauce and topped with cream cheese, melted pepper jack cheese and grilled jalapenos. 10.00

*The Slap Florence Burger

A cajun seasoned burger topped with el pastor, pico de gallo, melted jalapeno and pepper jack cheese with gochujang mayo. 10.00

*The Big Sweety

Aged swiss cheese melted over smoked bacon, topped with fried pickles with lettuce, tomato & onion.. 10.00

*The Black & Bleu

We hope you like bleu cheese. This one is loaded with melted & crumbled bleu cheese with smoked bacon. 10.00

The Spicy Bella

This burger is topped with fried Portobello mushrooms, melted pepper jack cheese, grilled jalapenos and tiger sauce. 10.00

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Kids Menu

(For Children under 10 only please, if you are an adult Chuck says it will cost you 2.50 extra)

(Includes kids beverage in spill proof cup, well kind a spill proof.) Milk, Choc Milk, OJ, Cranberry Juice, Lemonade & our regular line up.

Baked Macaroni & Cheese 5.00
Chicken Fingers w/ Fries, Fruit or Broccoli 7.00
Kids Garden Salad w/Grilled Chicken 7.00
Mini Corndogs with Fries or Fruit 6.00

Grilled Ham & Cheese w/ Fries,
Fruit or Broccoli 6.00
Jumbo Shrimp (5) with Fries or Fruit
(Grilled or Fried) 7.00

(* marks an upcharge with any burger or sandwich)

Side Choices

*Garlic Mashed Potatoes
*Baked Macaroni & Cheese
Steamed Broccoli
*Sweet Potato Fries

*Baked Potato
*Brown Sugar Sweet Potato
Tavern Twist Fries
Potato Salad
*Fruit Cup



About our Building & Us

Morgan's Tavern & Grill opened it's 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.