

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. On all Sound to Sea entrees you can add a side garden salad, Caesar salad, cup of French Onion, cup of Coach's Choice or Lobster Bisque for 4.99.

*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. 25.00

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

This one is fun....Large slab of seared tuna with shrimp over black bean corn medley topped with fresh feta cheese, cilantro, cucumber wasabi , pico & ginger honey sesame. Yes the tuna is rare (cool red center). 27.5 (no other side item included)

Island Scallops

Six jumbo fresh scallops sautéed in our house cajun blend on a bed of wild rice, black bean corn medley, grilled pineapple, pineapple salsa with a splash of Sweet Thai Chili. 27.50 Limited item... (no other side item included)

Drunkn Haddock

Our large filet of haddock dipped in our Nut Brown Ale Beer Batter, fried to a golden brown served with Tavern Twist Fries and a small side of slaw. 19.99 Slaw cannot be substituted, it's a garnish. (you may substitute fries for a different side)

Santa Fe Mahi & Shrimp

Santa Fe dusted Mahi over black bean corn medley topped with grilled shrimp, lime pico, steamed broccoli, lemon hollandaise and splashed with our sweet pepper vinaigrette. 27.5 (no other side item included)

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 with cocktail or tarter sauce. A coastal classic. Remember cheap seafood isn't good and good seafood isn't cheap.

**Pound all flounder \$21.50*

**All shrimp-Half pound \$16.99 -Pound \$28.99*

**All Jumbo Scallops \$31.5*

**Flounder, Shrimp, Scallops \$31.5*

**Flounder, Shrimp 28.99*

**Flounder, Scallops \$29.95*

**Shrimp, Scallops \$33.50*

Pasta Bowls, Rice Bowls & More Good Seafood

All pasta bowls are served with toasted garlic bread.

Add a side garden salad, Caesar salad, cup of French Onion or Lobster Bisque for 4.99.

*The "Old" Favorite Pasta Bowl

The local favorite for years. Grape tomatoes, parmesan cheese, mushrooms, green onions, smoked bacon all tossed with fettuccine in our house made parmesan sauce with just a splash of Cajun. 12.99

With grilled or Cajun all natural chicken +4.99

With grilled or Cajun shrimp +8.99

**With grilled or Cajun salmon +8.99*

*Tuscan Pasta Bowl

Wilted spinach tossed with tomatoes, grilled artichokes, fired roasted red bell peppers, feta cheese with fettuccine and tomato basil puree . 14.99

With grilled or Cajun all natural chicken +4.99

With grilled or Cajun shrimp +8.99

**With grilled or Cajun salmon +8.99*

Creole Shrimp & Rice Bowl

Mrs. DoDine's creole sauce simmered with andouille sausage, bacon, shrimp and a lot more other things that's a secret over wild rice with garlic batard for dipping . Just let us know if you want a spoon or a fork. 22.50

**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 Keep For Yourself

NC Sin Dip

Ground sweet sausage, melted pimento cheese, bacon, grilled jalapenos, cream cheese, sour cream, mozzarella and a splash of our secret ingredient to make this one delicious and naughty. 11.99 Served with toasted pita bread.

Triple Cheese Buffalo Fries

A complete meal all by itself. A very large portion of our signature Tavern Twist Fries drizzled with buffalo tiger sauce with melted cheddar, mozzarella, pepper jack, feta cheese & smoked bacon. 12.99 Served with ranch or honey mustard.

Carolina Fried Oyster

Lightly dusted fried oysters with wilted spinach & bacon, feta cheese and drizzled with our Tennessee vinaigrette BBQ sauce. 14.99 (when available)

Spinach & Artichoke Dip

This cheese dip is loaded with spinach & artichokes then topped with melted mozzarella, parmesan & grilled artichokes. 10.99 Served with toasted pita bread.

Baked Crab Dip

Our house made crab dip is loaded with crab meat and a splash of Old Bay. A classic here for sixteen years. "It's like having the whole ocean in your mouth", a quote from a six year old boy several years ago. 15.00

Happy Sandwiches & Tacos

Side choices include: Tavern Twist Fries, fruit cup, crispy fried chips, steamed broccoli, baked mac & cheese, sweet potato fries or creamy parmesan coleslaw

The Loaded Dip

Our French Dip is loaded with thinly sliced Certified Angus roast beef, sautéed mushrooms, caramelized onions & melted provolone cheese with our sweet onion au jus. Served on a toasted hoagie roll. 14.99 Includes your choice of side item.

The Tipsy Fish

New England haddock dipped in our original Tavern Ale beer batter served hot and crispy on a grilled kaiser roll topped with coleslaw and Bohemian tarter sauce. 12.99 Includes your choice of side item.

Shrimp Tacos

Two tacos with grilled or fried shrimp, pico de gallo, mozzarella with cucumber wasabi sauce wrapped in our grilled flour tortillas. Served with your choice of side. 14.50

Boring Chicken Sandwich

Brick house chicken breast topped with smoked bacon, melted cheddar and provolone cheese with lettuce, tomato and red onion all served on a toasted kaiser roll. 13.99

Portobello Chips

Fresh portobello sliced mushrooms fried in our Branded Nut Brown Ale tempura paired with mixed greens, creamy horseradish and jalapeno ranch. 12.99

*Tuna Lettuce Wraps

This only comes one way. Raw. Seasoned seared tuna is diced & paired with cucumber wasabi, black bean medley, pepper jack & cilantro pico all in romaine lettuce. Four per order. 14.99

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. 11.99

1995 Cheese Sticks

Yes that was the year when everyone wanted deep fried cheese. Well we still do!!! Southern style mozzarella cheese sticks fried to a ooey gooey golden brown served with warm marinara. (4 sticks) 6.99 (8 sticks) 9.99

The "Big" Gregg's Club

Portion of the sale of this sandwich will be donated to a Local Boy Scout Troop Quarterly. Feel free to ask your server why. Turkey, ham, bacon, cheddar & provolone cheese, lettuce, tomato, onion and our own mustard sauce. 14.99 Your choice of wheat berry or rustic sourdough bread. Includes your choice of side item

The Big Daddy Shrimp Roll

Toasted hoagie layered with creamy parmesan coleslaw, grilled shrimp, drizzled with Sweet Thai Voodoo Remoulade sauce. 14.50 Served with your choice of side item. WE ONLY USE LOCAL/ GULF SHRIMP, NO IMPORTS HERE

*Yellowfin Tacos

Two tacos with seared Yellowfin Tuna with our pineapple pico de gallo, shredded mozzarella with sweet chili and cucumber wasabi sauce wrapped in our grilled flour tortillas. Served with your choice of side. 14.99

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Pasture to Plate



All entrees are served with fresh baked croissants, choice of side item unless noted. Add a side garden salad, Caesar salad, cup of French Onion, cup of Coach's Choice or Lobster Bisque for 4.99.

*Molasses Chops

Two center cut marinated boneless pork chops grilled to your specifications and drizzled with our own molasses, brown sugar & bourbon glaze. 16.99 Served with your choice of side item.

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 gravy. 14.99 Served with a side house salad. (limited item) (no other side item included)

Boring Chicken Platter

The name says it all... Two seasoned & sautéed all natural chicken breast topped with smoked bacon & melted cheddar over wild rice. Simple, basic but good.. 19.99 Served with your choice of side item..

*Ribeye "35"

Our hand cut & closely trimmed marbled ribeye is truly aged for a minimum of thirty five days to ensure a fully delicious steak. (yes fat is on the steak). Served with sweet onion au jus with melted butter. 35.00 Served with your choice of side item.

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. Six bone rack 24.00 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. \$18.99 Served with your choice of side item.

Let's All Have a Little Fun as in BEAR FUN!!!

Take your best selfie, family picture, date night picture, you get the idea with our Colonial Bearman or at your table and post it to our Facebook page for a chance to win a \$50.00 gift card. Our associates will pick a lucky winner each month. Our associates will even take the picture using YOUR DEVICE. So let's have some Bear Fun and post your best pic.

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". We do recommend burgers cooked medium, "Hot Red Center". Served on a grilled kaiser roll with your choice of side item.

*The Bear's Way

Smothered with sautéed mushrooms and onions, melted provolone & cheddar cheese with smoked bacon. 13.99

*The Original Burger

The traditional model. Melted double cheddar cheese, smoked bacon, lettuce, tomato & onion. 12.50

*The Jalapeno & Cream Cheese

Basted with our signature sweet & tangy BBQ sauce and topped with cream cheese, melted pepper jack cheese and grilled jalapenos. 13.99

*The Black & Bleu

We hope you like bleu cheese. This one is loaded with melted & crumbled bleu cheese with smoked bacon. 12.50

*The Big Sweety

Melted provolone cheese melted over smoked bacon, topped with fried pickles with lettuce, tomato & onion. 12.99

The Meatless Wonder

No meat here! Beer battered portobello mushrooms, melted cheddar and pimento cheese, remoulade sauce with lettuce and tomato. 8.99 Yes, you can add the meat for an additional charge.

*The Spicy Bella

This burger is topped with fried portobello mushrooms, melted pepper jack cheese, grilled jalapenos and tiger sauce. 13.99

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