

"ALL THE FOOD  
THAT'S GOOD  
TO EAT!"

# TED'S BULLETIN



"PRIDE FOR OLD GLORY"

LUNCH / SUPPER EDITION

## ◦ LUNCH & SUPPER ◦

SERVED DAILY STARTING AT 11 AM

### ◦ STARTERS ◦

**LOADED TOTS**  
applewood bacon, asiago,  
cheddar, vidalia bacon  
ranch dressing  
7.49

**POPCORN SHRIMP**  
hand-breaded, yum yum sauce  
9.89

**BUTTERMILK BISCUITS**  
butter, jam  
5.89

**MARYLAND CRAB CAKE**  
local blue crab  
13.79

**CHICKEN TENDERS**  
hand-breaded chicken tenders,  
honey mustard  
7.89

**HOT BUTTERED  
BAKED PRETZELS**  
beer cheese fondue  
7.89

**DEVILED EGGS**  
arugula salad  
5.89

### ◦ SALADS ◦

*Salad dressings: 1000 island, green goddess, white wine vinaigrette,  
avocado vinaigrette, creamy vidalia bacon ranch, caesar*

**GREEK SALAD**  
pepperoncinis, cucumbers, tomatoes, red  
onions, kalamata olives, feta cheese, pita  
chips, white wine vinaigrette  
10.79

**TACO SALAD**  
crispy flour tortilla bowl, choice of chicken or  
ground beef, black beans, tomatoes, roasted  
corn, red onions, jalapenos, avocado, cheddar  
cheese, sour cream, avocado vinaigrette  
13.79

**CAESAR SALAD**  
asiago cheese, croutons, caesar dressing  
9.79

#### ADD PROTEIN

**CHICKEN**  
5.29

**SALMON\***  
6.89

**STEAK\***  
6.89

**SHRIMP**  
6.89

**KALE SALAD**  
baby kale, shaved brussels sprouts, pink lady  
apple slices, asiago cheese, toasted walnuts,  
white wine vinaigrette  
11.29

**TED'S COBB**  
fried chicken, applewood bacon, tomato, egg,  
pickled onions, avocado, gorgonzola cheese,  
choice of dressing  
13.89

**GREEN SALAD**  
cucumbers, tomatoes, onions, kalamata olives,  
carrots, croutons, egg, green goddess dressing  
7.49

### ◦ SOUPS ◦

*Soups made fresh from scratch daily.*

**TED'S FAVORITE  
TOMATO SOUP**  
cup 3.29 | bowl 5.49

**WORLD'S BEST  
CHICKEN NOODLE**  
cup 3.29 | bowl 5.49

**STOVETOP CHILI**  
cheddar cheese, sour  
cream, chives, side  
of cornbread  
cup 5.29 | bowl 8.29

### ◦ CLASSICS ◦

*You'll love these timeless homestyle dishes  
- No matter where you call "home"!*

**COUNTRY FRIED CHICKEN**  
boneless breast, mashed potatoes,  
white gravy, seasonal veggies  
18.89

**FISH 'N' CHIPS**  
beer battered fresh cod, coleslaw,  
jalapeño tartar sauce  
15.89

**SHORT RIB POT ROAST**  
roasted carrots, pearl onions,  
mashed potatoes, demi-glace  
19.89

**STEAK FRITES**  
10oz NY strip, hand-cut fries,  
side salad\*  
24.89

**HOMESTYLE MEATLOAF**  
seasonal veggies, mash with  
gravy, ketchup glaze  
16.89

**MARYLAND CRAB  
CAKE PLATTER**  
local blue crab, coleslaw, hand-cut  
fries, creole mustard aioli  
28.79

### ◦ SPECIALTIES ◦

*Don't miss out on Ted's favorites!  
Substitute gluten-free pasta for 3 bucks.*

**CHICKEN PARMESAN**  
hand-breaded chicken, fettuccine,  
mozzarella cheese, marinara  
sauce, garlic toast, side salad  
17.49

**GRILLED SALMON**  
grilled asparagus, mushroom  
duxelles rice\*  
19.89

**BABY BACK RIBS**  
house-smoked, coleslaw,  
hand-cut fries  
half rack 18.89 | full rack 23.89

**MUSHROOM STROGANOFF**  
egg noodles, baby kale, mushrooms,  
mushroom demi-glace  
14.89

#### BRINGIN' IT BACK!

**GUMBO**  
shrimp, andouille sausage,  
chicken, dark roux, mushroom  
duxelles rice, cornbread  
18.89

**SHRIMP AND GRITS**  
white wine-sautéed shrimp,  
tillamook cheddar grits, butter  
and andouille pan sauce  
19.89

**PEPPERCORN CRUSTED PRIME RIB**  
friday & saturday only\*  
27.89

### ◦ BURGERS ◦

*Served with hand-cut fries and pickles.  
Make it a double patty for 3 bucks!*

**ALL-AMERICAN BURGER**  
american cheese,  
shredded lettuce, tomato,  
1000 island dressing\*  
12.89

**PATTY MELT**  
grilled marble rye, swiss  
cheese, caramelized onions,  
1000 island dressing\*  
12.89

**SOUTHWEST BURGER**  
green chile sauce, vermont white  
cheddar cheese, avocado relish,  
roasted red peppers\*  
12.89

**VEGGIE BURGER**  
house-made veggie patty,  
arugula, jalapeño relish, alfalfa  
sprouts, creole mustard aioli,  
green goddess dressing  
12.89

**TED'S 'BURGH**  
toasted white bread, american  
cheese, fried egg, hand-cut  
fries, coleslaw\*  
12.89

**CRAFT YOUR BURGER**  
add cheese +.50, gorgonzola +1.50,  
applewood bacon +1.00, avocado,  
mushrooms, caramelized onions,  
green chile sauce +.50 each\*  
12.39

### ◦ SIDES ◦

**STEAMED BROCCOLI  
HAND-CUT FRIES  
MASH WITH GRAVY  
HOUSE-MADE TATER TOTS  
MUSHROOM DUXELLES RICE**  
4.89

**BACON & BLEU CHEESE  
BRUSSELS SPROUTS  
GRILLED ASPARAGUS  
THREE CHEESE  
MAC 'N' CHEESE  
SEASONAL VEGGIES**  
6.49

### ◦ SANDWICHES ◦

*Served with hand-cut fries and a pickle unless otherwise noted.  
Gluten-free bread available!*

**CRISPY CHICKEN SANDWICH**  
arugula, jalapeño relish,  
creole mustard aioli, green  
goddess dressing  
13.29

**MARYLAND CRAB  
CAKE SANDWICH**  
grilled crab cake, arugula,  
sun-dried tomato mayo,  
avocado relish  
16.29

**GRILLED CHEESE**  
tomato soup  
10.99

**DELUXE**  
stuffed with choice of applewood  
bacon, country ham, or tomato  
12.89

**SUPER DELUXE**  
stuffed with braised short rib  
and three cheese mac 'n' cheese  
15.89

**"BEST REUBEN IN TOWN"**  
grilled marble rye, house-  
cured corned beef, swiss cheese,  
sauerkraut, 1000 island dressing,  
house-made tater tots  
15.49

**CALI CLUB**  
toasted wheat, turkey, applewood  
bacon, cheddar cheese, avocado  
relish, alfalfa sprouts, sun-dried  
tomato mayo  
12.89

**SHORT RIB SAMMY**  
vermont white cheddar cheese,  
arugula, horseradish mayo  
14.89

**SLOPPY JOE**  
toasted potato bun, coleslaw  
12.79

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# TED'S BULLETIN



“PRIDE FOR OLD GLORY”

BREAKFAST EDITION

## ◎ BREAKFAST ◎

SERVED ALL DAY STARTING AT 7 AM

### ◎ MAKE YOUR MARK ◎

9.99

**TWO EGGS**  
any style\*

**CHOICE OF MEAT**  
applewood bacon  
sausage patties  
chicken sausage links  
country ham

double meat +2.99

**SIDE OF TOAST**

white  
rye  
whole wheat  
sourdough  
english muffin  
texas toast  
gluten-free

**SIDE OF HASH BROWNS**  
shredded and fried golden brown

**PREMIUM SIDE UPGRADE**  
substitute hash browns or toast  
with any of the below items

Ted's Tart  
house-made tater tots  
tillamook cheddar grits  
seasonal fruit  
sliced avocado  
grilled tomato  
small morning salad  
+1.79 each

### ◎ CLASSICS ◎

**BIG MARK BREAKFAST**  
3 eggs, 2 slices of applewood bacon,  
2 sausages, hash browns, toast, Ted's Tart\*  
15.79

**JON'S OMELET**  
choice of meat, spinach, mushrooms,  
swiss, hash browns\*  
12.29

**ORIGINAL BREAKFAST BURRITO**  
marinated flank steak, scrambled eggs,  
cheddar cheese, avocado cream, green  
chile sauce, hash browns\*  
14.49

**NANA'S BISCUITS  
AND SAUSAGE GRAVY**  
2 eggs, hash browns\*  
12.49

**T.U.B.S. (TED'S ULTIMATE  
BREAKFAST SAMMY)**  
grilled toast, sausage, applewood bacon,  
fried egg, scrambled egg, cheddar cheese,  
hash browns\*  
11.29

**CRAB BENEDICT**  
local blue crab, sourdough toast, poached  
egg, house-made hollandaise, hash browns\*  
16.29

**HAM BENEDICT**  
shaved country ham, buttermilk biscuit,  
poached egg, house-made hollandaise,  
fresh chives, hash browns\*  
14.29

**FLORENTINE BENEDICT**  
roasted tomato, wilted spinach, english  
muffin, poached egg, house-made  
hollandaise, basil, hash browns\*  
12.29

**CHICKEN 'N' BISCUITS**  
3 biscuits, hand-breaded chicken tenders,  
honey drizzle, mumbo sauce, hash browns  
12.49

**CORNED BEEF HASH**  
house-cured, 2 eggs, toast\*  
12.89

**STEAK AND EGGS**  
10 oz NY strip, 3 eggs, hash browns\*  
19.89

**PANCAKE STACK OR  
THICK-CUT FRENCH TOAST**  
2 eggs, hash browns\*  
add choice of meat +2.99, add blueberries,  
strawberries, or chocolate chips +1.00  
10.89

#### LIGHTER FARE

**AVOCADO TOAST**  
grilled sourdough bread, smashed  
avocado, roasted cherry tomatoes,  
poached eggs, alfalfa sprouts, picked  
cilantro, smoked sea salt\*  
13.89

**GARDEN OMELET**  
egg white omelet, spinach, broccoli, diced  
red onion, tomato, side morning salad\*  
12.69

**MORNING SALAD**  
field greens, honey goat cheese, fresh  
berries, toasted walnuts, blackberry  
peppercorn vinaigrette  
11.89

**FRUIT AND GRANOLA PARFAIT**  
dark chocolate and sea salt granola,  
greek yogurt, strawberries, blueberries,  
blackberries, bananas  
9.89

### ◎ TED'S TARTS ◎

3.89

**STRAWBERRY  
BROWN SUGAR & CINNAMON  
S'MORES  
BLUEBERRY CHEESECAKE**

◦ Ask about our seasonal Ted's Tart! ◦

### ◎ COCKTAILS ◎

9.50

**MIMOSA**  
classic, pineapple ginger or cranberry  
**BELLINI**  
peach or raspberry  
**BLOODY MARY**  
classic, bbq & bacon or old bay

### ◎ MILKSHAKES/MALTS ◎

7.99

**VANILLA  
STRAWBERRY  
CHOCOLATE  
S'MORES  
PEANUT BUTTER,  
CHOCOLATE & BANANA  
PEPPERMINT  
CARAMEL MACCHIATO  
HEATH ALMOND  
OREO  
COFFEE  
STRAWBERRY BANANA  
PB&J**

◦ We have adult shakes, too! ◦

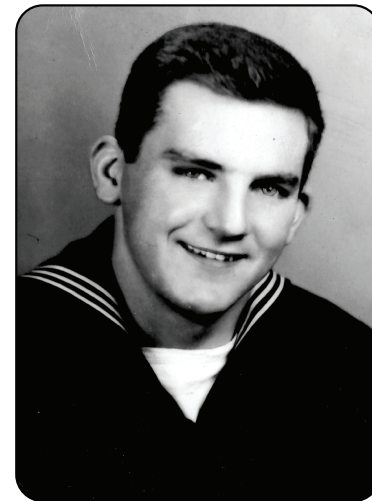
**CINNAMON ROLL AS BIG AS YA HEAD** available weekends only (while they last) 9.89

## WHO'S TED?

Ted grew up in the 1930's at the height of the Great Depression in Southern West Virginia. If employed, most people worked in the coal fields, and as one of eight kids, there was not always enough food to feed the whole family. By the time Ted had a family of his own, he had become the "cook of the neighborhood". Even though he and his family lived in a small city, he always had a big garden. All the neighbors knew that Ted over-planted tomatoes, corn, zucchini, squash, green beans, cucumbers and everything else under the sun so that he could keep the whole neighborhood chock full of produce. This ritual happened every spring and summer. He'd share the fruits of his labor with his neighbors, saying, "Gotta give all this away so it doesn't go to waste."

Back in the day, there was always someone knocking on Ted's front door: from door-to-door encyclopedia and vacuum cleaner salespeople, to mail and delivery carriers, to pop-in visits from neighborhood friends. It didn't matter who, Ted always took them by surprise asking them if they'd had lunch. A simple grilled cheese sandwich and tomato soup was his staple - and that pot was always on the stove. Ted would hold court in the kitchen or on the front porch, often with a beer in hand, pontificating with all who would join in. "You can call me anything - except late for dinner," was one of those "Dad" sayings that was repeated so many times throughout the years that all his children could do was groan and roll their eyes.

Ted knew that food was the great equalizer. It was his way of keepin' it real. He firmly believed (and told his family often) that making a meal and dining together was one of the most civilized things we could do with our fellow man. He was the perfect host and would've been a natural in the restaurant business. Though he never did own his own place, his children opened Ted's Bulletin in his honor. We know he would have had fun here!



### ◎ SIDES ◎

<b>SEASONAL FRUIT</b>	5.99
<b>SAUSAGE PATTIES</b>	5.99
<b>CHICKEN SAUSAGE LINKS</b>	5.99
<b>APPLEWOOD BACON</b>	5.99
<b>COUNTRY HAM</b>	5.99
<b>CORNED BEEF HASH</b>	6.49
<b>BISCUIT &amp; SAUSAGE GRAVY</b>	5.99
<b>TILLAMOOK CHEDDAR GRITS</b>	4.29

### ◎ HAPPY HOUR ◎

Join us at happy hour  
for select bar specials!

Monday - Friday  
3 PM - 6 PM

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.