

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

TED'S BULLETIN



"PRIDE FOR OLD GLORY"

WINTER 2019

LUNCH & SUPPER

SERVED DAILY STARTING AT 11 AM

BITES

HOUSE CHIPS **V** **GF**
amish pimento sauce
4.95

FRIED CAULIFLOWER **V** **GF**
ranch seasoning, buffalo sauce
5.49

DEVILED EGGS **GF**
microgreens,
scallions, bacon
5.89

BACON JERKY
thick cut, jalapeño,
brown sugar glaze
8.49

BLOOMING MUSHROOM **V** **GF**
beech mushroom, yum yum sauce
8.29

HOT BUTTERED PRETZELS **V**
beer cheese fondue
7.95

DUCK WINGS **GF**
mumbo sauce
9.49

**SOUTHERN
CHARCUTERIE BOARD**
Newsom's country ham, biscuits,
pimento cheese, deviled eggs,
pickled vegetables
11.49

JUMBO LUMP CRAB CAKE
microgreen salad
13.79

SALADS

TED'S COBB
fried chicken, applewood bacon,
tomato, deviled eggs, pickled onions,
avocado, gorgonzola cheese, bacon
vidalia ranch dressing
14.89

CHARRED CAESAR
asiago cheese, croutons,
caesar dressing
9.79

RED KALE SALAD **VG**
smoked tomatoes, candied yams,
pumpkin seeds, toasted cumin, orange
segments, tomato vinaigrette
11.29

ADD PROTEIN

CHICKEN
5.29

STEAK*
6.89

SALMON*
6.89

CRAB CAKE
8.95

MEXICAN STREET SALAD
carne asada, avocado, baby mexican
street corn, micro cilantro, cotija cheese
and poblano stuffed fried tortilla,
avocado vinaigrette
16.89

BEEF **V**
goat cheese, marinated beets,
garlic & sherry vinaigrette
7.49

ASIAN SALMON SALAD
sesame and tamari glazed salt-cured salmon,
baby corn, fried garlic, watermelon radish,
micro cilantro, sesame ginger vinaigrette
17.49

SOUPS

*Soups made fresh
from scratch daily!*

TED'S TOMATO SOUP **V** **GF**
cup 3.29 | bowl 5.49

STOVETOP CHILI **GF**
sour cream, cheddar, chives,
cornbread madeleines
cup 5.29 | bowl 8.29

NOT-SO-FRENCH ONION
bone broth, short rib and
swiss crostini
7.49

TIMELESS

COUNTRY FRIED CHICKEN
boneless breast, mashed
potatoes, white gravy,
glazed carrots
18.89

CHICKEN PARMESAN
hand-breaded, fettuccine,
mozzarella cheese, marinara
sauce, garlic toast, side salad
17.95

SHORT RIB POT ROAST **GF**
whipped potatoes, demi-glace,
glazed carrots, crispy onions
21.89

FISH + CHIPS
beer battered cod, coleslaw,
jalapeño tartar sauce
16.29

CRAB CAKES
jumbo lump blue crab,
old bay fries, coleslaw
28.79

MEATLOAF
whipped potatoes,
mushroom gravy
16.89

STEAK FRITES **GF**
8oz bistro filet, parmesan
fries, béarnaise, side salad*
24.89

NEWBIES

BRICK CHICKEN **GF**
Coleman natural chicken breast,
whipped potatoes, jus
18.89

BLUE CATFISH **GF**
pan seared, vegetable risotto,
microgreens
19.89

TURF + SURF
8oz bistro filet, jumbo lump blue
crab cake, fries, béarnaise*
32.89

SALMON **GF**
pan seared, glazed carrots,
dill butter
19.29

PASTA

RAVIOLI PUTTANESCA **VG**
roasted vegetables, olives,
capers, tomatoes
15.49

PARMESAN GNOCCHI **V**
parmesan cream, chives
15.89

BUCATINI CARBONARA
bacon, parmesan cheese,
black pepper cream sauce,
poached egg*
14.29

*Ask your server about
gluten-free pasta options!*

SIDES

HAND-CUT FRIES **VG** **GF** • **MASH WITH GRAVY** **GF**
GLAZED CARROTS **GF** • **STEAMED BROCCOLI** **VG** **GF**
4.89

BEER CHEESE 'N' MAC **V** • **VEGETABLE RISOTTO** **V**
HOUSE TOTS • **BACON & BLEU CHEESE BRUSSELS SPROUTS** **GF**
6.49

BURGERS

*All burgers are two 3oz patties served with house
fries and pickles. Double the meat for 3 bucks!*

TED'S BURGER
double sharp cheddar cheese,
caramelized onions, bacon,
fried egg, chives*
14.89

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

IMPOSSIBLE™ BURGER **VG**
heirloom relish, grilled onions,
Just mayo
14.89

PIMENTO BURGER
Newsom's country ham,
fried onions, pimento cheese*
13.89

SANDWICHES

*Served with house fries and pickles or substitute salad for \$1.
Gluten-free bread available.*

HOUSE PASTRAMI
NY style - brown mustard, sauerkraut, swiss cheese
reuben style - 1000 island dressing,
sauerkraut, swiss cheese
15.49

THE ULTIMATE BLT
double bacon, lettuce, pickled tomato, avocado mayo
14.49

GRILLED CHEESE **V**
Ted's tomato soup
10.99

DELUXE
stuffed with choice of bacon or tomato
12.89

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

NASHVILLE HOT CHICKEN
nashville hot spice, house pickles
13.49

THE CLUB
turkey, bacon, cheddar,
avocado mayo, lettuce, tomato
13.29

BACKYARD GARDEN **V**
heirloom tomatoes, herb goat cheese,
beets, red onion, house pickles, celery salt
12.89

FISH SANDWICH
blue catfish, jalapeño tartar
sauce, lettuce, tomato
15.89

CRAB CAKE
avocado mayo, lettuce, tomato
16.29

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

TED'S BULLETIN



"PRIDE FOR OLD GLORY"

WINTER 2019

◎ BREAKFAST ◎

SERVED ALL DAY STARTING AT 7 AM

◎ MAKE YOUR MARK ◎

10.49

TWO EGGS
any style*

CHOICE OF MEAT
applewood bacon
sausage patties
chicken sausage links
Newsom's country ham
double meat +2.99

SIDE OF TOAST
white
rye
wheat
7 grain
texas toast
english muffin
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
+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*
12.59

ORIGINAL BREAKFAST BURRITO
choice of marinated flank steak or chorizo,
scrambled eggs, cotija cheese, avocado
cream, roasted tomato salsa, diced tomatoes,
cilantro, hash browns*
14.49

**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
jumbo lump crab, english muffin,
poached egg, house-made hollandaise,
hash browns*
16.29

SMASHED AVOCADO BENEDICT **V**
roasted tomato salsa, english muffin,
pickled chilis, radish, micro cilantro,
hash browns*
14.89

**PANCAKE STACK OR
THICK-CUT FRENCH TOAST** **V**
2 eggs, hash browns*
add choice of meat +2.99, add blueberries,
strawberries, or chocolate chips +1.00
10.95

BREAKFAST NACHOS **GF**
roasted tomato salsa, chorizo, cotija
cheese, fried egg, pickled chilis,
sunny egg, micro cilantro*
12.89

CHICKEN 'N' BISCUITS
3 biscuits, hand-breaded chicken tenders,
honey drizzle, mumbo sauce, hash browns
12.89

STEAK AND EGGS **GF**
8oz bistro filet, chimichurri, 2 eggs,
cheddar grits*
19.89

**NANA'S BISCUITS
AND SAUSAGE GRAVY**
2 eggs, hash browns*
12.79

LIGHTER FARE

AVOCADO TOAST **V**
smashed avocado, poached eggs, lime,
cherry tomatoes, pickled chilis, smoked
salt, fried garlic, micro cilantro
13.89

SALMON TOAST
salt cured salmon, crème fraîche, lemon
zest, fried capers, everything seasoning
15.89

GREENS, EGGS & HAM
poached eggs, green spinach sauce,
herbs, avocado, Newsom's country
ham, 7 grain toast*
13.89

GRAIN BOWL **V GF**
mixed grains, sunny egg, sautéed spinach,
pickled chilis, micro cilantro, pumpkin
seeds, roasted tomato salsa*
13.89

◎ 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! ◦

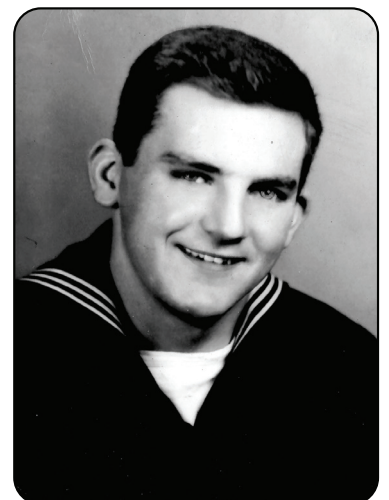
CINNAMON ROLL AS BIG AS YA HEAD available weekends only (while they last) 9.89

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 ◎

SEASONAL FRUIT	5.99
SAUSAGE PATTIES	5.99
CHICKEN SAUSAGE LINKS	5.99
APPLEWOOD BACON	5.99
NEWSOM'S COUNTRY HAM	6.49
BISCUIT & SAUSAGE GRAVY	5.99
TILLAMOOK CHEDDAR GRITS	4.29
FRUIT & GRANOLA PARFAIT	5.99

◎ HAPPY HOUR ◎

Join us at happy hour
for select bar specials!

Monday - Friday
3 PM - 6 PM