

Lafayette Park Menu

Teaism- Lafayette
800 Connecticut Avenue NW
Washington, DC 20006
(202) 835-2233
877-8TEAISM

Monday - Friday 7:30 am to 5:30 pm

| <u>Breakfast</u> | <u>Lunch</u> | <u>Afternoon Tea</u> |
|--|---|----------------------|
| <ul style="list-style-type: none"> • <u>Entrees</u> • <u>Sides</u> | <ul style="list-style-type: none"> • <u>Entrees</u> • <u>Desserts</u> | |
| <u>Teas</u> and other <u>Drinks</u> | | |

BREAKFAST

Monday to Friday 7:30 am to 11:00 am

Entrees

Cilantro Scrambled Organic Eggs
 Cilantro Scrambled Organic Eggs & Tea
 Cured Salmon
 Cilantro Scrambled Tofu
 Tea Cured Salmon, Naan & Raita
 Irish Oatmeal with Apricots & Raisins
 Smoked Chicken & Apple Sausage, Naan & Raita
 Bircher muesli & Homemade Yogurt
 Homemade Granola & Milk

Breakfast Side Dishes

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|------|--------------------------------|------|
| 5.00 | Smoked Chicken & Apple Sausage | 4.75 |
| 9.00 | Ginger Scones | 2.25 |
| 6.00 | Tea Cured Salmon | 4.75 |
| 8.25 | Salty Oat Cookie | 1.95 |
| 4.50 | Naan with Mango Chutney | 2.50 |
| 8.25 | Fruit cup | 3.00 |
| 4.50 | | |
| 4.50 | | |

LUNCH

Monday to Friday 11:30 am to 2:30 pm

Entrees

Salmon Ochazuke 9.25

Japanese brown rice & tea soup with baked salmon, veggies & wasabi

Shrimp Ochazuke 9.25

Japanese brown rice & tea soup with shrimp, veggies & wasabi

Plum Ochazuke 8.00

Japanese brown rice & tea soup with veggies & pickled plum

Turkey & Brie 7.25

with apple-cranberry chutney & mustard on a ficelle

Vietnamese Wrap 7.25

ground chicken & veggies in an organic whole wheat wrap with spicy lime mayo

Portobello & Goat Cheese 6.75

on organic whole wheat bread with roasted red peppers

Veggie Bento Box 8.75

sweet potatoes and miso sauce, grilled veggies, tofu & toppings, brown rice & edamame

Salmon Bento Box 8.75

chilled baked teriyaki salmon, cucumber-ginger salad, brown rice & edamame

Chicken Bento Box 8.75

fried chicken, sweet potatoes & miso sauce, cucumber-ginger salad & brown rice

Soba Noodle Bento Box 8.75

chilled noodles, grilled chicken, broccoli, ginger sauce

Tuna Bento Box 8.75

rare tuna & wasabi sauce, sweet potatoes & miso sauce, broccoli & brown rice

Curry Chicken Salad Plate 8.00

Buffalo Burger 9.00

on homemade wheat focaccia with Asian slaw

Organic Veggie Burger 9.00

tofu-mushroom burger on wheat focaccia with shiitake mayo & green salad

Today's Special Entree *which could be*

Palak Paneer - and 'Indian' brown rice 9.00

Thai Chicken Curry with veggies and brown rice 9.00

Chicken Udon Noodle Soup *with spinach, scallions & ginger* 9.00

LUNCH SIDE DISHES

Edamame 2.50

side dish of Japanese soybeans

Today's Soup 3.75
which could be miso or lentil soup

Naan with Mango Chutney 2.50

Leafy Green Salad 4.00
with sesame ginger dressing

DESSERTS

a changing selection of some of the following

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| Coconut Rice Pudding <i>with raisins & almonds</i> | 4.00 |
| Toffee-Granola-Chocolate Chunk Cookie | 1.75 |
| Rugelach Trio | 2.75 |
| Shortbread Cookie Trio | 2.75 |
| Salty Oat Cookie | 1.95 |
| Chocolate Salty Oat Cookie | 2.00 |
| Ginger Scones | 2.25 |
| Chocolate Torte <i>with green tea gelato</i> | 5.25 |
| Apricot Tea Cake | 3.50 |
| Dolcezza Artisanal Gelato or Sorbet | 4.25 |
| Fruit cup | 3.00 |

AFTERNOON TEA

Monday to Friday 2:30 pm to 5:30 pm

Traditional Tea 20.00
*tea cured salmon tea sandwich, cucumber & wasabi tea sandwich
ginger scone with butter & jam, 3 kinds of shortbread cookies, fruit curd tartlet, chocolate truffles & pot of tea*

COLD BEVERAGES

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|--|------|
| Iced Assam Black Tea <i>free refills</i> | 1.75 |
| Iced Moroccan Mint Tea <i>free refills</i> | 1.75 |
| Imli Cooler | 2.50 |
| Ginger Limeade | 2.00 |
| Japanese Sweet Green Tea | 2.00 |
| Chai Shake <i>with cinnamon gelato</i> | 3.00 |
| Bottled Flat or Sparkling Water | 1.75 |
| Zhenzhou Pearls | 3.15 |
| Organic and Micro-brewed Sodas | 2.50 |
| Mango Juice | 2.25 |
| Orange Juice | 2.50 |
| Lassi Indian Yogurt Drinks | 2.75 |

*plain * orange * green tea * banana * mango*

TEAS

BREW LIST

Teaism Chai 2.75
*Chai prepared the authentic way -
black tea cooked on the stove
with cinnamon, cardamom,
cloves, ginger, milk and sugar*

BLACK TEA *by the individual pot*

Assam *organic* 2.50
Ceylon 3.00
Darjeeling *organic* 3.50
Earl Grey *organic* 2.75
Lapsang Souchong *organic* 2.50
Gurane *organic* 3.00
Keemun 2.75

OOLONG TEA *by the individual pot*

Anxi 2.75
Formosa 4.50
Tie Guanyin 4.50

GREEN TEA *by the individual pot*

Dragon Well 2.75
Hojicha *organic* 3.00
Jasmine Pearl *organic* 4.00
Moroccan Mint 2.75
Gen Mai Cha 3.75
Thai Nguyen 3.00

WHITE TEA *by the individual pot*

Silver Needle *organic* 4.50

TISANES *by the individual pot*

Lavender Lemon Mint 2.75
Mind & Body 2.75
Now & Zen 2.75
Ginger Zing *organic* 2.75
Quiet Evening *organic* 3.00
Star of Africa 2.75
World Peace 2.50

Health benefits from drinking tea!

According to the January 21, 2002 issue of Time Magazine, green tea is one of ten foods that pack a wallop when it comes to living healthy and preventing disease! "In Asian societies green tea is consumed in about the same quantities as coffee in the West. Green tea is loaded with polyphenols, a class of phytochemicals with 100 times the antioxidant punch of vitamin c... Indeed population studies in China link drinking green tea daily with a lowered risk of stomach, esophageal and liver cancers. Studies from Japan show that consuming 10 cups a day may reduce the risk of heart disease."

**Do you need a location for a private party? Host it here at
Teaism Lafayette Park - available weekends & evenings!**

**Please call Heidi at 202-464-0256 or
email heidi@teaism.com**