**BLACK TEAS**

- Assam: 7.75 oz. | 3.00 16 oz. brew
  - rich and malty Indian tea known to many as the base for the Irish Breakfast blends

- Black Monkey: 2.25 per prayer
  - mild Chinese tea hand-tied into flower-like rosettes, can steep a few times

- Ceylon: 9.00 oz. | 3.50 oz. brew
  - New Vihanakande Estate, bright, wry, tippy, superior grade tea from Sri Lanka

- Darjeeling: 9.75 oz. | 4.00 oz. brew
  - organic, biodiversity from the Makalbari Estate, India's most renowned tea, classic floral taste

- Earl Grey: 8.00 oz. | 3.25 oz. brew
  - organic, Chinese tea with oil of bergamot, a citrus flower, a full leaf softens the tannins

- Golden Dragon: 9.75 oz. | 4.00 oz. brew
  - rare Chinese rolled leaf with many golden tips, mild & spicy and a little lower in caffeine

- Golden Monkey: 15.25 oz. | 4.50 oz. brew
  - simply elegant, beautiful full-leaf from China, with hints of toast, chocolate, and wine

- Gurans: 9.00 oz. | 3.50 oz. brew
  - organic, from Nepal with an exquisite aroma and addictive muscatel flavor

- Keemun: 7.50 oz. | 3.25 oz. brew
  - winey, rich, full-bodied tea used in many English Breakfast blends

- Lapsang Souchong: 7.25 oz. | 3.00 oz. brew
  - organic, smoky, and robust tea from China

- Pu’er Round Cake: 22.25
  - 3.5 oz. pressed cake, mellow aged tea from Yunnan, China, production year: 2013. Stored in man-made pu’er cave in U.S.

- Pu’er Tuo Cha: 9.00 oz. | 3.25 oz. brew
  - individual pellets, earthy & rich, 5 years aged from Yunnan, China, reputed to aid digestion

- Yunnan Gold: 11.75 oz. | 4.00 oz. brew
  - organic, superior quality of prized tips, reddish infusion and exquisite aroma, from China

**OOLONG TEAS**

- Teaism Chai: 14.50 oz. | 3.50 mug
  - organic Indian masala blend with black tea, cardamom, cinnamon, rooibos, ginger, star anise, cloves, black pepper and licorice root, prepared with milk & sugar

- Pu’er Tuo Cha: 14 oz. | 4.25 oz. brew
  - known as Green Snail Spring with tightly curled leaves, a Chinese tea with hints of hay

- Dragon Well: 10.75 oz. | 3.75 oz. brew
  - organic classic Chinese tea (Long Jing) with flat leaves, a light liquor, a fresh grassy flavor and subtly floral aroma

- Genmaicha: 12.25 oz. | 4.25 oz. brew
  - spinachy, buttery Japanese tea with toasted rice

- Gyokuro: 32.75 oz.
  - very high grade Japanese tea, intensely rich and vegetal, with much depth & flavor

- Hojicha: 8.50 oz. | 3.50 oz. brew
  - toasted stems, stalks & coarse leaves, from Japan, nutty flavor; lingering finish, low in caffeine

- Jasmine: 13.50 oz. | 4.00 oz. brew
  - Chinese tea scented with fresh jasmine flowers

- Jasmine Pearl: 14.75 oz. | 4.50 oz. brew
  - high grade, scented more times with jasmine flowers, hand-rolled into tiny pearls which unfurl

- Joongjak: 37.25 (1.5 oz. pouch)
  - rare Korean tea with a mild, smooth flavor, and a subtle floral aroma

- Matcha Ceremonial Grade: 22.25 (1 oz. tin)
  - tin of fine grade powdered tea used in the Japanese tea ceremony, intensely green, now popular for using in recipes, lattes, smoothies

- Moroccan Mint: 7.75 oz. | 3.25 oz. brew
  - blend of green tea & spearmint, great hot or iced

- Saejo: 54.25 (1.5 oz. pouch)
  - higher grade of Korean tea, mild & aromatic with an expansive finish, 2-3 infusions possible

- Sendha: 17.00 oz. | 5.00 oz. brew
  - the highest grade of Japanese sencha, spinachy, lingering, and fresh in flavor

- Thai Green: 10.25 oz
  - organic with a smooth, complex flavor and fruity aroma, Stands up to a second infusion

**WHITE TEAS**

- Bai Mu Dan: 9.00 oz. | 3.50 oz. brew
  - organic, sweet, spring-harvested Chinese tea with silvery buds and dark green leaves, clear yellow infusion, from Fuding in Fujian province.

- Jasmine Silver Needle: 16.75 oz. | 5.00 oz. brew
  - purely floral, jasmine-infused, exquisite leaf buds from Fujian province.

- Silver Needle Fuding: 16.50 oz. | 5.00 oz. brew
  - organic, classic white tea from China’s Fujian Province, pure leaf buds

**GREEN TEAS**

- Bi Luo Chun: 14.25 oz. | 4.25 oz. brew
  - known as Green Snail Spring with tightly curled leaves, a Chinese tea with hints of hay

- Dragon Well: 10.75 oz. | 3.75 oz. brew
  - organic classic Chinese tea (Long Jing) with flat leaves, a light liquor, a fresh grassy flavor and subtly floral aroma

- Genmaicha: 12.25 oz. | 4.25 oz. brew
  - spinachy, buttery Japanese tea with toasted rice

- Gyokuro: 32.75 oz.
  - very high grade Japanese tea, intensely rich and vegetal, with much depth & flavor

- Hojicha: 8.50 oz. | 3.50 oz. brew
  - toasted stems, stalks & coarse leaves, from Japan, nutty flavor; lingering finish, low in caffeine

- Jasmine: 13.50 oz. | 4.00 oz. brew
  - Chinese tea scented with fresh jasmine flowers

- Jasmine Pearl: 14.75 oz. | 4.50 oz. brew
  - high grade, scented more times with jasmine flowers, hand-rolled into tiny pearls which unfurl

- Joongjak: 37.25 (1.5 oz. pouch)
  - rare Korean tea with a mild, smooth flavor, and a subtle floral aroma

- Matcha Ceremonial Grade: 22.25 (1 oz. tin)
  - tin of fine grade powdered tea used in the Japanese tea ceremony, intensely green, now popular for using in recipes, lattes, smoothies

- Moroccan Mint: 7.75 oz. | 3.25 oz. brew
  - blend of green tea & spearmint, great hot or iced

- Saejo: 54.25 (1.5 oz. pouch)
  - higher grade of Korean tea, mild & aromatic with an expansive finish, 2-3 infusions possible

- Sendha: 17.00 oz. | 5.00 oz. brew
  - the highest grade of Japanese sencha, spinachy, lingering, and fresh in flavor

- Thai Green: 10.25 oz
  - organic with a smooth, complex flavor and fruity aroma, Stands up to a second infusion

**TISANES**

- Berry Beauty: 7.00 oz. | 3.25 oz. brew
  - dried elderberries, currants & hibiscus with a delicious creaminess, great iced

- French Verveine: 8.50 oz. | 3.25 oz. brew
  - also known as lemon verbena, produces an elegant, clean, lemony brew, great iced

- Ginger Zing: 8.50 oz. | 3.25 oz. brew
  - organic, sweet, sour & fruity with ginger, rosehips, tangerine zest and licorice root

- Haldi Lemongrass: 9.00 oz. | 3.50 oz. brew
  - turmeric, lemongrass, apple, black pepper, cinnamon and cardamom

- Lavender Lemon Mint: 7.50 oz. | 3.25 oz. brew
  - flowery and minty, this contains verveine along with lavender, spearmint, rosemary & cinnamon

- Manipura Tisane: 9.75 oz. | 4.00 oz. brew
  - organic, aromatic rooibos-based chai with coconut, ginger and vanilla bean, good for digestive & metabolic function

- Mind & Body: 7.00 oz. | 3.25 oz. brew
  - lemongrass, apple, rooibos, ginger, ginseng, cinnamon, to energize, restore physical balance, boost immune system

- Now & Zen: 7.00 oz. | 3.25 oz. brew
  - ginkgo, St. John's wort, lemongrass & birch leaf, blocks stress, improves memory

- Quiet Evening: 9.50 oz. | 3.50 oz. brew
  - organic, chamomile, peppermint and rosehips to relax, relieve headaches & cold symptoms

- Soba Cha: 8.00 oz. | 3.50 oz. brew
  - buckwheat infusion from Nagano, Japan with a toasted grain flavor, great hot or iced

- Spearmint: 7.00 oz. | 3.25 oz. brew
  - organic spearmint; stimulating, refreshing, sweeter than peppermint and U.S. grown

- Star of Africa: 7.00 oz. | 3.25 oz. brew
  - rooibos, yellow plum, orange, apple, papaya, pineapple & ginger; great iced

- World Peace: 7.00 oz. | 3.00 oz. brew
  - licorice root & cloves, and lots of organic peppermint, great for clearing up congestion

= available at the tea shop only
Tea Tips for brewing the perfect cup

- **Freshness** is essential. Tea's enemies are light, heat, strong odors, air, and moisture. Store tea in a tight-sealing, opaque container.
- Use filtered or bottled water. While your kettle heats, warm your tea pot & cups with hot water.
- **Water temperature** matters. Use boiling water (212°F) for black teas, water at 180-195°F for oolongs, and 160-180°F for greens & whites.
- For the **quantity of tea** use a teaspoon if the leaf is small and dense like most blacks & greens; if the leaf is large and wiry like oolongs & whites, use two teaspoons. Measure tea directly into the pot or a roomy infuser basket.
- **Brewing time** varies according to the tea type. Generally, the smaller the leaf, the shorter the brewing time. Try steeping green teas 3-5 minutes, black teas 3-4 minutes, white teas 5 minutes, and oolongs 5-7 minutes. Swirl the pot before pouring. To prevent oversteeping and bitterness, pour off the tea or remove the leaves.
- Some teas, oolongs for example, are good for **several infusions**. Add more hot water; increasing the steep time with each subsequent infusion.
- All tea has less **caffeine** per cup that coffee. Green tea has less than oolong, which has less than black. White tea has the least amount of caffeine.

About Teaism

**Teaism** is an Asian-style tea house with three critically acclaimed restaurants in Washington, DC and a small space at Union Market. We have been operating since 1996.

Teaism produces simple, healthy, and delicious foods from the cuisines of tea. We strive to source our foods sustainably and locally as much as possible.

How to Order Tea

Call the **Teaism Tea Shop** at 202-638-7740 or visit our website to place your order. Shipping is via UPS. Except for our Chai which comes in a 4 oz. package, the tea prices are for 2 ozs., which makes about 20 cups of tea. We can package the tea in larger quantities by 2 oz. increments.

Our sturdy black foil bags protect the tea from light, heat, air, strong odors, and moisture.

Salty Oat Cookies

made with love by **Teaism** for:

- kayak cookies subtly sweet, curiously salty.
- Original Salty Oats 6-pack 14.50 these addictive cookies are hand-crafted with the finest ingredients and just a light dusting of salt on the top.
- Chocolate Salty Oats 6-pack 14.50 with the finest Belgian chocolate and a hint of coconut.
- Chunky Chocolate Pecan Salty Oats 6-pack 14.50 with bittersweet and semi-sweet chocolate chunks, pecans and coconut.
- Mixed Salty Oats 6-pack 14.50 two each of all three flavors.

To order tea please visit our website or call **Teaism Tea Shop** at 202-638-7740.