



# Teaism Menu seasonal Lafayette Park

## starters

**Arugula & Goat Cheese Salad** local greens with Pipe Dreams goat cheese, heirloom cherry tomatoes, croutons, and tomatillo herb dressing .....6.25

**Middle Eastern Chopped Salad** lettuce, radishes, Persian cucumbers, tomato, carrots, poblano peppers, herbs, pistachios, and a sumac vinaigrette ..... 5.75

**Lentil Soup** hearty curried soup with cilantro and papadum .....5.25

## entrees

**South Indian Vegetable Curry** spinach, chickpeas, tomato, chayote squash, and sweet potato in a turmeric coconut sauce, with brown rice / optional raita side 1.00 ..... 11.00

**Organic Chicken Curry** Shenandoah Valley ~ marinated chicken in a Thai yellow curry with brown rice and a skewer of radicchio, potato, zucchini, and tomato..... 12.25

**Our Dream Salad** a nutrient-dense salad with quinoa, eggplant puree, chickpeas, romaine, fruit, dates, pickled onion, Golden Monkey tea roasted mix of nuts and seeds, tossed in a sumac vinaigrette ..... 13.00

\* **Three Tacos with Salmon or Beef Brisket** from Blue Circle & Roseda Farm ~ corn tortillas, napa cabbage, carrots, cilantro, chipotle salsa, crema, and lime..... 13.75 | 12.00

\* **Grilled Salmon** from Blue Circle ~ with Indonesian-style collards and brown rice ..... 13.75

## on bread

**Korean Brisket Sandwich** from Roseda Farm ~ ciabatta roll, Asian slaw, house-made gochujang sauce, Just Mayo, topped with fried onions and served with a side of Korean pickled cucumbers ..... 12.00 (hot)

**Vegan Cheeseburger** house-made with beets, organic & local Tempeh from Twin Oaks, walnuts, and quinoa, on ciabatta roll with lettuce, tomato, Thai basil, vegan cheese, and Just Mayo, served with a side of broccoli with sumac vinaigrette..... 12.00 (hot)

**Fried Organic Chicken Sandwich** Shenandoah Valley ~ fried chicken, lettuce, tomato, Korean pickled cucumbers with yuzu kosho mayo, on a ciabatta roll with a side of Potato Mix..... 12.75 (hot)

make choices ~ switch your bento sides ~ we are flexible

## bentos

**Fried Organic Chicken** Shenandoah Valley~ Korean pickled cucumbers, potato mix, pickled onion, brown rice, and our famous onion-mayo sauce..... 13.25

\* **Baked Chilled Salmon** from Blue Circle ~ with a classic tare sauce, broccoli with walnut-miso jam, potato mix, pickled onion, and brown rice..... 13.25

**Black Bean Cake** made with beans, cashews and coconut, topped with togarashi mayo, Korean pickled cucumbers, heirloom cherry tomatoes, broccoli with walnut-miso jam, pickled onion, and brown rice..... 13.25

\* **Roll your own Handroll** from Blue Circle ~ tea-cured salmon, sheets of nori, Korean pickled cucumbers, and brown rice, with dipping condiments.... 13.25

\* Consuming raw or undercooked foods may increase your risk of foodborne illness, especially if you have certain medical conditions.

Note: we cook and bake with nuts and gluten, so the risk of cross-contamination exists.

## soup as meals

\* **Udon Noodle Soup** ..... 12.25 / 13.25  
fat noodles with fresh ginger broth, spinach, tomato, with choice of added **vegetables** / **organic chicken** or shrimp

\* **Ochazuke** ..... 10.00 / 12.00  
Japanese rice and tea "soup", with your choice of pickled plum / salmon or shrimp

## sipping broth

16 oz. mug with cilantro, citrus & jalapeño garnish

**Coconut Miso Broth** ..... 4.00

## trash or treasure ..... 5.00 each

These menu items were developed to utilize product often wastED in restaurants.

**Cabbage Butts Stir Fried in Gochujang**  
**Broccoli Tots** with goat cheese & togarashi mayo

## side dishes

- ▼ **Asian Slaw** ..... 4.00
- Cucumbers** with sumac vinaigrette..... 4.50
- Korean Pickled Cucumbers**..... 4.50
- House-made Seaweed Salad** ..... 4.50
- Broccoli** with sumac vinaigrette..... 4.50
- Goat Cheese** by Pipe Dreams ..... 2.75
- Eggplant Puree** ..... 4.00
- Potato Mix** ..... 4.00
- \* **Tea-Cured Salmon** from Blue Circle..... 8.00

- ▼ **Indonesian Collards** ..... 5.00
- Broccoli** sautéed in sesame oil with ginger and garlic..... 4.50
- Spinach & Chayote Squash** sautéed in coconut oil... 5.00
- Flatbread** with Housemade Chutney ..... 4.00
- Brown Rice** Lundberg Farms.... 3.00
- Veg Kabob** ..... 5.50
- Organic Chicken Kabob** Shenandoah Valley..... 7.50
- Shrimp Kabob** ..... 7.50

choose a kabob sauce: gochujang, sumac vinaigrette, wasabi mayo, yuzu kosho mayo, togarashi mayo



breakfast served Mon-Fri 8 am-11:30am

### breakfast entrees

- \* Cilantro Scrambled Eggs
  - organic eggs with ginger, cilantro & jalapeño ....7.00
  - with Tea-Cured Salmon .....12.75
  - or Organic Turkey Bacon.....10.50
  - or Aidells Chicken Sausage .....10.75
- \* Egg Sandwich
  - cilantro scrambled eggs, Asian slaw, on ciabatta roll .....7.00
  - with Organic Turkey Bacon .....10.50
  - or Aidells Chicken Sausage.....10.50
- Tempeh Scramble *organic & local from Twin Oaks ~ with chickpeas, spinach, pee-wee potatoes, and tomatoes in a light turmeric curry, with papadam.....9.25*
- \*Tea-Cured Salmon, Flatbread & Raita .....12.00
- Aidells Chicken Sausage, Flatbread & Raita .....9.00
- Homemade Granola *oats, pecans, coconut, raisins, dried blueberries, honey, maple syrup & spices, served with milk or homemade yogurt .....5.00*
- Irish Oatmeal *with dried mango, blueberries, flax seeds & toasted almonds .....4.75*

### breakfast sides

- Aidells Chicken & Apple Sausage.....5.50
- Organic Turkey Bacon .....5.00
- \*Tea-Cured Salmon      Ginger Scones .....3.00
- from Blue Circle.....8.00      Apple Gingerbread .....3.00
- Flatbread & Housemade Chutney ...4.00

### desserts



- Salty Oat Cookie ....2.50
- Chocolate Salty Oat Cookie ....2.70
- Chunky Chocolate Pecan Salty Oat Cookie ....2.70
- Mandelbrot *twice-baked German cookie with pistachios & orange.....2.25*
- Cocoa Nib Cookie Trio .3.00
- Hempheart Cookie .....2.25
- Hungarian Tea Cake .....3.50
- Coconut Rice Pudding ...4.00
- Mochi *Japanese sweet bean confection.....3.75*
- Chocolate Coconut Cake *gluten-free cake with rum caramel, served with gelato .....5.75*
- Gelato or Sorbet ....5.00

### afternoon tea served daily 2:30 to 5:00

Includes sweets & savories, tea and a glass of Prosecco. Ask for detailed menus from our staff.....30.00 (or 25.00 without alcohol)

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| <b>Dupont Circle</b><br>2009 R Street NW<br>Washington, DC 20009<br>202-667-3827   | <b>Penn Quarter</b><br>400 8th Street NW<br>Washington, D.C 20004<br>202-638-6010         | <b>www.teatism.com</b><br>Twitter:<br>@TeatismATeaHouse<br>Instagram:<br>@teatism_dc |
| <b>Lafayette Park</b><br>800 Conn. Ave. NW<br>Washington, DC 20006<br>202-835-2233 | <b>Union Market</b><br>1309 5th Street NE<br>Washington, D.C 20002<br>teas & limited menu | Email<br>linda@teatism.com<br>for catering options                                   |

### hot teas ~ 16 oz. brewed cup or 2oz. loose leaf

They can be iced, too!

- **black teas** - highest in caffeine
  - Chai *Indian spices, with milk & sugar.....3.50 /14.50*
  - Assam *rich & malty, Irish breakfast base .....3.00 /7.75*
  - Ceylon *bright, wiry tea .....3.50 /9.00*
  - Darjeeling *Indian classic, floral.....4.00 /9.75*
  - Earl Grey *with oil of bergamot .....3.25 /8.00*
  - Guranse *exquisite aroma & muscatel flavor.....3.50 /9.00*
  - Keemun *English breakfast base.....3.25 /7.50*
  - Lapsang Souchong *very smoky.....3.00 /7.25*
- **oolong teas** - complex leaf, the champagne of teas
  - Anxi *slightly oxidized oolong.....3.25 /9.50*
  - Formosa *a classic also on the green side.....5.25 /18.00*
  - Tie Guanyin *woody, robust flavor.....5.25 /18.00*
- **green teas** - slow release caffeine, milder
  - Dragon Well *classic Chinese, grassy.....3.25 /8.50*
  - Hojicha *toasted, nutty flavor, low in caffeine.....3.50 /8.50*
  - Jasmine Pearl *hand rolled, floral.....4.50 /14.75*
  - Moroccan Mint *green tea & spearmint .....3.25 /7.75*
  - Sencha *spinachy, Japanese .....5.00 /17.00*
- **white teas** - the least processed, light & fresh
  - Silver Needle *pure leaf bud.....5.00 /16.25*
- **tisanes** - caffeine-free blends of flowers, fruits & herbs
  - Ginger Zing *sweet, sour & fruity.....3.25 /8.50*
  - Lavender Lemon Mint .....3.25 /7.50
  - Haldi Lemongrass *turmeric, apples, cardamom.. 3.50 /8.75*
  - Mind & Body *lemongrass, apple, rooibos, ginger.....3.25 /7.00*
  - Now & Zen *gingko, St. John's Wort, lemongrass.....3.25 /7.00*
  - Quiet Evening *chamomile, peppermint, rosehips..3.50 /9.50*
  - Star of Africa *rooibos& fruit blend, great iced.....3.25 /7.00*
  - World Peace *peppermint, licorice root & cloves.....3.00 /7.00*

### iced teas (slightly sweetened)

- Iced Black Tea .....3.00
- Moroccan Mint *green tea & organic mint.....3.00*
- Chai *Indian spices, with milk & sugar.....3.50*
- Any hot tea can be iced too!

### cold drinks

- Zhenzhou Pearls *the classic bubble tea: milked iced black tea with tapioca pearls.....4.00*
- Extra Shot of Pearls (with any drink).....1.15
- Matcha Sweet Green Tea .....3.50
- Ginger Limeade .....3.50
- Chai Shake *with cinnamon gelato.....4.00*
- Lassi *our homemade yogurt drink ~ tamarind, banana, orange, mango, green tea or plain.....4.00*
- Orange Juice or Mango Juice Blend *organic.....3.75*
- Bottled Flat or Sparkling Water .....2.50
- Imli Cooler *Indian tamarind drink.....3.50*
- GuS Cola .....3.25      Fresh Ginger Ale .....3.75

We also have a changing selection of BEER & WINE!