



Teaism Menu ^{seasonal} Lafayette Park

BIG DISHES

Grilled Salmon from Blue Circle ~ with Indonesian style collards and brown rice.... 14.25

Three Tacos with Salmon or Beef Brisket from Blue Circle & Roseda Farm ~ corn tortillas, napa cabbage, carrots, cilantro, chipotle salsa, crema and lime.... 14.25 | 13.00

South Indian Vegetable Curry baby kale, chickpeas, tomato, chayote squash, and roasted carrot in a turmeric coconut sauce, with brown rice 12.00

Organic Chicken Curry Shenandoah Valley ~ chicken in a Thai yellow curry with brown rice and a skewer of grilled vegetables.... 13.25

Vegan Cheeseburger house-made with beets, walnuts, organic tempeh and quinoa, on ciabatta roll with lettuce, tomato, Thai basil, vegan cheese, Just Mayo, with a side of broccoli with orange vinaigrette 13.00 (hot)

Korean Brisket Sandwich grass-fed from Roseda Farm ~ ciabatta roll, Asian slaw, gochujang sauce, Just Mayo, topped with fried onions and served with a side of broccoli with orange vinaigrette 13.00

Fried Organic Chicken Sandwich Shenandoah Valley ~ fried chicken, ciabatta roll with yuzu kosho mayo, lettuce, tomato, fresh cucumber, pickled ginger, kizami seaweed, and served with a side of broccoli with orange vinaigrette 13.00

Udon Noodle Soup fat noodles with fresh ginger & mushroom broth, seared mushrooms, baby kale, with choice of added **vegetables / organic chicken** or **shrimp** 13.25 | 14.25

Ochazuke Pour your pot of Hojicha tea over this Japanese rice "soup," with your choice of **pickled plum / salmon** or **shrimp** 12.00 | 14.00

Middle Eastern Goat Cheese Salad baby kale, lettuce, tomato, cucumber, radish, poblano pepper, with Pipe Dreams goat cheese, pistachios, sumac vinaigrette 12.00 | without goat cheese 8.50

Our Dream Salad a nutrient-dense salad with quinoa, beet puree, chickpeas, lettuce, fruit, dates, pickled onion, Golden Monkey tea roasted mix of nuts and seeds, tossed in a orange vinaigrette 13.00

bentos

all served with a scoop of Lundberg brown rice

Fried Organic Chicken from Shenandoah Valley ~ broccoli with orange vinaigrette, baby kale salad, and our famous onion-mayo sauce 14.25

* **Baked Chilled Salmon** from Blue Circle ~ with a classic tare sauce, broccoli with orange vinaigrette, baby kale salad 14.25

Black Bean Cake made with beans, cashews and coconut, topped with togarashi sauce, sides of broccoli with orange vinaigrette and baby kale salad 14.25

* **Roll your own Handroll** from Blue Circle ~ tea-cured salmon, nori sheets, cucumbers, with dipping condiments 14.25

* 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. Please consult with us about ingredients and allergies.

SMALL DISHES

trash or treasure

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

Broccoli Tots with goat cheese & togarashi dip

Cabbage Butts stir-fried in gochujang

hot

Coconut Miso Sipping Broth mug with cilantro, citrus & jalapeño garnish 4.75

Lentil Soup hearty curried soup with cilantro and papadum 5.25

Sautéed Broccoli in sesame oil with ginger and garlic 4.50

Baby Kale & Chayote Squash sautéed in coconut oil 5.00

Indonesian Collards 5.00

Brown Rice Lundberg Farms 3.00

Flatbread 3.00
with Housemade Chutney 4.00
with **Goat Cheese** by Pipe Dreams 6.50
with **Beet Hummus** 7.00

Grilled Veg Kabob zucchini, mushroom, tomato and radicchio, pick a sauce below 6.50

Grilled Organic Chicken Kabob pick a sauce below 8.00

Grilled Shrimp Kabob pick a sauce 8.00

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

cold

Asian Slaw napa cabbage, radicchio, carrots, cilantro, togarashi mayo 4.00

Cucumbers with sumac vinaigrette 4.50

Broccoli with orange vinaigrette 4.50

Tea-Cured Salmon 8.00



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** 10.75 or **Aidells Chicken Sausage** 10.75
- * **Egg Sandwich** cilantro scrambled eggs, Asian slaw, ciabatta roll 7.00 with **Tea-Cured Salmon** 12.75 or **Organic Turkey Bacon** 10.75 or **Aidells Chicken Sausage** 10.75
- Tempeh Scramble** organic ~ with chickpeas, baby kale, roasted carrot, and tomatoes in a light turmeric curry, with papadum 9.25
- Homemade Granola**
oats, pecans, coconut, raisins, dried blueberries, honey, maple syrup & spices, served with milk, juice, or homemade yogurt 5.00
- Irish Oatmeal**
with dried mango, blueberries, flax & chopped almonds 4.75

breakfast sides

- Aidells Chicken & Apple Sausage** 5.50
- Tea-Cured Salmon** 8.00
- Organic Turkey Bacon** 5.00
- Apple Gingerbread** 3.00
- Ginger Scones** 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
- Cacao Nib** cookie trio 3.00
- Hungarian Tea Cake** 3.50
- Jasmine Creme Brulee** 4.50
- Dolcezza Gelato** or **Sorbet** 5.00
- Chocolate Coconut Cake** gluten-free cake with rum caramel, served with gelato 5.75
- Coconut Mango Rice Pudding** 4.00



afternoon tea

served daily 2:30 to 5:30
Includes sweets & savories, tea and a glass of Prosecco.
Ask for detailed menus from our staff 30.00 (or 25.00 without alcohol)

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