



Teaism Menu seasonal Penn Quarter



BIG DISHES

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

Okonomiyaki *crispy cabbage pancake, wasabi-okonomi sauces, choice of kabob: vegetable / organic chicken or shrimp* 13.00 | 14.00

* **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 from 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

* **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

Seared Salmon Belly with collard stems pickled in herb trimming (#RescueDishDC)

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 papadam 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, 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 7:30 am - 11:30 am / Sat & Sun 9:30 am - 2:30 pm

breakfast entrees

French Toast with organic pure maple syrup, stewed apples and cranberries single slice 6.00 double slice 12.00

Buckwheat & Hempheart pancakes with orange butter, cranberries & organic pure maple syrup (extra syrup 2.00) 9.50

Sourdough Waffle with orange butter & organic pure maple syrup 7.50

* **Okonomiyaki** Japanese cabbage pancake with a fried organic egg, organic turkey bacon, and condiments 11.00

* **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

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

kayak cookies
subtly sweet. curiously salty.

Made by Teatism

Hempheart gluten-free cookie 2.25

Mochi Japanese sweet bean confection 3.75

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)

teas

Check out our separate tea menu for descriptions! They can be iced, too!

iced teas

(slightly sweetened)

Today's Iced Black Tea 3.00

Moroccan Mint green tea & organic mint 3.00

Today's Iced Tisane 3.00

Chai Indian spices, with milk & sugar 3.50

cold drinks

Boba Tea classic **bubble tea**: milked iced black tea with tapioca pearls 4.00

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 4.00 our homemade yogurt drink ~ tamarind, banana, orange, mango, green tea or plain

Pomegranate Juice 4.75

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 BEER, WINE, SAKE & COCKTAILS!

Teism Penn Quarter
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check out our other locations:
www.teatism.com

Follow us on Facebook
Twitter: @TeismATeaHouse
Instagram: @teism_dc

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for catering options