



Teaism Menu seasonal Dupont Circle

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

Avocado & Tomato halved avocado filled with chopped tomato, pumpkin seeds, and a lime coconut dressing 5.75

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, lettuce, fruit, dates, pickled onion, Golden Monkey tea roasted mix of nuts and seeds, tossed in a sumac vinaigrette 13.00

Grilled Organic Chicken Salad Shenandoah Valley ~ lettuce, tomatoes, cucumber, napa cabbage, radicchio, carrots, three herbs with lime coconut dressing and croutons 12.25

* **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

Okonomiyaki Japanese cabbage pancake, wasabi-okonomi sauces, and a kabob choice: **vegetable** / **organic chicken** or **shrimp** 12.00 | 13.00

* **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)

Organic Chicken Sandwich Shenandoah Valley ~ sliced grilled 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

Grilled 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

Chilled Noodles & Avocado 11.50
mushroom broth, noodles, avocado, Korean pickled cucumbers, watermelon radish, soft-boiled egg, and herbs

* **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** 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 & 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

cold

hot



breakfast entrees

breakfast served Mon - Fri 8am - 11:30 am
Sat & Sun 9am - 2:30 pm

Sourdough Waffle (Monday - Friday) with orange butter & organic pure maple syrup 7.50

French Toast (Saturday & Sunday) with organic pure maple syrup, stewed apples & cranberries single slice 6.00 double slice 12.00

* **Okonomiyaki** Japanese cabbage pancake with a fried egg, 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** 10.50 or **Aidells Chicken Sausage** 10.75

* **Egg Sandwich** cilantro scrambled eggs, Asian slaw, on ciabatta roll 7.00 with **Organic Turkey Bacon** 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

Tea-Cured Salmon 8.00

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

Cocoa Nib Cookie Trio ... 3.00 **Mochi** Japanese sweet bean confection ... 3.75

Hempheart Cookie 2.25 **Chocolate Coconut Cake** gluten-free cake with rum caramel, served with gelato 5.75

Hungarian Tea Cake 3.50 **Gelato or Sorbet** 5.00

Coconut Rice Pudding 4.00

Jasmine Creme Brulee 4.50

afternoon tea served daily 2:30 to 5:30

Includes sweets, savories, and tea. Ask for detailed menus from our staff 25.00

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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

Email linda@teaism.com
for catering options

hot teas ~ 16 oz. brewed cup

● Check out our tea menu for the full list with descriptions! They can be iced, too!

● New to tea? Try a classic **black tea** - which has the highest caffeine content:

Chai Indian spices, with milk & sugar 3.50

Earl Grey with oil of bergamot 3.25

Keemun English breakfast base 3.25

● **Oolongs** have a more complex leaf and are the "champagne" of teas:

Boluomi "honey pineapple" 5.75

● How about a lighter, more vegetal **green tea**?:

Dragon Well classic Chinese 3.25

Jasmine floral and Chinese 4.00

Sencha spinachy, Japanese 5.00

● Trying to avoid caffeine? **Tisanes** are blends of fruits, flowers and/or herbs:

Berry Beauty fruity with hibiscus 3.25

Lavender Lemon Mint 3.25

● Feeling adventurous?!

Golden Monkey elegant black tea with earthy sweetness 4.50

Gen Mai Cha spinachy Japanese green tea with toasted rice 4.25

Soba Cha buckwheat tisane 3.50

iced teas

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
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 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