



# 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 ..... 4.75

**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, romaine, 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 ~ romaine, 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

- ▼ **cold** **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

- ▼ **hot** **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 **Tomato 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 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

**Birchermuesli** grains, dried fruits & nuts mixed in homemade yogurt & mango juice, topped with fruit ..... 5.25

## 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 with Orange Earl Grey Marmalade** .... 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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2009 R Street NW  
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800 Conn. Ave. NW  
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**Penn Quarter**  
400 8th Street NW  
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**Union Market**  
1309 5th Street NE  
Washington, D.C 20002  
teas & limited menu

**www.teaism.com**  
Follow us on Facebook  
Twitter: @TeaismATeaHouse  
Instagram: @teaism\_dc

Email [linda@teaism.com](mailto: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 ..... 3.25

**Earl Grey** with oil of bergamot ..... 3.00

**Keemun** English breakfast base ..... 3.00

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

**Boluomi** "honey pineapple" ..... 4.75

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

**Dragon Well** classic Chinese ..... 3.00

**Jasmine** floral and Chinese ..... 3.75

**Sencha** spinachy, Japanese ..... 5.00

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

**Berry Beauty** fruity with hibiscus ..... 3.00

**Lavender Lemon Mint** ..... 3.00

● Feeling adventurous?!

**Golden Monkey** elegant black tea with earthy sweetness ..... 4.25

**Gen Mai Cha** spinachy Japanese green tea with toasted rice ..... 4.00

**Soba Cha** buckwheat tisane ..... 3.25

## 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 ..... 3.25  
**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** ..... 3.00

**Ginger Limeade** ..... 3.00

**Chai Shake** with cinnamon gelato ..... 3.75

**Lassi** ..... 3.75  
our homemade yogurt drink - tamarind, banana, orange, mango, green tea or plain

**Pomegranate Juice** ..... 4.75

**Orange Juice** or **Mango Juice Blend** organic ..... 3.25

**Bottled Flat or Sparkling Water** ..... 2.50

**Imli Cooler** Indian tamarind drink ..... 3.25

**GuS Cola** ..... 3.00

**Fresh Ginger Ale** ..... 3.50