

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

Green Gazpacho cucumber, tomatillos, sweet peppers, green grapes, onions, and fresh herbs, garnished with toasted walnuts 4.75

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

* **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 chard 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
Fried Chard Stems with yuzu kosho 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 Chard** 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 served Mon-Fri 7:30am-11:30am

breakfast entrees

* Cilantro Scrambled Eggs

- organic eggs with ginger, cilantro & jalapeño7.00
- 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 roll7.00
- 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 papadum.....9.25

- ***Tea-Cured Salmon, Flatbread & Raita** 12.00
- Aidells Chicken Sausage, Flatbread & Raita** 9.00

Homemade Granola oats, pecans, coconut, raisins, dried blueberries & apricots, honey, maple syrup & spices, served with milk or homemade yogurt 5.00

Irish Oatmeal with apricots, 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
- Organic Turkey Bacon** 5.00
- ***Tea-Cured Salmon** **Ginger Scones** 3.00
- from Blue Circle..... 8.00 **Apple Gingerbread** 3.00
- Flatbread with Tomato Chutney**.. 4.00

desserts

kayak  cookies

Made by  Teaism

- 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
- Hungarian Tea Cake**3.50 **Chocolate Coconut Cake**
- Coconut Rice Pudding** ... 4.00 gluten-free cake with rum caramel, served with gelato5.75
- Dolcezza Gelato** or **Sorbet**5.00

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

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..... **3.25**/14.25
 - Assam** rich & malty, Irish breakfast base **2.75**/7.50
 - Ceylon** bright, wiry tea **3.25**/8.75
 - Darjeeling** Indian classic, floral..... **3.75**/9.50
 - Earl Grey** with oil of bergamot **3.00**/7.50
 - Guranse** exquisite aroma & muscatel flavor..... **3.25**/8.75
 - Keemun** English breakfast base..... **3.00**/7.00
 - Lapsang Souchong** very smoky..... **2.75**/7.00
- **oolong teas** - complex leaf, the champagne of teas
 - Anxi** slightly oxidized oolong..... **3.00**/9.25
 - Formosa** a classic also on the green side..... **4.75**/17.75
 - Tie Guanyin** woody, robust flavor..... **4.75**/17.75
- **green teas** - slow release caffeine, milder
 - Dragon Well** classic Chinese, grassy..... **3.00**/8.25
 - Hojicha** toasted, nutty flavor, low in caffeine..... **3.25**/8.25
 - Jasmine Pearl** hand rolled, floral..... **4.25**/14.75
 - Moroccan Mint** green tea & spearmint **3.00**/7.50
 - 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..... **3.00**/8.25
 - Lavender Lemon Mint** **3.00**/7.25
 - Haldi Lemongrass** turmeric, apples, cardamom.. **3.25**/8.75
 - Mind & Body** lemongrass, apple, rooibos, ginger..... **3.00**/6.75
 - Now & Zen** ginkgo, St. John's Wort, lemongrass..... **3.00**/6.75
 - Quiet Evening** chamomile, peppermint, rosehips.. **3.25**/9.25
 - Star of Africa** rooibos& fruit blend, great iced..... **3.00**/6.75
 - World Peace** peppermint, licorice root & cloves..... **2.75**/6.75

iced teas (slightly sweetened)

- Iced Black Tea** 2.50
 - Moroccan Mint** green tea & organic mint 3.00
 - Chai** Indian spices, with milk & sugar..... 3.00
- Any hot tea can be iced too!

cold drinks

- Zhenzhou Pearls** bubble tea..... 4.00
- Matcha Sweet Green Tea** 3.00
- Ginger Limeade** 3.00
- Chai Shake** with cinnamon gelato..... 3.75
- Lassi** our homemade yogurt drink ~ tamarind, banana, orange, mango, green tea or plain..... 3.75
- 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

We also have a changing selection of **BEER & WINE!**