**starters**

**Three-way Beets with Goat Cheese** Pipe Dreams goat cheese, flatbread and beets; roasted, caronnder-pickled, and pureed with chickpeas .......... 6.00

**Kale Salad** shredded kale, romaine lettuce, Persian cucumbers and toasted pecans with creamy hemp dressing, topped with foccacia croutons .......... 5.50

**Fried Brussels Sprouts** dusted with sea salt .......... 5.00

**Smashed Potatoes** with pickled shiitake mushrooms .......... 5.50

**Green Gazpacho** cucumber, tomato, dotted with mint leaves, garnished with toasted walnuts .......... 4.75

**entrees**

**South Indian Vegetable Curry** spinach, chickpeas, pea-wee potatoes, carrots, and fennel in a turmeric coconut sauce, with brown rice / optional raisa side 1.00 .......... 1.10

**Our Dream Salad** a nutrient-dense salad with quinoa, chickpeas, kale, orange slices, fennel, dates, beet-chickpea puree, Golden Monkey tea roasted mix of nuts and seeds, tossed in a light sesame lime vinaigrette .......... 12.00

*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

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

**Grilled Salmon** from Blue Circle ~ with Indonesian-style collards and brown rice .......... 13.75

**Chicken Curry** AFB, local ~ marinated chicken in a Thai yellow curry, with brown rice and a skewer of radicchio, potato, broccoli, onion, and carrots......... 12.00

**on bread**

**Korean Brisket Sandwich** from Roseda Farm ~ ciabatta roll, Asian slow, house-made gochujang sausage, just Mayo, topped with fried onions ........ 12.00

* **Grass Fed Burger** from Roseda Farm ~ on house-made grain foccacia, lettuce, roasted onion, pickled jalapeños, and just mayo, served with a side of Asian slow / optional goat cheese 1.50 .......... 12.00

**Temppeh Burger** organic & local from Twin Oaks ~ on house-made grain foccacia, lettuce, roasted onion, pickled jalapeños, and just mayo, served with a side of Asian slow / optional goat cheese 1.50 .......... 11.00

**Fried Chicken Sandwich** AFB, local ~ Japanese panka fried chicken, lettuce, Asian slow, pickled jalapeños with yuzu kasha mayo, on a ciabatta roll......... 12.00

**bentos**

make choices ~ switch your bento sides ~ we are flexible

**Fried Chicken** AFB, local ~ Jasmine cucumbers, potato mix, brown rice, and our famous onion-mayo sauce .......... 12.75

* **Baked Chilled Salmon** from Blue Circle ~ with a classic tare sauce, brocoli with walnut-miso jam, carrot sesame salad, and brown rice........ 12.75

**Black Bean Cake** with togarashi mayo, Jasmine cucumbers, roasted beets, broccoli with walnut-miso jam, and brown rice.......... 12.75

* **Roll your own Handroll** from Blue Circle ~ tea-cured salmon, sheets of nori, pickled cabbage, and brown rice, with dipping condiments.......... 12.75

* 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** .......... 1.20 / 1.30

Fat noodles with fresh ginger broth, spinach, broccoli, fennel, with choice of added vegetables / chicken or shrimp

* **Ochazuke** .......... 10.00 / 12.00

Japanese rice and tea “soup”, with your choice of pickled plum / salmon or shrimp

**sipping broths**

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

**Oatmeal Fritter** with carrot salad and fresh herbs

**side dishes**

**Asian Slaw** .......... 4.00

Cucumbers with orange fennel vinaigrette or jasmine vinegar.......... 4.50

House-made Seaweed Salad .......... 4.50

Pipe Dreams Goat Cheese .......... 2.75

**Broccoli** with walnut miso jam.......... 4.50

**Carrot Sesame Salad** .......... 4.00

**Beet Chickpea Puree** .......... 4.50

**Roasted Beets** with orange fennel vinaigrette

**Pickled Red Cabbage** .......... 4.00

* **Tea-Cured Salmon** .......... 7.00

**Potato Mix** .......... 4.00

**Indonesian Collards** .......... 5.00

**Broccoli** with yuzu kasha mayo.......... 4.50

Spinach & Fennel sautéed in coconut oil ..5.00

**Flatbread** with **Orange Earl Grey Marmalade** .......... 4.00

**Lundberg Brown Rice** .......... 3.00

**Veg Kabob** .......... 4.50

**Chicken Kabob** .......... 7.00

**Shrimp Kabob** .......... 7.00

choose a kabob sauce: gochujang, orange fennel vinaigrette, wasabi mayo, yuzu kasha mayo, togarashi mayo

*ABF, local from Blue Circle

**cooking**: we are flexible
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 & cranberries
single slice ..........................6.00
double slice .........................12.00
Buckwheat and HEMPHEART pancakes with orange butter & organic pure maple syrup (extra syrup $2.00) ............9.50
Sourdough Waffles with orange butter & organic pure maple syrup ..........................7.00
* Okonomiyaki Japanese cabbage pancake with a fried egg, turky bacon, and condiments .............11.00
* Cilantro Scrambled Eggs organic eggs with ginger, cilantro & jalapeño .....................7.00
with Tea-Cured Salmon ..................12.75 or Aidells Chicken Sausage ......................10.75
* Egg Sandwich cilantro scrambled eggs, Asian slow, on ciabatta roll .........................7.50
with turkey bacon or Aidells Chicken Sausage .........10.75
Temppeh Scramble organic & local from Twin Oaks — with chickpeas, fennel, spinach, and pea-wee potatoes in a light turmeric curry, with pappadum .................................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, juice, or homemade yogurt .............5.00
Irish Oatmeal with dried apricots, flax & chopped almonds .........................4.75
Bircher Museli grains, dried fruits & nuts mixed in homemade yogurt & mango juice, topped with fruit .........5.25

breakfast sides

Aidells Chicken & Apple Gingerbread .............5.50
* Tea-Cured Salmon ..........................7.00

desserts

Turkey Bacon ..................................5.00
Apple Gingerbread ..........................2.50
Ginger or Carrot Cake Scones .................3.00
Flatbread with Orange Earl Grey Marmalade ..........4.00

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
Hempheart Cookie .........................2.25
Hungarian Tea Cake .......................3.50
Coconut Rice Pudding ......................4.00
Jasmine Creme Brulee ......................4.50

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)

hot teas — 16 oz. brewed cup

New to tea? Try a classic black tea - which has the highest caffeine content:
Chai Indian spices, with milk & sugar ..................3.00
Earl Grey with all of bergamot .....................3.00
Keemun English breakfast base .............3.00
Oolongs have a more complex leaf & are the “champagne” of teas:
Formosa a classic .....................4.75
How about a lighter, more vegetal green tea?
Dragon Well classic Chinese .....................3.00
Jasmine floral and Chinese .....................3.75
Sencha spinach, Japanese .....................5.00
Trying to avoid caffeine? Teas are blends of fruits, flowers and/or herbs:
Lavender Lemon Mint .....................3.00
Feeling adventurous?
Golden Monkey elegant black tea with earthy sweetness .....................4.25
Gen Mai Cha spinach Japanese green tea
with toasted rice .....................4.00
Soba Cha buckwheat tisane .....................3.25

iced teas (slightly sweetened)

Today’s Iced Black Tea .....................2.50
Moroccan Mint green tea
& organic mint .....................2.50
Today’s Iced Tisane .........................2.50
Chai Indian spices, with milk & sugar .............3.00

cold drinks

Zhenzhou Pears .....................3.40
Matcha Sweet Green Tea .....................2.50
Ginger Limeade .....................2.50
Chai Shake with cinnamon gelato .....................3.50
Lassi .....................3.50
our homemade yogurt drink — tamarind, banana, orange, mango tea or plain
Pomegranate Juice .....................4.75
Orange Juice or
Mango Juice Blend organic .....................3.00
Bottled Flat or Sparkling Water .....................2.25
Imli Cooler Indian tamarind drink .....................3.00
GuoS Cola .....................2.75
Fresh Ginger Ale .....................3.25

We also have BEER, WINE, SAKE & COCKTAILS!

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email linda@teaism.com for catering options