



Teaism Menu seasonal Penn Quarter

starters

Arugula & Goat Cheese Salad local greens with Pipe Dreams goat cheese, heirloom cherry tomatoes, 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

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 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)

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 (cold)

bentos

make choices ~ switch your bento sides ~ we are flexible

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

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 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
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

Goat Cheese by Pipe Dreams 2.75

Broccoli with sumac vinaigrette 4.50

Eggplant Puree 4.00

* **Tea-Cured Salmon** 8.00

Potato Mix 4.00

▼ **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

* 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.



breakfast entrees

breakfast served Mon - Fri 7:30 am - 11:30 am
Sat & Sun 9:30 am - 2:30 pm

French Toast with organic pure maple syrup, stewed apples & cranberries
single slice6.00 double slice 12.00

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

Sourdough Waffle with orange butter & organic pure maple syrup7.50

* **Okonomiyaki** Japanese cabbage pancake with a fried egg, turkey bacon, and condiments11.00

* **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** 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 & Raita9.00

Homemade Granola oats, pecans, coconut, raisins, dried blueberries & apricots, honey, maple syrup & spices, served with milk, juice, or homemade yogurt5.00

Irish Oatmeal with dried apricots, blueberries, flax & chopped almonds4.75

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

breakfast sides

Aidells Chicken & Apple Sausage5.50

* **Tea-Cured Salmon**8.00

Organic Turkey Bacon.....5.00

Apple Gingerbread 3.00

Ginger or Carrot Cake Scones 3.00

Flatbread with Tomato Chutney4.00

desserts

Salty Oat Cookie2.50

Chocolate Salty Oat Cookie2.70

Chunky Chocolate Pecan Salty Oat Cookie2.70

Mandelbrot twice-baked German cookie with pistachios & orange.....2.25

Cocoa Nib Cookie Trio 3.00

Hempheart Cookie2.25

Hungarian Tea Cake3.50

Coconut Rice Pudding ... 4.00

Jasmine Creme Brulee ... 4.50

Mochi Japanese sweet bean confection.....3.75

Mochi Ice Cream two pieces.....5.00

Chocolate Coconut Cake gluten-free cake with rum caramel, served with gelato5.75

Dolcezza Gelato or Sorbet.....5.00

kayak cookies

subtly sweet. curiously salty.

Made by  Teaism

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

Lafayette Park
800 Conn. Ave. NW
Washington, DC 20006
202-835-2233

Penn Quarter
400 8th Street NW
Washington, DC 20004
202-638-6010

Union Market
1309 5th Street NE
Washington, DC 20002
teas & limited menu

hot teas ~ 16oz. 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 3.00

Earl Grey with oil of bergamot3.00

Keemun English breakfast base3.00

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

Boluomi "honey pineapple"4.75

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

Dragon Well classic Chinese3.00

Jasmine floral and Chinese3.75

Sencha spinachy, Japanese5.00

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

Berry Beauty fruity with hibiscus3.00

Lavender Lemon Mint3.00

● Feeling adventurous?!

Golden Monkey elegant black tea with earthy sweetness4.25

Gen Mai Cha spinachy Japanese green tea with toasted rice4.00

Soba Cha buckwheat tisane3.25

iced teas (slightly sweetened)

Today's Iced Black Tea3.00

Moroccan Mint green tea & organic mint3.00

Today's Iced Tisane3.00

Chai Indian spices, with milk & sugar 3.25

cold drinks

Zhenzhou Pearls4.00

Matcha Sweet Green Tea3.00

Ginger Limeade3.00

Chai Shake with cinnamon gelato3.75

Lassi3.75

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

Pomegranate Juice4.75

Orange Juice or

Mango Juice Blend organic3.25

Bottled Flat or Sparkling Water 2.50

Imli Cooler Indian tamarind drink3.25

GuS Cola.....3.00

Fresh Ginger Ale3.50

We also have BEER, WINE, SAKE & COCKTAILS!

www.teaism.com

follow us on Facebook and Twitter @TeaismATeaHouse

email linda@teaism.com for catering options