



Teaism Menu ^{seasonal} Lafayette Park

BIG DISHES

Grilled Salmon Aurora, from Norway ~ with Indonesian style collards and brown rice 14.25

Three Tacos with Salmon or Beef Brisket
from Blue Circle & Roseda Farm ~ corn tortillas, napa cabbage, carrots, cilantro, chipotle salsa, crema and lime 14.25 | 13.00

South Indian Vegetable Curry
baby kale, chickpeas, tomato, chayote squash, and roasted carrot in a turmeric coconut sauce, with brown rice 12.00

Thai Chicken Curry
from D'Artagnan Family Farms ~ chicken in a Thai yellow curry with brown rice and a skewer of grilled vegetables 13.25

Vegan Cheeseburger
house-made with beets, walnuts, organic tempeh and quinoa, on ciabatta roll with lettuce, tomato, Thai basil, vegan cheese, vegan mayo, with a side of broccoli with orange vinaigrette 13.00 (hot)

Korean Brisket Sandwich
grass-fed from Roseda Farm ~ ciabatta roll, Asian slaw, gochujang sauce, vegan mayo, topped with fried onions and served with a side of broccoli with orange vinaigrette 13.00

Fried Chicken Sandwich from D'Artagnan Family Farms ~ fried chicken, ciabatta roll with yuzu kosho mayo, lettuce, tomato, fresh cucumber, pickled ginger, kizami seaweed, and served with a side of broccoli with orange vinaigrette 13.00

Udon Noodle Soup fat noodles with fresh ginger & mushroom broth, seared mushrooms, baby kale, with choice of added **vegetables / chicken or shrimp** 13.25 | 14.25

Ochazuke
Pour your pot of Hojicha tea over this Japanese rice "soup," with your choice of **pickled plum / salmon or shrimp** 12.00 | 14.00

Middle Eastern Goat Cheese Salad baby kale, lettuce, tomato, cucumber, radish, poblano pepper, with Pipe Dreams goat cheese, pistachios, sumac vinaigrette 12.00 | without goat cheese 8.50

Our Dream Salad a nutrient-dense salad with quinoa, beet puree, chickpeas, lettuce, fruit, dates, pickled onion, Golden Monkey tea roasted mix of nuts and seeds, tossed in a orange vinaigrette 13.00

bentos
all served with a scoop of Lundberg brown rice

Fried Chicken from D'Artagnan Family Farms ~ broccoli with orange vinaigrette, sweet potato with miso dressing, and our famous onion-mayo sauce 14.25

* **Baked Chilled Salmon** Aurora, from Norway ~ with a classic tare sauce, broccoli with orange vinaigrette, and sweet potato with miso dressing 14.25

Black Bean Cake made with beans, cashews and coconut, topped with togarashi sauce, sides of broccoli with orange vinaigrette and sweet potato with miso dressing 14.25

* **Roll your own Handroll** Aurora, from Norway ~ tea-cured salmon, nori sheets, cucumbers, with dipping condiments 14.25

* 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. Please consult with us about ingredients and allergies.

SMALL DISHES

trash or treasure

6.00 each
These menu items were developed to utilize product often wastED in restaurants.

Broccoli Tots with goat cheese & togarashi dip

Cabbage Butts stir-fried in gochujang

.....
hot

Lentil Soup hearty curried soup with cilantro and pappadum 5.25

Coconut Miso Sipping Broth mug with cilantro, citrus & jalapeño garnish 4.75

Sautéed Broccoli in sesame oil with ginger and garlic 4.50

Baby Kale & Chayote Squash sautéed in coconut oil 5.00

Indonesian Collards 5.00

Brown Rice Lundberg Farms 3.00

Flatbread 3.00
with Housemade Chutney 4.00
with **Goat Cheese** by Pipe Dreams 6.50
with **Beet Hummus** 7.00

Grilled Veg Kabob jicama, trumpet mushroom, radish, peppers and radicchio, pick a sauce below 6.50

Grilled Chicken Kabob from D'Artagnan Family Farms ~ pick a sauce below 8.00

Grilled Shrimp Kabob pick a sauce ... 8.00

choose a kabob sauce:
• gochujang, sumac vinaigrette, wasabi
• mayo, togarashi dip, yuzu kosho mayo,
• orange vinaigrette

cold

Asian Slaw napa cabbage, radicchio, carrots, cilantro, togarashi mayo 4.00

Cucumbers with sumac vinaigrette 4.50

Sweet Potato with sesame miso sauce 4.50

Broccoli with orange vinaigrette 4.50

* **Tea-Cured Salmon** 8.00



breakfast served Mon-Fri 8 am-11:30am

breakfast entrees

- * **Cilantro Scrambled Eggs**
eggs with fresh ginger, cilantro & jalapeño 7.00
with **Tea-Cured Salmon** 12.75 or **Organic Turkey Bacon** 10.75 or **Aidells Chicken Sausage** 10.75
- * **Egg Sandwich** cilantro scrambled eggs, Asian slaw, ciabatta roll 7.00 with **Tea-Cured Salmon** 12.75 or **Organic Turkey Bacon** 10.75 or **Aidells Chicken Sausage** 10.75
- Tempeh Scramble** organic ~ with chickpeas, baby kale, roasted carrot, and tomatoes in a light turmeric curry, with papadum 9.25
- Homemade Granola**
oats, pecans, coconut, raisins, dried blueberries, honey, maple syrup & spices, served with milk, juice, or homemade yogurt 5.00
- Irish Oatmeal**
with dried mango, blueberries, flax & chopped almonds 4.75

breakfast sides

- Aidells Chicken & Apple Sausage** 5.50
- Tea-Cured Salmon** 8.00
- Organic Turkey Bacon** 5.00
- Lemon Bread or Ginger Bread** 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
- Lemon Bread or Ginger Bread** 3.00
- Hungarian Tea Cake** 3.50
- Dolcezza Gelato or Sorbet** 5.00
- Chocolate Coconut Cake** gluten-free cake with rum caramel, served with gelato 5.75
- Coconut Mango Rice Pudding** 4.00
- Hempheart** gluten-free cookie 2.25
- Mochi** Japanese sweet bean confection 3.75



Made by Teatism

afternoon tea

served daily 2:30 to 5:30
Includes sweets, savories, and tea.
Ask for detailed menus from our staff 25.00

- 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
- www.teatism.com**
Twitter: @TeatismATeaHouse
Instagram: @teatism_dc
Email: linda@teatism.com
for catering options

hot teas 16 oz. brewed cup or 2oz. loose leaf

* = organic
They can be iced, too!

- **black teas** - highest in caffeine
 - Chai** Indian spices, with milk & sugar 3.50 / 14.50*
 - Assam** rich & malty, Irish breakfast base 3.00 / 7.75
 - Ceylon** bright, wiry tea 3.50 / 9.00
 - Darjeeling** Indian classic, floral* 4.00 / 9.75
 - Earl Grey** with oil of bergamot* 3.25 / 8.00
 - Guranse** exquisite aroma & muscatel flavor* 3.50 / 9.00
 - Keemun** English breakfast base 3.25 / 7.50
 - Lapsang Souchong** very smoky* 3.00 / 7.25
- **oolong teas** - complex leaf, the champagne of teas
 - Anxi** slightly oxidized oolong 3.25 / 9.50
 - Formosa** a classic also on the green side 5.25 / 18.00
 - Tie Guanyin** woody, robust flavor 5.25 / 18.00
- **green teas** - slow release caffeine, milder
 - Dragon Well** classic Chinese, grassy* 3.75 / 10.75
 - Hojicha** toasted, nutty flavor, low in caffeine 3.50 / 8.50
 - Jasmine Pearl** hand rolled, floral 4.50 / 14.75
 - Moroccan Mint** green tea & spearmint 3.25 / 7.75
 - Sencha** spinachy, Japanese 5.00 / 17.00
- **white teas** - the least processed, light & fresh
 - Silver Needle Fuding** pure leaf bud 5.00 / 16.25
- **tisanes** - caffeine-free blends of flowers, fruits & herbs
 - Ginger Zing** sweet, sour & fruity* 3.25 / 8.50
 - Lavender Lemon Mint** 3.25 / 7.50
 - Haldi Lemongrass** turmeric, apples, cardamom.. 3.50 / 8.75
 - Mind & Body** lemongrass, apple, rooibos, ginger 3.25 / 7.00
 - Now & Zen** ginkgo, St. John's Wort, lemongrass 3.25 / 7.00
 - Quiet Evening** chamomile, peppermint, rosehips*.. 3.50 / 9.50
 - Star of Africa** rooibos & fruit blend, great iced 3.25 / 7.00

iced teas (slightly sweetened)

- Iced Black Tea** 3.00
- Moroccan Mint** green tea & organic mint 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** our homemade yogurt drink ~ tamarind, banana, orange, mango, green tea or plain 4.00
- Orange Juice or Mango Juice** 3.75
- Bottled Flat or Sparkling Water** 2.50
- Imli Cooler** Indian tamarind drink 3.50
- Fresh Ginger Ale** 3.75