

BLACK TEAS

Assam 8.00 2oz. | 3.00 16 oz. brew
rich and malty Indian tea known to many as the base for the Irish Breakfast blends



Black Peony 2.25 per flower
mild Chinese tea hand-tied into flower-like rosettes, can steep a few times

Ceylon 9.25 2oz. | 3.50 16 oz. brew
New Vithanakande Estate, bright, wiry, tippy, superior grade tea from Sri Lanka

Darjeeling 10.00 2oz. | 4.00 16 oz. brew
organic, biodynamic, from the Makaibari Estate, India's most renowned tea, classic floral taste

Earl Grey 9.00 2oz. | 3.25 16 oz. brew
organic, Chinese tea with oil of bergamot, a citrus flavor; a fuller leaf softens the tannins

Golden Dragon 10.00 2oz. | 4.00 16 oz. brew
rare Chinese rolled leaf with golden tips, mild & spicy, and a little lower in caffeine

Golden Monkey 15.50 2oz. | 4.50 16 oz. brew
simply elegant, beautiful full-leaf from China, with hints of toast, chocolate, and wine

Guranse 9.25 2oz. | 3.50 16 oz. brew
organic, from Nepal with an exquisite aroma and addictive muscatel flavor

Keemun 7.75 2oz. | 3.25 16 oz. brew
winey, rich, full-bodied tea used in many English Breakfast blends

Lapsang Souchong 7.50 2oz. | 3.00 16 oz. brew
organic, smoky, and robust tea from China

Pu'er Round Cake 23.00
3.5 oz. pressed cake, aged tea from Yunnan, China, production year: 2013.

Pu'er Tuo Cha 9.00 2oz. | 3.25 16 oz. brew
individual pellets, earthy & rich, 5 years aged from Yunnan, China, reputed to aid digestion

Yunnan Gold 12.50 2oz. | 4.00 16 oz. brew
organic, superior quality of prized tips, reddish infusion and exquisite aroma, from China

= available at the tea shop only

Teaism Chai 15.00 4oz. | 4.00 mug
organic Indian masala blend with black tea, cardamom, cinnamon, rooibos, ginger, star anise, cloves, black pepper and licorice root, prepared with milk & sugar.

OOLONG TEAS

Anxi 9.50 2oz. | 3.25 16 oz. brew
slightly oxidized, this oolong retains some of its greenness, from mainland China

Baihao 18.50 2oz. | 5.25 16 oz. brew
from Taiwan, it is made from young tea buds with a floral aroma and rich red color

Baozhong 17.75 2oz. | 5.25 16 oz. brew
close to green tea with a rich, fresh aroma and complex, grassy flavor; from Taiwan

Boluomi 24.25 2oz. | 5.75 16 oz. brew
means "honey pineapple," from Taiwan, unique, fruity, with a dry finish

Formosa 18.00 2oz. | 5.25 16 oz. brew
sweet, creamy flavor with tightly rolled whole leaves, a classic Ah Li Shan Wulong

Tie Guanyin 18.00 2oz. | 5.25 16 oz. brew
known as Iron Goddess of Mercy, with a roasted fragrance and robust, woody flavor

Wuyi 14.25 2oz. | 4.25 16 oz. brew
organic, long-roasted hybrid with deep fruity, mineral notes and exquisite floral aroma

WHITE TEAS

Bai Mu Dan 9.00 2oz. | 3.50 16 oz. brew
organic, sweet, spring-harvested Chinese tea with silvery buds and dark green leaves, clear yellow infusion, from Fuding in Fujian province.

Jasmine Silver Needle 18.75 2oz. | 5.00 16 oz. brew
purely floral, jasmine-infused, tender leaf buds from Fujian Province

Silver Needle Fuding 18.50 2oz. | 5.00 16 oz. brew
organic, classic white tea from China's Fujian Province, pure leaf buds

GREEN TEAS

Bi Luo Chun 14.75 2oz. | 4.25 16 oz. brew
known as Green Snail Spring with tightly curled leaves, a Chinese tea with hints of hay

Dragon Well 11.25 2oz. | 3.75 16 oz. brew
organic classic Chinese tea (Long Jing) with flat leaves, a light liquor, a fresh grassy flavor and subtly floral aroma

Genmaicha 13.75 2oz. | 4.25 16 oz. brew
spinachy, buttery Japanese tea with toasted rice



Gyokuro 35.00 2oz.
very high grade Japanese tea, intensely rich and vegetal, with much depth & flavor

Hojicha 9.50 2oz. | 3.50 16 oz. brew
toasted stems, stalks & coarse leaves, from Japan, nutty flavor; lingering finish, low in caffeine

Jasmine 13.50 2oz. | 4.00 16 oz. brew
Chinese tea scented with fresh jasmine flowers

Jasmine Pearl 14.75 2oz. | 4.50 16 oz. brew
high grade, scented more times with jasmine flowers, hand-rolled into tiny pearls which unfurl



Joongjak 39.00 (1.5 oz. pouch)
rare Korean tea with a mild, smooth flavor; and rich creamy aroma

Matcha Ceremonial Grade 22.25 (1.4 oz. tin)
fine powdered tea used in the Japanese tea ceremony, intensely green, now popular for use in recipes, lattes, smoothies



Matcha Ceremonial Organic 28.00 (1.4 oz. tin)
Moroccan Mint 8.00 2oz. | 3.25 16 oz. brew
classic blend of green tea & organic spearmint



Saejak 55.00 (1.5 oz. pouch)
higher grade of Korean tea, mild & aromatic with an expansive finish, 2-3 infusions possible

Sencha 17.50 2oz. | 5.00 16 oz. brew
the highest grade of Japanese sencha, spinachy, lingering, and fresh in flavor



Thai Green 10.25 2oz.
organic with a smooth, complex flavor and fruity aroma. Stands up to a second infusion.

TISANES

Berry Beauty 7.25 2oz. | 3.25 16 oz. brew
dried elderberries, currants & hibiscus, great iced

French Verveine 10.00 2oz. | 3.25 16 oz. brew
also known as lemon verbena, produces an elegant, clean, lemony brew, great iced

Ginger Zing 9.00 2oz. | 3.25 16 oz. brew
organic, sweet, sour & fruity with ginger, rosehips, tangerine zest and licorice root

Haldi Lemongrass 9.25 2oz. | 3.50 16 oz. brew
turmeric blend with lemongrass, apple, black pepper, cinnamon and cardamom

Lavender Lemon Mint 7.75 2oz. | 3.25 16 oz. brew
flowery and minty, this contains verveine along with lavender, spearmint, rosemary & cinnamon

Manipura Tisane 9.75 2oz. | 4.00 16 oz. brew
organic, rooibos-based chai with ginger, coconut, and vanilla, good for digestion

Mind & Body 7.25 2oz. | 3.25 16 oz. brew
lemongrass, apple, rooibos, ginger, ginseng, cinnamon, to energize and balance

Now & Zen 7.25 2oz. | 3.25 16 oz. brew
ginkgo, St. John's wort, lemongrass & birch leaf, blocks stress, improves memory

Quiet Evening 9.75 2oz. | 3.50 16 oz. brew
organic, chamomile, peppermint and rosehips to relax, relieve headaches & cold symptoms

Rolling Meadows 9.75 2oz. | 4.00 16 oz. brew
organic, soothing & herbaceous blend with tulsi, stinging nettle, rose, cardamom, raspberry leaf, hempseed and mullein.

Soba Cha 8.25 2oz. | 3.50 16 oz. brew
buckwheat infusion from Nagano, Japan with a toasted grain flavor; great hot or iced

Spearmint 7.25 2oz. | 3.25 16 oz. brew
organic, pure spearmint: stimulating, refreshing

Star of Africa 7.25 2oz. | 3.25 16 oz. brew
rooibos, yellow plum, orange, apple, papaya, pineapple & ginger, great iced

World Peace 7.25 2oz. | 3.00 16 oz. brew
licorice root & cloves, and lots of organic peppermint, great for clearing up congestion

Teaism on Tea

There are two remarkable things about tea:

1. The simplicity and ease of the tea-making process - all you need is a vessel and hot water;
2. The incredible diversity of the tea product. From a single plant, Camellia Sinensis, come so many different flavors and aromas, from a spinachy Sencha to a malty Assam.

Here at *Teaism* we celebrate the classic teas, offering the finest product available, steering clear of the trend to corrupt teas with oils and essences.

About Teaism

Teaism is an Asian-style teahouse-restaurant with three critically acclaimed locations in Washington, DC. We have been operating since 1996.

Teaism produces simple, healthy, and delicious foods from the cuisines of tea. We strive to source our foods sustainably and locally as much as possible.

Hours at our locations

For most up to date hours, please check at: www.teaism.com

Tea Tips for brewing the perfect cup

- **Freshness** is essential. Tea's enemies are light, heat, strong odors, air, and moisture. Store tea in a tight-sealing, opaque container.
- Use **filtered** or **bottled water**. While your kettle heats, warm your tea pot & cups with hot water.
- **Water temperature** matters. Use boiling water (212 F) for black teas, water at 180-195 F for oolongs, and 160-180F for greens & whites.
- For the **quantity of tea** use a teaspoon if the leaf is small and dense like most blacks & greens; if the leaf is large and wiry like oolongs & whites, use two teaspoons. Measure tea directly into the pot or a roomy infuser basket.
- **Brewing time** varies according to the tea type. Generally, the smaller the leaf, the shorter the brewing time. Try steeping green teas 3-5 minutes, black teas 3-4 minutes, white teas 5 minutes, and oolongs 5-7 minutes. Swirl the pot before pouring. To prevent oversteeping and bitterness, pour off the tea or remove the leaves.
- Some teas, oolongs for example, are good for **several infusions**. Add more hot water, increasing the steep time with each subsequent infusion.
- All tea has less **caffeine** per cup than coffee. Green tea has less than oolong, which has less than black.

GOURMET MARKET

Teaism Ginger Scone Mix 5.50

Teaism Granola 10.75


16 oz. bag of our baker's homemade vegan granola - oats, pecans, dried mango & blueberries, raisins, coconut, maple syrup.

Teaism Matcha Sweet Green Tea 9.75 tin

Very sweet and very green! Powdered green tea from Japan and sugar, just add water. 12 ounce tin makes one gallon.

Salty Oat Cookies

made with love by *Teaism* for:

kayak  cookies
subtly sweet. curiously salty.

Original Salty Oats 6-pack 15.00

these addictive cookies are hand-crafted with the finest ingredients and just a light dusting of salt on the top

Chocolate Salty Oats 6-pack 15.00

with the finest Belgian chocolate and a hint of coconut

Chunky Chocolate Pecan Salty Oats 6-pack 15.00

with bittersweet and semi-sweet chocolate chunks, pecans and coconut

Mixed Salty Oats 6-pack 15.00

two each of all three flavors

How to Order Tea

Call the *Teaism* Tea Shop at 202-638-7740 or visit our website to place your order. Shipping is via USPS.

Except for our Chai which comes in a 4 oz. package, the tea prices are for 2 oz.s, which makes about 20 cups of tea. We can package the tea in larger quantities by 2 oz. increments.

Our sturdy black foil bags protect the tea from light, heat, air, strong odors, and moisture.



LOOSE LEAF TEAS

visit our locations

Dupont Circle 2009 R Street NW
Washington, DC 20009
202-667-3827

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

Penn Quarter 400 8th Street NW
Washington, DC 20004
restaurant 202-638-6010
retail store 202-638-7740

To order tea please **visit our website**
or call *Teaism* Tea Shop at
202-638-7740.

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