



# Teaism Menu <sup>seasonal</sup> Lafayette Park

## BIG DISHES

**Grilled Salmon** Aurora, from Norway ~ with Indonesian style col-lards 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, baby kale salad, and our famous onion-mayo sauce .... 14.25

\* **Baked Chilled Salmon** Aurora, from Norway ~ with a classic tare sauce, broccoli with orange vinaigrette, baby kale salad .... 14.25

**Black Bean Cake** made with beans, cashews and coconut, topped with togarashi sauce, sides of broccoli with orange vinaigrette and baby kale salad .... 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

**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 .....

**Chilled Carrot Soup** spicy yet refreshing curried carrot soup with thai basil and pumpkin seeds .... 5.25

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

**Cucumbers** with sumac vinaigrette .... 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 papadam .... 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 Apple Gingerbread** .... 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 Apple Gingerbread** .... 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 Teaism

### 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.teaism.com**  
Twitter: @TeaismATeaHouse  
Instagram: @teaism\_dc  
Email: linda@teaism.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\* ..... 3.25 / 8.50
  - 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
- GuS Cola** ..... 3.25    **Fresh Ginger Ale** ..... 3.75