



# Teaism Menu seasonal Penn Quarter



## BIG DISHES

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

**Okonomiyaki** *crispy cabbage pancake, wasabi-okonomi sauces, choice of kabob: vegetable / chicken or shrimp* .... 13.00 | 14.00

\* **Three Tacos with Salmon or Beef Brisket**  
*from Aurora & 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

\* **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 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 Salmon, Norway ~ tea-cured salmon, nori sheets, cucumbers, with dipping condiments* .... 14.25

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\* 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.

6/14/19

## 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*

**Seared Salmon Belly** *with collard stems pickled in herb trimming (#RescueDishDC)*

**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, 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 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 and cranberries single slice .... 6.00 double slice .... 12.00

**Buckwheat & Hempheart pancakes** with orange butter, cranberries & organic pure maple syrup (extra syrup 2.00) .... 9.50

**Waffle** with orange butter & organic pure maple syrup .... 7.50

\* **Okonomiyaki** Japanese cabbage pancake with a fried egg, organic turkey bacon, and condiments .... 11.00

\* **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 and mango, 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 Ginger Bread** ..... 3.00

**Hungarian Tea Cake** .... 3.50

**Jasmine Creme Brulee** .... 4.50

**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

kayak  cookies  
subtly sweet. curiously salty.

Made by  Teaism

**Hempheart** gluten-free cookie .... 2.25

**Mochi** Japanese sweet bean confection .... 3.75

## afternoon tea

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

## teas .....

Check out our separate tea menu for descriptions! They can be iced, too!

## iced teas .....

(slightly sweetened)

**Today's Iced Black Tea** .... 3.00

**Moroccan Mint** green tea & organic mint .... 3.00

**Today's Iced Tisane** .... 3.00

**Chai** Indian spices, with milk & sugar .... 3.50

## cold drinks .....

**Boba Tea** classic **bubble tea**: milked iced black tea with tapioca pearls .... 4.00

**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** .... 4.00  
our homemade yogurt drink ~ tamarind, banana, orange, mango, green tea or plain

**Pomegranate Juice** .... 4.75

**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

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**Teism Penn Quarter**  
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check out our other locations:  
[www.teaism.com](http://www.teaism.com)

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for catering options