

## BLACK TEAS

**Assam** 7.75 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** 9.00 2oz. | 3.50 16 oz. brew

New Vithanakande Estate, bright, wiry, tippy, superior grade tea from Sri Lanka

**Darjeeling** 9.75 2oz. | 4.00 16 oz. brew

organic, biodynamic, from the Makaibari Estate, India's most renowned tea, classic floral taste

**Earl Grey** 8.00 2oz. | 3.25 16 oz. brew

organic, Chinese tea with oil of bergamot, a citrus flavor; a fuller leaf softens the tannins

**Golden Dragon** 9.75 2oz. | 4.00 16 oz. brew

rare Chinese rolled leaf with many golden tips, mild & spicy, and a little lower in caffeine

**Golden Monkey** 15.25 2oz. | 4.50 16 oz. brew

simply elegant, beautiful full-leaf from China, with hints of toast, chocolate, and wine

**Gurane** 9.00 2oz. | 3.50 16 oz. brew

organic, from Nepal with an exquisite aroma and addictive muscatel flavor

**Keemun** 7.50 2oz. | 3.25 16 oz. brew

winey, rich, full-bodied tea used in many English Breakfast blends

**Lapsang Souchong** 7.25 2oz. | 3.00 16 oz. brew

organic, smoky, and robust tea from China

**Pu'er Round Cake** 22.25

3.5 oz. pressed cake, mellow aged tea from Yunnan, China, production year: 2013. Stored in man-made pu'er cave in U.S.

**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** 11.75 2oz. | 4.00 16 oz. brew

organic, superior quality of prized tips, reddish infusion and exquisite aroma, from China

**Teaism Chai** 14.50 4oz. | 3.50 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

Described as the champagne of teas, with the depth and complexity to be infused several times.

**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

## 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** 16.75 2oz. | 5.00 16 oz. brew

purely floral, jasmine-infused, exquisite leaf buds from Fujian Province

**Silver Needle Fuding** 16.50 2oz. | 5.00 16 oz. brew

organic, classic white tea from China's Fujian Province, pure leaf buds

## GREEN TEAS

**Bi Luo Chun** 14.25 2oz. | 4.25 16 oz. brew

known as Green Snail Spring with tightly curled leaves, a Chinese tea with hints of hay

**Dragon Well** 8.50 2oz. | 3.25 16 oz. brew

organic classic Chinese tea (Long Jing) with flat leaves, a light liquor; a fresh grassy flavor and subtly floral aroma

**Genmaicha** 12.25 2oz. | 4.25 16 oz. brew

spinachy, buttery Japanese tea with toasted rice



**Gyokuro** 32.75 2oz.

very high grade Japanese tea, intensely rich and vegetal, with much depth & flavor

**Hojicha** 8.50 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** 37.25 (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)

tin of fine grade powdered tea used in the Japanese tea ceremony, intensely green, now popular for using in recipes, lattes, smoothies

**Moroccan Mint** 7.75 2oz. | 3.25 16 oz. brew

blend of green tea & spearmint, great hot or iced



**Saejak** 54.25 (1.5 oz. pouch)

higher grade of Korean tea, mild & aromatic with an expansive finish, 2-3 infusions possible

**Sencha** 17.00 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.

= available at the tea shop only

## TISANES

**Berry Beauty** 7.00 2oz. | 3.25 16 oz. brew

dried elderberries, currants & hibiscus with a delicious creaminess, great iced

**French Verveine** 8.50 2oz. | 3.25 16 oz. brew

also known as lemon verbena, produces an elegant, clean, lemony brew, great iced

**Ginger Zing** 8.50 2oz. | 3.25 16 oz. brew

organic, sweet, sour & fruity with ginger; rosehips, tangerine zest and licorice root

**Haldi Lemongrass** 9.00 2oz. | 3.50 16 oz. brew

turmeric blend with lemongrass, apple, black pepper, cinnamon and cardamom

**Lavender Lemon Mint** 7.50 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, aromatic rooibos-based chai with coconut, ginger and vanilla bean, good for digestion and metabolic function

**Mind & Body** 7.00 2oz. | 3.25 16 oz. brew

lemongrass, apple, rooibos, ginger, ginseng, cinnamon, to energize, restore physical balance, boost immune system

**Now & Zen** 7.00 2oz. | 3.25 16 oz. brew

ginkgo, St. John's wort, lemongrass & birch leaf, blocks stress, improves memory

**Quiet Evening** 9.50 2oz. | 3.50 16 oz. brew

organic, chamomile, peppermint and rosehips to relax, relieve headaches & cold symptoms

**Soba Cha** 8.00 2oz. | 3.50 16 oz. brew

buckwheat infusion from Nagano, Japan with a toasted grain flavor, great hot or iced

**Spearmint** 7.00 2oz. | 3.25 16 oz. brew

organic, pure spearmint: stimulating, refreshing, sweeter than peppermint and U.S. grown

**Star of Africa** 7.00 2oz. | 3.25 16 oz. brew

rooibos, yellow plum, orange, apple, papaya, pineapple & ginger, great iced

**World Peace** 7.00 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 tea house with three critically acclaimed restaurants in Washington, DC and a small space at Union Market. 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

**Dupont Circle** breakfast, lunch & dinner  
M-F 8am -9 pm, Sat & Sun 9 am-9 pm

**Lafayette Park** breakfast, lunch & afternoon tea  
M-F 8:00am - 5:00 pm

**Penn Quarter** breakfast, lunch, afternoon tea & dinner  
M-F 7:30am -9 pm, Sat & Sun 9:30am-9pm

**Tea Shop** M-Sun 10am -6pm

**Union Market** tea and baked goods  
M-W 11 am -8pm; Thurs & Fri 11am-9pm;  
Sat 8am -9pm; Sun 8am - 8pm

## 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. White tea has the least amount of caffeine.

## GOURMET MARKET

*Teaism* Ginger Scone Mix 5.50

*Teaism* Granola 10.75

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

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 14.50**

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 14.50**

with the finest Belgian chocolate and a hint of coconut

**Chunky Chocolate Pecan Salty Oats 6-pack 14.50**

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

**Mixed Salty Oats 6-pack 14.50**

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 restaurants

**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 | Teaism Tea Shop**  
400 8th Street NW  
Washington, DC 20004  
**restaurant** 202-638-6010  
**retail store** 202-638-7740

**Union Market** 1309 5th Street NE  
Washington, DC 20002

**To order** tea please call *Teaism* Tea Shop at 202-638-7740.

You can also order on-line on our web site.

[www.teaism.com](http://www.teaism.com)

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@TeaismATeaHouse