

# THE TAO OF TEA

## **WHITE TEA** *Served in traditional teaware; service for one person.*

**Bai Mudan 'White Peony'**, Zhenghe, Fujian, China: Delicate, herbaceous, autumnal aroma with a sweet nuttiness. *Organic* \$8

**Imperial White**, Fujian, China: Roasted chestnut aroma. Lingering nutty, vegetal flavor. \$8

## **GREEN TEA** *Served in traditional teaware; service for one person.*

**Jasmine Pearls**, Changsha, Hunan, China: White tipped green tea, hand-rolled and heat infused with jasmine flowers. Light texture and sweet floral aroma. \$8

**Emerald Green**, Ningde, Fujian, China: Sweet pine aroma and warm, nutty flavor with a lingering savory aftertaste. *Organic* \$6

**Lotus Green**, Thai Nguyen, Vietnam: Floral and fruit aroma followed by a refreshing flavor with notes of anise. *Organic* \$6

**Tea Forest Green**, Yunnan, China: Flavorful green tea plucked from an old-growth tea forest. Notes of smoke, hazelnut, and a lingering pine aftertaste. *Organic* \$8

**Hon Gyokuro**, Uji, Japan: Smooth, vegetal, oceanic brew with some saltiness and notes of honeydew melon. \$8

**Liquid Jade Matcha**, Japan: Shade grown and stone ground into a fine powder. Creamy, sweet, rich oceanic taste. High in caffeine. *Organic* \$8

**Ceremonial Grade Matcha**, Japan: A high grade matcha fit for Japanese tea ceremony. High in caffeine. *Organic* \$10

**Genmaicha 'Brown Rice Tea'**, Shizuoka, Japan: A blend of sencha and toasted rice. Bright flavor and toasty aroma. *Organic* \$6

**Sencha Shinrikyu**, Shizuoka, Japan: A polished, deep green brew. Rich, sweet, and intense umami character. \$8

**Yabukita Sencha**, Kagoshima, Japan: Buttery and vegetal with some mineral saltiness. Light in color but deep in flavor. Pairs well with savory foods. \$8

## **BLACK TEA** *Served in traditional teaware; service for one person.*

**Black Spiral**, Guangxi, China: Honey texture; malty and full-bodied with roasted undertones and hints of sweet potatoes. \$6

**Malty Assam**, Putharjhora Tea Estate, Assam, India: Rich, malty brew with a slight caramel sweetness. *Organic* \$6

**Golden Tips Assam**, Upper Assam, Northeast India: Smooth-textured, amber-red liquor with apple and pear flavors. \$8

**Emperor's Gold**, Cangyuan, Yunnan, China: Very smooth classic Chinese black tea flavor with notes of sweet sorghum, a hint of smokiness, and a warm sugar aftertaste. \$8

**Vietnamese Wild Black**, Ha Giang, Northern Vietnam: Aroma similar to Hibiscus flowers, coupled with classic 'big leaf' Assamica varietal woodiness. Amber-red brew with a mild dryness. \$8

**First Flush Darjeeling**, Okayti Tea Estate, Darjeeling, India: Light black tea, slightly dry and crisp with a distinct muscatel flavor and sweetness. *Organic* \$8

**Ceylon Orange Pekoe**, Lumbini Tea Estate: Light-bodied with a bright, fruity aroma. The estate is part of the Ethical Tea Partnership. \$6

**Golden Monkey**, Fujian, China: Uplifting, full-bodied brew with honey-like sweetness and a very pleasant, toasty aftertaste. \$8

**Grand Qimen**, Anhui, China: Made from small leaves and tips, Qimen has a full-bodied, sweet, slightly floral flavor. *Organic* \$6

**Tippy South Cloud**, Cangyuan, Yunnan, China: A hearty, full-bodied texture. Smooth and slightly smoky. *Organic* \$8

**Formosa Black**, Nantou County, Taiwan: Roasted sugarcane and maple sweetness; no astringency. \$10

**Pine Smoked Black**, Wuyi, China: Famous Lapsang Souchong originates from Mount Wuyi and offers rich, campfire-like flavors. \$8

## **BLENDS** \$8 Teapot for one | \$12 Teapot for two

**Earl Grey**: Assam tea blended with Italian bergamot essence. Fresh, bright, citrusy and slightly floral. *Organic*

**Rose Petal Black**: Keemun black tea and red rose petals. Full-bodied with a floral aroma and sweet, cooling flavor.

**Lychee**: Chinese black tea with sweet, rich lychee fruit flavor and fruity-floral aroma.

**Ginger Peach**: Smooth black tea with bright peach sweetness and a hint of spice.

**Black Mango**: Blended with calendula flower petals and natural mango essence. Smooth with a sweet mango aroma.

**Middle Eastern Style Moroccan Mint**: Sweet mint green tea with service inspired by the Moroccan tea-drinking tradition. Brewed with fresh mint. \$8 | \$12 for two people | \$2 for each additional person

## **OOLONG TEA** *Served in traditional teaware; service for one person.*

**Green Dragon**, Anxi, China: Smooth, full-bodied golden infusion with a toasty, grassy-sweet flavor and light floral notes. \$8

**Wenshan Baozhong**, Pinglin, Taiwan: Soft, rounded flavor. Woody notes of cedar with hints of pistachio and brazil nut. \$8

**Bamboo Mountain**, Zhu Shan, Taiwan: Classic Taiwanese green oolong. Full, sweet, floral fragrance with a long finish. \$8

**Wuyi**, Wuyishan, Fujian, China: Dark, heavily-oxidized brew, with hints of smokiness and a distinct fruity flavor. *Organic* \$8

**Magnolia Oolong**, Fujian, China: Sweet and floral. Aromas similar to jasmine tea. \$8

**Camellia Oolong**, Fujian, China: Light-bodied, pleasant and sweet with notes of peach and vanilla. \$8

**Zhu Oolong**, Fujian, China: Green Tieguanyin oolong infused with bamboo leaf. Floral notes of lilac. \$8

**Royal Phoenix**, Guangdong, China: Toasty and fragrant with sweet stone-fruit flavors. Lingering aftertaste. \$8

## **HERBAL TEA** *Caffeine-free | \$8 Teapot for one | \$12 Teapot for two*

**Krishna Tulsi**, India: Sacred plant from India known as Holy Basil. Slightly spicy flavor with an earthy aroma. *Organic*

**Wild Forest Tulsi**, India: Made from the Vana Tulsi varietal. Flavors of lime, orange, mint and clove. *Organic*

**Honeybush**, South Africa: Sweet taste with a dark berry and wildflower aroma. *Organic*

**Rooibos**, South Africa: Full-bodied and fruity, with an earthy flavor and aroma of vanilla. *Organic*

**Capetown Rooibos**: Superfine grade, blended with chamomile, spearmint, rose petals, orange peel, and lemon verbena. *Organic*

**Peppermint**, Oregon: Mint infusion with a spicy menthol aroma. *Organic*

**Spearmint**, United States: Cool, crisp and refreshing. *Organic*

**Egyptian Chamomile**: A bright gold, soothing, sweet brew with an aroma like apples. *Organic*

**Chamomile Lavender**: Camphoric, sweet, and rich, with an herbaceous, floral heart. *Organic*

**Chrysanthemum**, China: Smooth with hints of buttery licorice, mild sweetness and a pleasant bite.

**Cranberry Orange**: Sweet, fruity, and slightly tart flavor. Vibrant, bright rose-colored brew. *Organic*

**Hibiscus Ginger**: Sweet and tart with a warm, spicy aftertaste. A soothing blend, high in vitamin C. *Organic*

**Licorice**, United States: Intense, earthy sweetness with an aroma of fennel and anise. Comforting for sore throats. *Organic*

**Lavender**, United States: Cooling, sweet taste. Calming, refreshing, and uplifting. *Organic*

**Lemon Myrtle**, Australia: Bright, green lemony flavor and uplifting aroma. *Organic*

**Bamboo Leaf**, China: Smooth and vegetal with a pleasant cocoa aroma. Notes of sweet cornsilk and licorice.

**Nettles**, Croatia: Rich, earthy and smooth. Nettles infuse into a beautiful green-gold liquor with a slightly minty, herbaceous flavor.

**Jiaogulan**, China: Said to be good for the heart, Jiaogulan has a green, herbaceous flavor with slightly bitter aftertaste.

**Roasted Dandelion Root**, Morocco: Flavors of cocoa and coffee with a slight bitterness.

**Elder Flower**, Croatia: Delicious and complex flavor profile including notes of dried currant and pear.

**Elderberries**, Croatia: A light purple infusion. Elderberries are thought to have a host of benefits including respiratory support.

**Linden Flower**, Croatia: Sweet, honey-like and mildly floral.

**Red Clover Blossom**, Bulgaria: Often used as a blood cleanser, this mild herbal infusion is reminiscent of dried field grasses.

**Eight Treasures Tea**: A blend of Chinese dates, goji berries, longan, licorice, raisins, rose petals, chrysanthemum & rock sugar with some green tea (*low caffeine*).

## **YERBA MATE** *An evergreen plant in the holly family, served in a traditional gourd for one; contains caffeine.*

**Green Brazilian Mate**: A bright, green flavor and aroma. *Organic* \$8

**Roasted Mate**, Brazil: Toasty, smooth, and full-bodied with light cocoa notes. *Organic* \$8

## **PUER TEA** *Fermented teas from Yunnan served in traditional teaware; service for one person.*

**TuoCha**, Yunnan, China: Dark shou (or ‘cooked’) puer compressed into a small bowl. Smooth, ripe fruit sweetness. *Organic* \$8

**Puer Velour**, Cangyuan, Yunnan, China: Shou puer with a deep, earthy flavor and rich, velvety texture. Woody, vegetal aroma. \$8

**Topaz Puer**, Yunnan, China: Shou puer with flavors of birch bark, brazil nut and tamarind. *Organic* \$8

**Burma Border Sheng Puer**, Yunnan, China: Made in the sheng (raw) style, this puer has a warm pickled, nori aroma; medium-bodied with hints of smokiness. \$8

**Burma Border Shou Puer**, Yunnan, China: Earthy, dark cherry with hints of wild rice aroma and smokiness. \$8

## **FRESHLY BREWED CHAI** *Made to order with your choice of milk and sweetener* *\$8 Individual Teapot | \$6 To-Go |* *\$14 Teapot for Two*

*Milk Choices* - Whole, Oat, Soy, or Coconut Milk

*Sweetener Choices* - Indian Jaggery, Organic Turbinado, or Raw Honey.

**500 Mile Chai**: A teahouse favorite. Black tea with ginger, clove, cardamom, fennel and cinnamon. The tale of ‘500 Mile Chai’ originates from the many late-night truck drivers who stop at small chai stands (‘Dhabas’) on the highway and ask for really strong, sweet chai to help them drive “for another 500 miles.” *Organic* \$8

**Sada Chai**: Better known as ‘plain chai’. Bold black tea made without spices. *Organic* \$8

**Adrak Chai**: Sada chai with freshly grated ginger. *Organic* \$8

**Elaichi Chai**: Sada chai with crushed cardamom. *Organic* \$8

**Mate Chai**: Roasted yerba mate blended with warming spices. *Organic* \$8

**Red Bush Chai**: A caffeine-free blend of South African rooibos and uplifting spices. *Organic* \$8

**Tulsi Chai**: A mildly-spiced, caffeine-free blend using purple leaf, green leaf and vana tulsi varieties. *Organic* \$8

**Golden Turmeric Chai**: Rich, malty, and spicy with the earthy sweetness of turmeric. \$8

## **COLD DRINKS**

**Cold Brewed Tea**: *Unsweetened* \$5

**Sencha Shinrikyu Green**: Rich, buttery, ocean breeze character.

**Deluxe Tieguanyin Oolong**: Roasted oolong. Smooth and refreshing.

**Blue Mountains Nilgiri**: Soft, light black tea brew.

**Chilled Herbal Infusion**: *Caffeine free. Ask your server about today's selection* \$6

**Sweet Teas**: *Made with cold brewed Nilgiri black tea* \$6

**Coconut Mint**: Fresh mint and coconut syrup.

**Lemon Ginger**: Fresh ginger and lemon syrup.

**Matcha**: *Powdered green tea drinks served over ice* \$8

**Matcha Shake**: Matcha and vanilla cane sugar syrup, shaken with ice and your choice of milk (whole, oat, soy, or coconut).

**Iced Matcha**: Plain ceremonial grade matcha tea served chilled.

**Iced Yuzu Matcha**: Powdered green tea and sweet-tart yuzu citrus.

**Kombucha Seltzer**: *Sweetened with Stevia* \$5

**Lemon Martini**

**Berry Margarita**

**Fiji Fruit Punch**

**Cranberry Cosmo**

**From our Microbrewery - Bottled Chilled Teas**: *Brewed and bottled here in Portland* \$4

**Tippy Assam** *Lightly sweet*

**Oregon Berry Black**

**Gunpowder Mint** *Lightly sweet*

**Cape Town Rooibos** *Caffeine free*

**Sparkling Water** \$3.50

**Tamarind Soda** \$4

**Sparkling Apple Juice** \$4

**Pineapple Juice** \$4

# THE TAO OF TEA

◆ *Portland's Oldest Teahouse* ◆ *Established 1997* ◆

## SMALL PLATES

**Edamame** Fresh soybeans in the shell. Served with special teahouse soy sauce. *V (Gf by request)* \$5

**Ota Tofu** Portland's oldest Tofu maker - Since 1911.

*Age* - Lightly fried tofu dusted with cayenne and topped with a fresh squeeze of lemon. *V, Gf* \$6

*Fresh* - Freshly made tofu with a medium-soft texture. Topped with Schezuan black bean and chili sauce and sesame seeds. *V* \$6

**Hummus and Pita Bread** Garnished with olives, cucumbers, and carrots. *V* \$8

**Indian Paneer** Fresh Indian cheese served with lemon, ginger, and Himalayan black salt. *Gf* \$6

**Samosa** Seasoned potatoes and green peas in lightly fried pastry, served with tamarind chutney. *V* One: \$3.50 Two: \$7

**Chinese Bao** (Baozi) Two vegetarian steamed buns served with Schezuan black bean and chili sauce and asazuke. Filling will be either greens or mushrooms (ask server). *V* \$8

**European Dolmas** Grape leaves stuffed with seasoned rice, served with a light mint raita. *Gf (V possible)* \$5

**Panjabi Spinach Pakoras** Classic Indian spinach and onion fritters served with tamarind chutney and cilantro. *V* \$6

**Chandini Chowk Bhel Puri** Puffed rice, sev, onions, tomato, and cilantro tossed with tangy chutney and lemon. *V* \$8

**Tamil Style Dahi Vada** Savory South Indian black lentil donuts topped with raita, cilantro and tamarind. *Gf (V by request)* \$7

**Tamales** 2 tamales made of masa and steamed in a corn husk. *Gf* \$8

Choice of *Cheese and Jalapeño* or *Corn and Black Bean*.

## LIGHT MEALS

**Homestyle Dal & Rice** A popular teahouse dish. Seasoned legumes served over basmati rice, garnished with tomato, onion, and cilantro. We make a different type of dal every day. Ask about today's selection. *V, Gf* \$11

**Spanakopita** Flaky filo dough stuffed with spinach, onions, cheese and herbs. Served with a green salad and olives. \$8

**Chana Chaval** White chickpeas cooked in a mild North Indian curry sauce. Served with basmati rice. Garnished with onions, tomatoes, and cilantro. *V, Gf* \$11

**Chole Bhature** One of the most popular Punjabi dishes, well known across all of India. Chole refers to a spiced, tangy chickpea curry and Bhatura is a soft, fried whole wheat leavened bread. We serve two pieces of Bhatura in the order. \$11

**Chai Break** One crispy samosa served in a bowl of mildly spiced chana (chickpeas). Topped with Tamarind chutney. *V* \$10

**Mixed Vegetable Dumplings** Six Chinese style dumplings served with soy sauce. *V* \$11

## SALAD

**Mixed greens** Spring greens mesclun with seasonal vegetables. Choice of yuzu matcha vinaigrette or yuzu miso dressing. *V, Gf* \$10

*V* = vegan (All our food is vegetarian) *Gf* = made without wheat (NOT certified gluten free)

## FLATBREADS

**Malaysian Mooli** Pleasantly spicy, flaky flatbread filled with daikon radish. V \$4

**Indian Parathas** Hearty whole wheat Indian flatbreads. Great with tea or to round out a meal. V

*Aloo Paratha* - Filled with seasoned potatoes, onions and cilantro. \$4

*Classic Plain Paratha* - Simple homestyle whole wheat paratha. \$4

**Mediterranean Seasoned Pita** Warm pita topped with your choice of seasoning. V \$4

*Lebanese Style* - Topped with Za'atar, a Middle Eastern herb blend, which includes oregano, basil, thyme and sesame seeds.

*Syrian Style* - Topped with sumac powder, a crushed Middle Eastern fruit with a lemon zest flavor.

## SIDES

**Cup of Dal or Chana** Gf \$4

**Cup of Basmati Rice** V, Gf \$3

**Pita Bread** V \$2

**Raita** Light mint yogurt sauce \$1

**Tamarind Chutney** V, Gf \$1

**Mango Chutney** V, Gf \$1

**Kimchi** \$2

**Mint Chutney** Gf \$1

**Mango Pickle** V, Gf \$1

**Asazuke Fusion** Pickled vegetables V, Gf \$3

## SWEETS

**Moon Cake** Flaky crust with a sweet filling. Often eaten at the Mid-Autumn Moon Festival.  
\$7.5 for *mung bean, red bean, and taro root*. \$8 for *lotus seed*.

**Almond Cookies** 4 Classic Chinese almond cookies. \$5

**Soan Papdi** A uniquely textured Indian sweetcake. \$7

**Chocolate Dipped Macaroon** Chewy coconut cookie, dipped in rich chocolate. Gf \$6

**Baklava** Classic Mediterranean layered filo pastry with honey and walnuts. \$6

**Lemon Bar** Lemon custard on a shortbread crust. Sweet and tart, perfect for pairing with tea. \$6

**Smoked Vanilla Ice Cream** Vanilla ice cream with smoky-sweet Lapsang Souchong simple syrup. Gf \$6

**Tea Rusk** Indian version of Italian biscotti. \$4

**Coconut Cookies** Creamy cookies with warm coconut flavor. \$4

**Pistachio Cookies** Buttery cookies. \$4

**Parle G Tea Biscuits** Classic tea cookies from India. \$3

**Vegan Brownie** Chocolate brownie. V \$6

**Flourless Decadence Torte** Flourless chocolate cake coated with ganache, fudge icing and sprinkles. Gf \$7

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