

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 lime, 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 soy ginger 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 lime. *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, lime & 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, lime, 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 three 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 and garnished with fruit. Choice of yuzu matcha vinaigrette or miso-ginger 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, served with Mama Lil's peppers 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 sweet *mung bean, red bean, taro root, or lotus seed* filling. Often eaten at the Mid-Autumn Moon festival. \$7.5

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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