

Morning Moods

Spinach, Tomato and Goat Cheese Omelet* > \$11.50
a hearty three egg omelet served with fruit or salad and a scone or potatoes (GFF)

Brie, Ham and Basil Omelet* > \$12.25
with mushrooms, served with fruit or salad and a scone or potatoes (GFF)

Gravlax and Latkes* > \$13.25
jasmine tea-cured Atlantic salmon served on potato pancakes with sour cream and berry gastrique (GFF)

Take the B.A.T.E.* > \$10.75
bacon, arugula, tomato and an over easy egg with basil mayo served open-faced on pressed ciabatta with choice of fruit or salad (GFF)
sub soysage (made with wheat gluten and soy), tempeh bacon or tofu for the bacon

Strata of the Day > \$9.75
a baked egg dish served with choice of fruit or salad. Ask your server for today's selection (GFF)

House Cured Salmon Tartine* > \$10.95
pressed ciabatta topped with jasmine cured salmon, cream cheese, red onion, and tomato. Served with your choice of fruit or salad

Chai Spiced French Toast > \$11.25
chai spiced French toast served with fresh fruit and maple syrup. Choice of hallah, vegan or rice bread (V or GFF)

Tofu Scramble* > \$10.50
sautéed tofu with goat horn peppers, caramelized onions, mushrooms and scallions served with fruit or salad and a scone or potatoes (V, GFF)
eggs instead of tofu add \$1

Breakfast Bowl* > \$7.25
black beans, potatoes and arugula with your choice of sour cream or vegan cashew sauce (V, GFF)
add an over easy egg for \$2

Monte Cristo* > \$12.25
natural chicken and ham or a vegetarian version with tofu, both with roasted garlic aioli. Batter dipped and cooked like French toast, covered in our cheddar and gruyère blend, then broiled and served with a mixed green salad (GFF)
add an over easy pastured egg on top \$2

Smoky Quinoa Bowl* > \$13.25
lapsang quinoa salad, over easy pastured egg, chopped bacon or tempeh, toasted walnuts, organic arugula, sliced radish and pickled jalapeño (V, GFF) *add chilled kukicha poached salmon* \$8*

Morning Tea Service* > \$17.75
two eggs or scrambled tofu, bacon or soysage (*made with wheat gluten and soy*), oven roasted potatoes, scone, spread, jam, mini fruit cup, tea cookies and a pot of premium tea, mug of chai, cup of coffee or tea-tail (V or GFF)
reserve and/or gongfu tea will incur additional charge

House Made Organic Oat Granola > \$8.25
served with White Mountain Bulgarian yogurt and fresh fruit and honey (V, GFF)
vegan sub soy or almond milk and maple

The Morning Meal* > \$8.95
two eggs or scrambled tofu, side of bacon or veggie soysage (*made with wheat gluten and soy*), toast, jam and your choice of fruit or balsamic dressed mixed greens (V or GFF)
to sub a scone for toast add \$.50

Organic Oatmeal with Banana Brûlée > \$4.95
made with walnuts and maple syrup, served with a side of steamed dairy, soy or almond milk (V, GFF)

Kid's Breakfast* > \$4.25
one scrambled egg, one piece of toast, jam and kid's fruit (GFF)
*add one piece of bacon \$1.50
to sub a scone for toast add \$1.50*

to make your eggs egg whites add \$1

Sides

Today's Scones (V or GFF) > \$3.25

Spreads (GFF)
clotted cream > \$2.75
maple pecan (V, SF) > \$2.50
fig and port compound butter > \$2.50
honey butter > \$1.50
organic strawberry jam (V) > \$.75

Side Salad of Mixed Greens (V, GFF) > \$3

Side Cashew Caesar Salad (V, GFF) > \$4.50

Side of Two Pastured Eggs* (GFF) > \$4

Toast (V or GFF) > \$2.95
choose between wheat, white, spelt, rice or sourdough. Served with butter and organic jam
add side of almond butter \$1.50

Oven Roasted Potatoes (V, GFF) > \$2.95

Two Pieces of Crispy Bacon (GFF) > \$3

Housemade Tempeh Bacon (V, GFF) > \$3.50

Soysage (V) > \$3 (*made with wheat gluten and soy*)

Fruit Cup (V, GFF) > \$6.95
add White Mountain Bulgarian yogurt > \$1.25

ENJOYING YOUR TEA?

WE SELL THEM ALL LOOSE
TO TAKE HOME

Happy Hour

Monday – Friday 4:30 to 6:30

Tummy Tea-sers and Salads

Hummus and Rice Crackers (V, GFF) > \$5.25
add thinly sliced cucumber, cherry tomatoes, herbs \$1.50

Soup of the Day
(V, GFF) cup > \$4 bowl > \$6

Flat Bread or Rice Crackers > \$2.25
side of flat bread or rice crackers for soup or salad (V, GFF)

Rustica > \$10.95
organic mixed greens and arugula tossed with balsamic vinaigrette with toasted hazelnuts, shaved fennel, cranberries, goat cheese and red onion (V, GFF)
vegan sub tofu for cheese

Cashew Caesar > \$9.75
young romaine hearts and kale tossed in a tangy raw cashew dressing garnished with roasted garlic croutons, toasted cashews and cracked pepper (V, GFF)
GFF sub rice crackers for croutons

add-ons for any salad
natural chicken > \$4
chilled kukicha poached salmon* > \$8
hummus or tofu > \$3
feta or goat cheese > \$3
chopped bacon > \$3

Tea Services

Century Oaks Tea Service > \$20.95
tea sandwiches (choose two kinds), scone, spread, jam, tea cake, tea cookies, and a pot of premium tea, mug of chai, cup of coffee or tea-tail (V or GFF)
*GFF and/or V will incur additional charge
reserve and/or gongfu tea will incur additional charge
for gravlax/salmon* add \$1 per*

Morning Tea Service* > \$17.75
two eggs or scrambled tofu, bacon or soysage (*made from wheat gluten and soy*), oven roasted potatoes, scone, spread, jam, mini fruit cup, tea cookies and a pot of premium tea, mug of chai, cup of coffee or tea-tail (V or GFF)
reserve and/or gongfu tea will incur additional charge

SAVE ROOM FOR DESSERT

WE MAKE THEM ALL IN HOUSE

Scone choices

(V or GFF) > \$3.25
Scone selections can include
currant (V)
spiced apricot (GFF)
cranberry walnut
candied ginger
mixed berry spelt
cheddar rosemary

Spread choices

clotted cream (GFF) > \$2.75
fig and port compound butter (GFF) > \$2.50
honey butter (GFF) > \$1.50
maple pecan (V, GFF, SF) > \$2.50
organic strawberry jam (V, GFF) > \$.75

MORE MENU ITEMS ON THE BACK ►

*Consuming undercooked, cured or raw protein may increase your risk for foodborne illness.

V = can be made vegan GFF = can be made gluten free friendly

You must let your server know if you need GFF or vegan preparation or have any other dietary needs. But, please understand that we can never guarantee that the food or beverage served will meet your dietary restrictions. Our production and storage areas contain nuts, wheat, soy, dairy and a variety of common allergens and ingredients. Cross-contamination and errors are a possibility.

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tea market

www.thesteepingroom.com

Tea Sandwiches

Classic, thin, crusts off, four pieces per order.

Choose **wheat, white, spelt** or **rice** bread and balsamic **mixed greens** or **potato chips**.

Upgrade options:

side cashew caesar > \$1.50
cup of soup instead of salad or chips > \$2.75
add cheddar > \$2

Hen & Cress > \$10.75

roast chicken, basil mayo, watercress (GFF)

Lemon Edamame > \$9.25

a light and lemony edamame spread finished with scallion and cucumber (V or GFF)

Pork Tenderloin > \$12.95

a Malaysian inspired marinated Berkshire pork tenderloin finished with cilantro, pickled scallions and chili mayo (GFF)

Tempeh BAT > \$11.25

housemade tempeh bacon, arugula and tomato with basil veganise (V or GFF)

Jasmine Gravlax* > \$13.25

jasmine tea-cured Atlantic salmon with cream cheese, watermelon radishes and pickled mustard seeds (GFF)

BAT > \$11.25

bacon, arugula and tomato with basil mayo (GFF)

Cucumber > \$8.95

with choice of cream cheese or hummus (V or GFF)

Classic Sandwiches

With your choice of balsamic **mixed greens** or **potato chips**.

Upgrade options:

side cashew caesar > \$1.50
cup of soup instead of salad or chips > \$2.75

Bánh Mì

served on French bread with basil mayonaise, scallion, carrots, cilantro, red onions and pickled jalapeño (V or GFF)

add over easy pastured egg \$2*

note: GFF served open faced style

tofu version has basil veganise

Berkshire pork \$12.95

Chicken \$10.95

Kukicha Poached Salmon* \$13.95

Tofu \$9.95

The Club

the quintessential double decker sandwich with lettuce, tomato, and basil mayonaise on toasted bread (V or GFF)

tofu version has basil veganise

Chicken & Bacon \$11.95

Kukicha Poached Salmon* & Bacon \$14.95

Tofu & Tempeh Bacon \$11.25

'Pimento' Cheese > \$9.75

white Vermont cheddar and gruyère cheeses blended with basil mayo and goat horn peppers, served on buttery grilled sourdough or rice bread (GFF)

add bacon \$3 add ham \$2.25 add tomatoes \$.75

Kid's Choice > \$5.50

served on white or wheat with a side of kid's fruit (V or GFF)

choose one sandwich from list below:

• **chicken or ham** (choose two: lettuce, tomato or cheese)

• **cucumber slices with cream cheese**

• **PB & J** *sub almond butter \$.50*

• **plain grilled cheese**

• **hummus with carrot and cucumber**

Sweet Treats and Baked Delights

Tea Cake of the Day > \$5.25

Seasonal Fruit & Almond Cake > \$6.75

Matcha Dusted Brownie > \$4.75

Seasonal Crème Brûlée (GFF) > \$6.25

Deep Chocolate Caramel Cake > \$7.25

Flourless Chamomile Almond Torte (GFF) > \$6.25

served with fresh fruit and orange flower water honey

Seasonal Tea Infused Chocolate Mousse

(GFF) > \$5.95

Tea Cookie Plate (V or GFF) > \$4.50

assortment of today's tea cookies with such cookies as pignolis (GFF, DF), gingersnaps (V), Mexican wedding cookies, lemon poppyseed or chocolate hazelnut

Hand Held Cookies (V) > \$2.95

choose from salty toffee chocolate chunk, oatmeal (V), or double ginger

Cupcakes (V or GFF) > \$3.25 - \$3.75 choose

from double chocolate (V), carrot (GFF), coconut, or devil's food with vanilla buttercream

GFF Cookies > \$ price varies

choose from **Sugar Cookie** (GFF, DF), **Peanut**

Butter Cookie (V, GFF), **Chocolate Cherry**

Chunk Cookie (GFF), or **Pignolis** (GFF, DF)

Add a scoop of vanilla ice cream > \$2

Two scoops > \$3.50

Coffee organic and fair trade

hot > \$2.75 *to go prices vary*

iced: cold brew, served black or rocket style > \$3.25

café au lait > \$3.65

(for organic half and half in the au lait add \$1)

Chai Lattés

indicate your choice of soy, almond or organic lowfat dairy / for organic half and half add \$1

Add \$1 for a shot of cold brew to make a dirty chai

hot > \$3.95, **iced** > \$3.95

to go prices vary

Classic Masala Chai a zesty blend of fine organic Indian black teas and spices

Spring Buds Chai with nutmeg and real Madagascar vanilla

Chocolate Chipotle Chai a bold and vibrant organic chai with the finest chocolate and notes of roasted chipotle pepper

Matcha Latté

hot > \$3.95, **iced** > \$3.95

indicate your choice of soy, almond or

organic lowfat dairy / for organic half and half add \$1
to go prices vary

Hot Tea

choose from our tea list for this season's selections.

please note that all of our teas are made to order

and need the appropriate time to steep.

for agave nectar > add \$.25

pot of tea

premium > \$4.95 reserve > \$7.75

gongfu style will incur additional charge

to go prices vary

Tea-tails

shaken iced tea "mocktails" > \$3.95

Kasbah Cooler Moroccan mint green tea, mint

and pomegranate syrup, rose water

can be made non-caffeinated with hibiscus tea

Mojteato a cool breeze of the islands. The intensity

of Matcha (Japanese green tea powder) is paired

with the effervesence of lime, mint, sparkling water

and a touch of agave nectar

Recharge a boost for the body and mind: yerba

maté, lemon, lime, ginger, agave and aloe

Jasmine Lemondae house specialty!

Iced Teas of the Day

> \$3.25 / add \$.50 to make it an Arnold Palmer

Organic Classic Black

Beautiful Coconut Green

Organic Jasmine Green

Moroccan Mint Green

Hibiscus Breeze

Organic Yerba Maté

plus two daily specials

Tea Steamers hot > \$3.95, iced > \$3.95

a lightly sweetened tea latté. Choose **Golden Monkey Black**

Tea, East Side Earl Grey, Matcha, Crème Brûlée Rooibos

or your choice of premium base tea

indicate non-dairy or organic dairy milk

for organic half and half add \$1

reserve tea base will incur additional charge

Tea Freezes > \$5.95

a cold and creamy frozen tea and fruit smoothie

add yogurt > \$1.25

Matcha Freeze Japanese green tea and banana and your

choice of soy, almond or organic dairy milk

Tropical Freeze coconut green tea, banana, peach, mango,

pineapple, pomegranate and strawberry (*can be made*

non-caffeinated with hibiscus tea)

Chocolate Chai Freeze Ghirardelli chocolate, organic chai,

banana and your choice of soy, almond or organic dairy milk

Drinks

Mexican, Classic or Mint Hot Chocolate > \$3.75

Maine Root Sodas: Ginger Brew or Root Beer > \$2.95

Mexican Coke > \$2.75

Organic Milk Box > \$1.95

Organic Orange Juice > \$3.50 (sm) \$5.25 (lg)

Organic Apple Juice > \$2.75

Lemonade > \$3.25 (regular) \$2.25 (sm) *no refills on lemonade*

Sparkling Happy Water > \$2.50

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