

Tea House 650

“Fresh From Scratch Kitchen”

Specialties

Tea House Chicken Salad: \$9.00

Freshly made in house; diced chicken breast with celery, cranberries, walnuts, sea salt and mayo all on a bed of greens, topped with sliced grapes and served with a croissant.

Make it a Gail: \$11.00

The Famous Chicken Salad on a bed of greens with added strawberries, blueberries and green apple. Drizzled with poppyseed dressing.

Quiche: \$12.00

Amazing broccoli, bacon, scallions and gruyere cheese served with your choice of soup, garden or Waldorf salad.

Tabouli Wedge: \$9.75

Toasted naan bread topped with hummus, chopped parsley, scallions, grape tomatoes, feta cheese, sea salt and lime juice. Served with a cup of red beans, rice and topped with onions.

Sandwiches

~All sandwiches can be served on gluten free bread for an additional \$1.00 charge~

Special Gourmet: \$10.00

Mesquite smoked turkey, sweet onion, sweet honey crisp apple, mayo and served on sunflower bread. Served with chips.

Roast Beef: \$10.00

London broil thinly sliced with swiss cheese, cucumber, mayo, and horseradish sauce and served on 9 grain bread. Served with chips.

Chicken Salad Sandwich: \$10.00

Our famous chicken salad served on your choice of sunflower, whole grain, or as a wrap. Lettuce and tomato added if you choose. Served with chips.

Tea House Panini

Mesquite smoked turkey, Vermont white cheddar cheese with our special sauce of sweet jalapeno honey mustard, rosemary and mayo. Served with chips or soup.

Full Panini with chips: \$9.00 with soup: \$10.00

Half Panini with chips: 8.00 with soup: \$9.00

French Dip: \$10.00

London broil thinly sliced with provolone cheese, mayo and horseradish sauce. Served on a 6” toasted hoagie roll with Au jus and chips.

Vegan Options

The Balela: \$10.00

Mixed greens topped with black beans, garbanzo beans, parsley, mint and onion blended in a vinaigrette sauce of vinegar, jalapeno and lemon juice and topped with diced grape tomatoes. This dish is accompanied with toasted naan bread and hummus with Kalamata olives and olive oil.

Broccoli Cashew Butter Quinoa Burrito: \$10.00

A delightful blend of quinoa, broccoli, celery, onion, sundried tomatoes and cashew butter sauce wrapped in a gluten free tortilla. Served with hummus.

Salads and Soups

Garden Salad: Full \$9.00 Half \$6.00

Organic greens topped with sliced grape tomatoes, cucumber, red onion and shredded carrots.

Waldorf Salad: Full \$9.00 Half \$6.00

Mixed greens topped with walnuts, dried cranberries, green apple, sliced grapes and blue cheese.

~Choice of: Balsamic Vinaigrette or Poppysseed dressing~

Cup of Soup: \$4.00

Gourmet soups are made daily in our kitchen. Add toasted sunflower bread for \$1.00

(Soups: Sold by the package in store \$7.50)

Lite Bites

Avocado Toast: \$8.00

Toasted whole grain bread with avocado spread, diced grape tomatoes and onion. Topped with sea salt and lime juice.

Flat Bread Spinach Pie: \$8.00

A flour tortilla filled with a mixture of spinach, feta cheese, kalamata olives, parmesan cheese, red peppers and garlic then toasted on our panini press. Served with hummus, olive oil and kalamata olives.

Flat Bread Cheese Pie: \$6.00

A flour tortilla filled with a mixture of mozzarella, feta and parmesan cheeses then toasted on our panini press. Served with raspberry jalapeno jam.

Peanut Butter and Jam: \$3.50

Organic peanut butter and raspberry jam on a slice of toasted whole grain bread.

Sweet Choices

Scones: \$3.25

Made fresh from scratch daily. Served warm with whip cream on the side.

Choices:

- Cherry Almond
- Double Chocolate Cherry
- Blueberry Lemon
- Apple Cinnamon & Toffee
- Medjule Date & Pecan
- Ginger Peach & White Chocolate
- Chocolate Coconut
- Cranberry Orange Walnut

Vegan and Gluten Free Cookies and Brownies: \$2.50

- Organic peanut butter chocolate chip cookie
- Black bean brownie topped with nuts and chocolate drizzle.

Smoothies: \$5.00

Made with Greek yogurt and local raw honey with the following flavors:

- Strawberry: Lady Hannah tea, strawberries and vanilla bean latte powder
- Chai: Organic spicy chai (nutmeg, cinnamon, cardamon and black tea) with spicy vanilla bean latte powder
- Toffee Coffee: Black tea, with coffee toffee latte powder

Lattes: \$3.75

Turn any of our Chai teas into a creamy iced or hot latte by adding our spicy vanilla bean latte powder.

~Organic & Fair Trade Black Teas~

Assam^b org. Almond Cream^b
Black Oolong^c org. Crème de la Earl Grey^b
Darjeeling^{1st} Flush^d org. Peach Apricot^b org.
Darjeeling^{2nd} Flush^c org. Raspberry Ceylon^b
English Breakfast^b org. Ginger Peach Turmeric^c org
Irish Breakfast^b org. Mango Mist^b org.
Monks Blend^b org. Wild Blueberry^b org.
Nepal Gold^c org. Chocolate Cream Truffle^b
Golden Monkey^c

~Organic & Fair Trade Green Teas~

Jasmine Gold Dragon^b org. Pineapple Ginger^b org.
Jasmine Pearl^d org. Lemon Green^b org.
Matcha org.^{sold by tin} Goji Berry Green^b
Sencha^c org. Moroccan Mint^b org.
Ti Kuan Yin Oolong^c org. Pear & Green^b org
Royal Coconut Oolong^c Ginger Ginseng^b org.
Blackberry Sage Oolong^c Pomegranate Green^b
Maple Walnut Sencha^b org

~Fair Trade White Teas~

China White Peach^c White Blueberry^c

~ Fair Trade Herbal/Tisane Teas~

Rooibos Red Bush^b org. Honeybush Hazelnut^b
Rooibos Red Peach^b org. Lady Hannah^b
Rooibos Cinnamon Apple^b Kir Royal^b
Rooibos Vanilla Raspberry^b Peppermint^b org.
Rooibos Samurai^a Papaya & Pineapple^b

~Fair Trade Herbal Medicinal Teas~

Hibiscus^b org. Orange Echinacea^b org
Throat Tender^c org. Turmeric Ginger Chai^b
Yerba Matte^a org. Ayurvedic Yoga^b
Ayurvedic Wellness^b Chamomile Sage^b
Detox^b 40-Winks^b
Three Gingers & a Carrot^b org

~Organic & Fair Trade Chai Tea~

Chocolate Chai^b org. Masala Chai^b org
Spicy Chai^b org. Tra Que Chai^b org
Pumpkin Chai^b Rooibos Vanilla Chai^b

~Matcha Martini~

Organic matcha with iced lemonade - \$4.00

~Vegan Matcha Latte~

Available hot or iced - \$4.00

~Tea Price per Cup~

Hot/Iced - \$3.00

Jasmine Pearl - \$3.75

Lattes - \$3.75

~Tea Price per Gram~

a - \$.08 to \$.12 / 25 grams = \$2.00 or \$3.00

b - \$.18 / 25 grams = \$4.50

c - \$.22 / 25 grams = \$5.50

d - \$.45 / 25 grams = \$11.25

25 grams = 12 cups

100 grams = 50 cups

Minimum purchase is 25 grams

~Tropical Series~

Bing Cherry

If you like cherries, you will love this wonderful wine.
Exquisite Bing Cherry taste

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Blueberry Pinot Noir

The tangy sweet burst of blueberry combines with the light medium body and cherry-spice flavors of the Pinot to bring a delicious blueberry flavor to your plate

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Peach Apricot Chardonnay

A round chardonnay blended with the fruit flavors of peach and apricot

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Raspberry Merlot

Ruby red in color, this flavorful blend accentuates the qualities that make the Merlot grape varieties so appealing

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Green Apple Riesling

The flavor sensation of biting into a crisp, crunchy green apple, with a pleasant tartness followed by a delicious juicy finish

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Kiwi Pear Sauvignon Blanc

Kiwi-Pear Sauvignon Blanc is crisply tart and delightfully fruity and will make your taste buds dance with joy

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Three Berry Shiraz

Taste Boysenberry, with an exquisite balance of refreshing fruit

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

Cran Bec

A cranberry and Malbec infusion

- By the Glass: **\$4.50**
- By the Bottle: **\$21.00**

~Traditional Series~

Cabernet Sauvignon (or OKO Organic)

The primary aromas are black currants, blackberries, brown, spices and dark roasted coffee beans

- By the Glass: \$5.25
- By the Bottle: \$21.00—\$24.00

Chardonnay

Our chardonnay is filled with the sharp signature of the chardonnay grape, pear, pineapple, citrus and green apple

- By the Glass: \$5.25
- By the Bottle: \$21.00—\$24.00

Pinot Noir

This wine is soft gentle wine, with whiffs of chocolate and cherry. Slightly oaked but not overpowering. Easy to drink, easy to enjoy and our first Pinot in a while

- By the Glass: \$5.25
- By the Bottle: \$21.00—\$24.00

OKO Pinot Grigio (Italian)

Made with organically grown grapes, you will enjoy aromas of fresh fruit and bright flavors of citrus

- By the Glass: \$5.25
- By the Bottle: \$21.00—\$24.00

~Vintner Series~

Chocolate Raspberry Port

Lots of dark Belgian chocolate boom from the glass. Very pronounced port flavors. Smooth and silky, with the classic smoky flavor of our port wines

Ice Style Wine

A very nice after dinner wine. Very supple and rich, with rich overtones of sweet white raisins, plums and orange