

# Teavolve Cafe & Lounge

1401 Aliceanna St Ground Level of Eden Apts 21231-2807 · +14105221907 · Updated: Jan 14, 2026

[View online menu](#)



## STARTERS 4

### Soup Of The Day

bowl served with grilled pita

#### AVAILABLE OPTIONS

Cup: \$4.50

Bowl: \$6.00

### Granola Parfait

honey roasted granola, vanilla yogurt, strawberries, honey drizzle

**\$5.00**

### Hummus Plate

house made hummus, roasted red peppers, feta, olives, grilled pita, olive oil

**\$7.00**

### Spinach & Artichoke Dip

spinach, marinated artichoke hearts, 3 cheese blend, grilled pita

**\$7.00**

## SIGNATURE SALADS 4

### Mixed Greens Salad

goat cheese, dried cranberries, sliced almonds, green tea vinaigrette

#### AVAILABLE OPTIONS

With Tofu, Portabella Or Chicken: \$9.00

With Steak, Shrimp Or Salmon: \$11.00

\$6.00

### Marinated Tofu Salad

carrots, edamame, tangy asian vinaigrette, mixed greens

**\$8.00**

### Grilled Salmon Salad

carrots, edamame, mixed greens, sesame vinaigrette

**\$11.00**

### Chicken & Apple Salad

goat cheese, walnuts, mixed greens, green tea vinaigrette

**\$8.00**

## MID PLATES/TAPAS 3

### "maryland Style" Crab Cakes

sweet paprika aioli, tomato jus

**\$15.00**

### Blackened Tofu Tacos

black bean salsa, cilantro slaw, chipotle aioli, sharp cheddar cheese

**\$12.00**

### Salmon Croquettes

atlantic salmon, dill horseradish

**\$8.00**

## CROISSANT SANDWICHES 3

<b>Chicken Salad Croissant</b>	<b>\$8.00</b>
house-made roasted chicken salad, dried cranberries, almonds, mixed greens	
<b>Shrimp Salad Croissant</b>	<b>\$10.00</b>
house made shrimp salad, mixed greens	
<b>Tuna Salad Croissant</b>	<b>\$6.00</b>
house made tuna salad, dried cranberries, carrots, mixed greens	

## SIGNATURE CREPES 3

<b>Breakfast Crepe</b>	<b>AVAILABLE OPTIONS</b>
scrambled egg, smoked bacon, cheddar cheese, cheese grits, chipotle aioli, scallions	\$6.50
	Substitute Egg Whites For Additional: \$2.00
<b>Smoked Salmon Crepe</b>	<b>\$8.00</b>
scallion cream cheese, mixed greens, red onions, capers, tomato	
<b>Turkey Crepe</b>	<b>\$7.00</b>
smoked turkey breast, spinach, turkey bacon, goat cheese, dried cranberries	

## WRAPS 5

<b>Veggie Wrap</b>	<b>\$7.50</b>
tomatoes, onions, cucumber, hummus, mixed greens	
<b>Marinated Tofu Wrap</b>	<b>\$8.00</b>
carrots, edamame, tangy asian vinaigrette, mixed greens	
<b>Grilled Salmon Wrap</b>	<b>\$11.00</b>
carrots, wasabi-edamame spread, mixed greens, sesame vinaigrette	
<b>Turkey Wrap</b>	<b>\$8.00</b>
dried cranberries, mixed greens, scallion cream cheese	
<b>Grilled Steak Wrap</b>	<b>\$11.00</b>
sharp cheddar cheese, chipotle aioli, caramelized onions	

## SIGNATURE BURGERS 4

<b>Black Bean Burger</b>	<b>\$7.00</b>
black beans, panko bread crumbs, red bell peppers, jalapeno peppers, onions, paprika, garlic	
<b>Springfield Farm Dry Aged Burger</b>	<b>\$9.00</b>
all natural, grass fed beef	
<b>Mediterranean Burger</b>	<b>\$9.50</b>
springfield farm dry aged beef, cilantro, parsley, cumin, red pepper, hummus spread	
<b>Bacon Cheese Burger</b>	<b>\$9.50</b>
springfield farm dry aged beef, applewood smoked bacon sharp cheddar cheese	

## SIGNATURE PANINI 7

---

**Adult Grilled Cheese** **\$8.00**

feta, fresh mozzarella, goat cheese, extra virgin olive oil

---

**Turkey Panini** **\$8.00**

smoked turkey breast, scallion cream cheese, onion marmalade, turkey bacon

---

**Grilled Caprese Panini** **\$8.00**

fresh mozzarella, tomatoes, basil pesto, olive oil, balsamic drizzle

---

**Roasted Chicken Panini** **\$8.00**

apples, hummus, goat cheese

---

**Grilled Steak** **\$11.00**

caramelized onions, blue cheese, tomato, balsamic drizzle

---

**Blackened Salmon Panini** **\$11.00**

tomato, mixed greens, herbed remoulade

---

**Veggie** **\$8.00**

portabella mushrooms, hummus, red onions, cucumbers, roasted red peppers, tomatoes, mixed greens

---

## ENTREES 3

---

**Chicken & Waffles** **\$10.00**

belgian waffle, buttermilk batter chicken, sawmill gravy, maple butter

---

**Carolina Shrimp & Grits** **\$15.00**

sharp cheddar cheese, canadian bacon, bell peppers & red onions, spicy cayenne/butter sauce

---

**Quiche Of The Day** **\$10.00**

served with side salad & fresh fruit

---

## SIDES 4

---

**Sweet Potato Tots** **\$5.00**

---

**Mushroom Risotto** **\$5.00**

---

**Seared Brussel Sprouts** **\$5.00**

with bacon

---

**Sauteed Spinach** **\$5.00**

---