



## Black teas

Black teas from estates all over the world are blended with flavour to create beautiful teas, each with a unique personality.  
\$3.95 per person.

earL GREY  
Traditional Earl Grey.

CREAMY earL GREY  
**Bestseller!**  
Bergamot & Vanilla.  
Erin says it's the best  
Earl Grey in the world!

LAVENDER earL GREY  
French Blue Lavender  
joins with Earl Grey.

BUCKINGHAM PALACE  
**Bestseller!**  
Earl Grey and Jasmine.  
In honor of Henry McLaren.

SECRET GARDEN'S SECRET  
**Bestseller!**  
Vanilla and a secret sweet  
ingredient. Fruity.

ANGEL'S DREAM  
Maple, Blackberry, Assam  
and Green tea.

AVALON BLEND  
A lovely mix of Vanilla,  
Bergamot and Rose petals  
in honor of Avalon Centre!

ANNIVERSARY BLEND  
Bergamot, Jasmine and Vanilla.  
In celebration of the  
Secret Garden's inception!

NAN'S ENGLISH BREAKFAST  
Mild to medium black tea.

IRISH BREAKFAST  
Dave and Ron drive across town  
for this tea. Strong.

BERRY VANILLA  
Raspberry, Strawberry & Vanilla.

CHILDREN'S HOSPITAL  
VANILLA  
Rose petals and Bergamot.  
Partial proceeds to  
BC Children's Hospital.

CZAR NICHOLAS  
Only for the experienced palate.  
Hint of Lapsang Souchong. Smoky.

MANGO  
Fresh piquant Mango flavour  
and beautiful golden colour.

MASALA CHAI  
Cardamom notes peeking out  
from lively Ginger.

PEACH & APRICOT  
Juicy Peach and sweet Apricot.

PLUM & COTTAGE PEAR  
Juicy Plum and sweet Pear.

QUEEN HELEN  
Pinny loves this tea!  
Perfect with milk and sugar.

VANILLA ALMOND.  
Our staff's favourite tea.  
Vanilla with pieces of Almond.

## teas by the bag

Our teas are also available in bags  
and make a beautiful gift,  
or a little indulgence for yourself.

### Black teas

Black teas from estates all over  
the world are blended with flavour  
to create beautiful teas.  
\$9.95

### estate teas

Teas specially picked from  
one specific tea estate.  
\$9.95.

### decaffeinated teas

We use a chemical free  
CO<sub>2</sub> process to ensure the tea  
tastes better and does not  
contain any residual chemicals.  
\$10.95

### fruit & herbal teas

Also known as infusions or tisanes  
these teas are made from  
dried herbs, fruits and flavors.  
No caffeine.  
\$10.95

### ROOIBOS teas

A naturally sweet, caffeine-free  
herbal tea that is like a black tea  
and is full of antioxidants.  
Rooibos is high in flavonoids  
and has the added bonus of  
vitamins and minerals.  
\$10.95

### GREEN teas

Characterized by a delicate taste  
and light green color.  
\$9.95

Jasmine Dragon Tears \$29.95

*May you feel better for drinking  
Secret Garden tea!*



## GREEN teas

Characterized by a delicate taste  
and light green color.

WILD STRAWBERRY GREEN  
Green tea blended with Strawberry.

JASMINE WITH FLOWERS  
Layers of Jasmine flowers.

SENCHA  
Often used in tea ceremonies

MANGO GREEN  
Green tea blended with Mango.

MEGHMA OOLONG  
(limited quantities available)  
2nd Flush Oolong

JASMINE DRAGON TEARS  
A very rare tea.  
Dragon tears are picked in the  
first three weeks of spring.  
The delicate leaves are then  
hand-rolled into small pearls. Only  
the most fragrant jasmine blossoms  
plucked within one hour of sunrise  
are layered between the tea.  
\$5.95 per person.

## estate teas

Teas specially picked from  
one specific tea estate.

GAMMY'S DARJEELING  
From one of Darjeeling's best  
known estates, in honor of  
Kathy's grandmother, Gammy.  
A popular choice for  
afternoon or High Tea.

BUKHIAL (assam)  
Coppery and bright  
with full-bodied strength.

KAMBAA (kenya)  
Perfect morning tea.  
Strong black tea.  
Fred C. loves this tea!

## decaffeinated teas

We use a chemical free  
CO<sub>2</sub> process to ensure the tea  
tastes better and does not  
contain any residual chemicals.  
\$4.25

EARL GREY  
Best Earl Grey!  
Bergamot.

ENGLISH BREAKFAST  
For the traditionalist.  
Mild to medium black tea.

SECRET GARDEN'S SECRET  
Vanilla and a secret sweet  
ingredient. Fruity.

GINGER PEACH  
A very special Tea  
Fruity.



## FRUIT & HERBAL teas

Also known as infusions or tisanes  
these teas are made from  
dried herbs, fruits and flavours.  
No caffeine.

APRICOT TANGO  
Apricots, Orange, Hibiscus,  
Marigold, and Rosehips.

BLUE ANGEL  
Caramel, Apples, Hibiscus,  
and Cornflower petals.

ORANGE CHAMOMILE  
Tasty sips of Orange & Chamomile!

GINGER LEMONGRASS  
Loving blend of Ginger  
and Lemongrass.

LEMON MANGO PUNCH  
Lemon, Mango, Orange zest,  
Apple, Hibiscus, and Rosehip.

CHOCO-MINT HONEYBUSH  
Good for you Honeybush tea  
with a hint of Chocolate and Mint.

GRAPEFRUIT  
Citrus notes in a beautiful  
herbal fruit melange.

PEPPERMINT  
Peppermint in its naturally pure  
and simple state.

STRAWBERRY KIWI  
Strawberries, Kiwis, Orange Zest,  
Apple, Hibiscus and Rosehips.



## ROOIBOS teas

A naturally sweet,  
caffeine-free herbal tea  
similar to a black tea.  
Rooibos is high in antioxidant  
properties and flavonoids,  
with an added bonus of  
vitamins and minerals.

PROVENCE  
Fruity and floral with  
a hint of Lavender.

CHAI ROOIBOS  
Chai spices brewed in  
traditional Rooibos.

STRAWBERRY ROOIBOS  
Little Strawberries and Rooibos.

VANILLA ROOIBOS  
Vanilla-flavoured.

CRAZY CARROT ROOIBOS  
You don't have to be a  
bunny to enjoy this!

BLUEBERRY ROOIBOS  
Taste the blueberries!

maté Latte  
Try this fabulous mate tea -  
you might just want to  
drink it everyday!