



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
CO₂ 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 CO₂ 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!