



Secret
Garden Cafe



Instagram
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Secret Garden Café
Tapovan, Rishikesh



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Welcome to Secret Garden Café,
a quaint little restaurant run by
Austrian-Indian couple,
Christine and Sonu.

We both share a passion for
good food, good coffee and
delicious cakes. Sonu was born
and raised in Tapovan and has
been running the family
guesthouse, Nishant Garden
Resort, since he was 18 years
old. He is a great barista and
loves connecting with new people.
Christine comes from a family
with a great home-cooking and
baking tradition. She loves to
bake traditional cakes using her
family's recipes as well as
inventing new creations.

During a trip to Nepal in 2019
while sipping a delicious cup of
cappuccino the idea was born to
open our own cafe in Rishikesh.
A place where we can share our
passion for great food and drinks
and where people can sit in a
laid-back, friendly atmosphere
with good music.

Our emphasis is on quality and
our focus on sourcing good,
wholesome ingredients. Our
organic coffee beans are sourced
from sustainable coffee farms in
South India and roasted freshly
in Auroville. Atta, rice, lentils,
chickpeas, gluten-free flour,
coriander and turmeric powder
are organic and fair-trade (the
farmers get a fair price for their
hard work). We prepare our
dishes with Himalayan rock salt
and either organic cold pressed
sunflower oil, olive oil, butter or
organic ghee. We don't use food
colouring, MSG or any other
flavour enhancer.

Together with our team we are
committed to serving you high
quality food, drinks and good
vibes.

Come enjoy your time with us at
Secret Garden Café!

Coffee:

Organic and freshly roasted
coffee beans from Auroville

black:



Single Espresso 120

Double Espresso 140

Americano 130

Long Black 150

with milk:

Espresso Macchiato 150

Cappuccino 160

Caffè Latte 170

Mochaccino (with dark
chocolate) 210

cold:

Iced Americano 170

Cold Coffee (blended) 200

Iced Coffee (ice cubes) 200

Coffee Sundae 220

Caffè Affogato (freshly brewed
espresso poured over vanilla ice
cream) 170

Extras:

Extra Shot +20

Decaf +20

Reishi Extract +60

Soy Milk +20

Almond Milk +40

Oat or Coconut Milk +50

Pure Honey 20

Flavour +30

Ice Cubes 20

hot drinks with milk:

Masala Chai 60

Chai Latte (milk with spices,
without black tea) 110

Hot Spiced Cocoa 130

Barley Latte 130

Matcha Latte 190

Moringa Latte 170

Blue Matcha Rose Latte 250

Golden Milk 150

Ojas Drink hot or cold (milk,
soaked and peeled almonds,
dates and cardamom) 190



Hot drinks without milk:

Black Tea 50
Ginger Lemon Honey 100
Butterfly Pea Flower tea
(with lemon) 100
Digestive Spice Mix 90
Hot Water 10



Organic loose leaves tea:

Rose 100
Lavender 100
Nettle 100
Tulsi 100
Lemongrass 100
Chamomile 100
Peppermint 100
Ashwagandha Tea 120
Kashmiri Kahwa 120

Try our cold pressed Sea
Buckthorn Juice (sourced from
the pristine mountains of the
Himalayas, high in Vitamin C
and antioxidants):

Iced Sea Buckthorn Juice 200
Sea Buckthorn Soda 220

Cold drinks with milk:

Iced Cocoa 150
Iced Barley Latte 150
Iced Matcha Latte 210
Iced Moringa Latte 200
Iced Blue Matcha Rose Latte
270
Iced Hojicha Latte (roasted
green tea, low caffeine) 250
Iced Mint Chocolate (contains
unrefined sugar) 170
Oreo Ice Cream Shake 210
Nutella Ice Cream Shake 250
Banana Milkshake 150
Banana Peanut Milkshake 190

Cold drinks without milk:

Fresh Lime Soda plain 70
Fresh Lime Soda sweet salty 80
Homemade Ginger Ale 110
Fizzboocha (Kombucha with
lime soda) 130
Lemonana (slushy drink with
lemon, mint and sugar) 170
Turmeric Ginger Lemonade
(with honey or date syrup) 180
Herbal Ice Tea 130

Matcha Lemonade (lemon,
honey, soda) 220
Soda 50

Fresh juice:

ABC (w/wo ginger) 170
Orange 170
Pineapple 170
Orange/Pineapple 170
Apple 170
Watermelon 170

Vegan Smoothie Bowls:

(with sugar-free, gluten-free
homemade almond-cashew
oat-granola, fruits and seeds)

Banana Pineapple 330
Banana Papaya 330
Banana Chocolate Peanut 330
Blueberry (banana, dates,
almond milk) 460
Mix Berry (banana, dates,
almond milk) 460
Pink (strawberry, banana,
dates, almond milk) 460

Thick Vegan Smoothies (Glass)

Green Smoothie (banana,
cucumber, coconut milk, organic
spirulina) 260

Adaptogenic (banana, coconut
milk, dates, raw cacao, organic
ashwagandha) 260

Banana Peanut (banana,
peanut butter, dates, almond
milk) 240

Golden Smoothie (banana,
dates, ginger, carrot, golden
spice mix, hemp seeds, flax
seeds, coconut milk) 260

Blueberry Smoothie (banana,
dates, almond milk) 360

Mix Berry Smoothie (banana,
dates, almond milk) 360

Pink (strawberry, banana,
dates, almond milk) 360

Spinach Smoothie (banana,
pineapple, spinach, ginger,
lemon, coconut water) 260

Sweet Breakfast:

Plain Fruit Bowl 170

Fried Fruit Bowl (fruits fried in coconut oil with dates) 210

Muesli Bowl (crunchy muesli, curd, fruits and coconut powder) 260

Vegan Porridge (quinoa, almond milk, raw cacao, banana, date syrup, homemade jam, coconut powder) 260

Indian Breakfast:

Parantha with pickles & curd (hummus instead of curd +20):
Aloo Pyaj 150 / Paneer Pyaj 170
Tofu Pyaj 170 / Spinach Pyaj 170

Masala Pancakes (Besanchilla) with pickles & curd (with egg +20) 150

Spinach Chilla with curd 170
with Hummus 190

Savory Breakfast:

(We use fresh Sourdough Bread!)

Bread with Butter 80

Bread with Butter & Jam 100

Bread with Peanut Butter 100

Eggs with Bread & Butter (scrambled, sunny side up, omelette) 150

Masala Eggs with Bread & Butter (scrambled/omelette, add spinach +20) 180

Masala Cheese Omelette with Bread & Butter (add spinach +20) 230

Avocado Toast (tomatoes, feta, poached egg, ask for availability) 450

Scrambled Tofu with Bread & Butter 230

Vegan Breakfast Combo (masala besanchilla, bread, cashew cheese and salad) 250

Continental:

Indian style Burrito with Veggies, homemade vegan Mayo and spicy Dip 210

(add egg or paneer +30, add cheese +60, gluten-free +50)

Grilled Sourdough Cheese Sandwich (with cheddar and veggies, add egg +30) 270

Grilled Sourdough Mozzarella Sandwich (with buffalo mozzarella, tomatoes, homemade pesto) 330

Vegan Sourdough Club Sandwich (with cashew cream cheese, tomatoes, cucumber, lettuce and red salsa) 310

Sourdough Feta Club Sandwich (with feta spread, tomatoes, cucumber and lettuce) 300

Vegan Pancake filled with Spinach, Mushroom, cashew cream cheese and red Salsa (with egg +30) 250

Vegan Buckwheat Crepe (filled with spinach, mushroom, cashew cream cheese and red salsa) 300

Feta Pancake (filled with veggies, feta and red salsa, with egg +30, gluten-free +50) 300

Vegan Rainbow Platter (Spiced chickpeas, stir-fry spinach, quinoa, hummus, red pepper salsa and raw veggies with pita, gluten free pita +50) 330

Vegan Buddha Bowl (Quinoa, spiced chickpeas, boiled veggies, salad topped with turmeric-tahini sauce, seeds and sprouts) 310

Stir Fry Veggies 210

Boiled Veggies 200

Mediterranean dishes:

Hummus with Pita 190

Falafel Combo (with hummus, salad and pita) 290

Shakshuka (eggs in tomato-capsicum sauce with hummus, salad and pita) 350

Fresh Pita Pocket filled with:

Vegan Cashew Cream Cheese, Veggies and Sprouts 240

Tzatziki, Eggplant, Tomatoes and spiced Chickpeas 240

Hummus, Eggplant, Tomatoes and Feta Cheese 290

Falafel, Hummus, Salad and Turmeric-tahina Sauce 300

Mozzarella, Tomatoes, homemade Pesto 310

Indian dishes:

Chili Paneer dry/gravy 290

Manchurian dry/gravy 270

Baingan Bharta 230

Aloo Jeera 180

Mix Veg. 230

Dry Aloo Palak 200

Paneer Butter Masala 290

Palak Paneer 290

Matar Paneer 290

Dal Fry 210

Chole Masala 250

Veg Biryani 290

Veg Fried Rice 220

Organic Roti (Chapati) 20

Organic plain Rice 110

Ayurvedic Khichdi:

(organic and fair-trade mung dal, dalia, spices, organic ghee)

Plain 210

Veg Khichdi 250

Snacks:

Vegan Tempura (crispy fried veggies in breadcrumbs) with

Soy Dip 180

Vegan Potato Patties with

Chutney 180

Vegan Potato Spinach Patties with Chutney 200

Mix Veg Pakoda with Chutney small/big 180/220

French Fries 180

Salad:

Side Salad (carrot, cucumber, beetroot, tomato, lettuce) 50

Greek Salad (tomato, cucumber, green capsicum, olives, onion, feta, pita bread) 290

Yogi Salad (Tofu, lettuce, beetroot, carrot, cucumber, seeds, pita bread) 330

Garden Salad (lettuce, tomato, cucumber, beetroot, carrot, red/yellow capsicum, feta, pita bread) 330

Cashew Quinoa Salad (red and yellow capsicum, spinach, seeds and roasted cashew nuts) 310

Pineapple Quinoa Salad (pineapple, beetroot, cucumber, mint, coriander, seeds and pomegranate) 280

GST is included

Sweet:

(Gluten-free +50 rps)

*Vegan sugar-free Banana
Pancakes (date syrup,
homemade jam and coconut
powder) 230*

*Vegan Blueberry Pancakes
(fresh fruits, honey and
coconut powder) 310*

*Banana Pancakes with Nutella
and Vanilla Ice Cream (with
coconut powder, eggless) 280*

*French Toast (with cinnamon
sugar and fresh fruits,
contains egg, vegan +50) 230*

*Kaiserschmarrn (traditional
Austrian dessert: scrambled
pancake with apricot jam,
contains egg) 210*

*Apple Fritters (with Vanilla Ice
Cream, contains egg) 220*

GST is included

*Please let us know if you have
any food allergies*