Tetley Extra Strong Review

From the teas.co.uk wiki

> **Tetley Extra Strong, in summary:** Tetley Extra Strong lifts the Assam proportion and packs more leaf for a deeper cup closer to Yorkshire Tea or builder's brew.

Last reviewed by the teas.co.uk team in May 2026.

Tetley Extra Strong is the brand's heavy duty everyday tea, bigger leaf, longer brewing, fuller flavour at standard tea bag pricing. The "builders' tea" answer for drinkers who find standard Tetley too light. Strong, malty, milk friendly, sugar friendly. The classic British workhorse with extra horsepower. Excellent for hard water areas where standard tea brews thin.

The product

Tetley Extra Strong is a higher strength version of standard Tetley:

- Larger CTC tea pieces (longer brewing).
- Higher proportion of strong Assam style tea in the blend.
- Designed to brew strong even with shorter steep times.

How it tastes

- **Aroma:** Strong, malty, robust black tea.
- **First sip:** Full body; substantial mouthfeel.
- **Mid cup:** Malty Assam character; slight tannin grip.
- **Finish:** Long, satisfying, holds up to milk.
- **With milk + sugar:** Classic builders' tea, strong, comforting, energising.

Curator Rating: 4.9/5 for the workhorse category.

How to brew

1. 1 tea bag in a mug.
2. 200ml just boiled water.

3. Steep 3-5 minutes (longer for stronger).
4. Squeeze the bag against the mug rim.
5. Add splash of milk + 1-2 sugars to taste.

Why it works

For hard water areas

UK hard water (much of the South and East) extracts tea less effectively. Extra Strong compensates with more concentrated tea content. Many hard water area drinkers find standard tea bags brew thin; Extra Strong fixes this.

For workplace tea

The "tea round" benefits from strong tea, multiple cups, milk, sugar. Extra Strong is designed for this scenario.

For short steep times

Busy mornings, time pressed cuppa. Extra Strong delivers full flavour even at 2-3 minute steeps.

For milk and sugar drinkers

Stand up to substantial milk addition without becoming weak.

Compared to standard Tetley

Strength

Extra Strong is roughly 30-40% stronger per cup at the same brewing time. A 2-minute Extra Strong brew is similar to a 3-4 minute standard Tetley brew.

Flavour

Both are mainstream British black tea. Extra Strong has more body and malty depth.

Caffeine

Extra Strong has 50-60mg per cup vs standard Tetley's 40-50mg. Modest increase.

Pricing

Same tier as standard Tetley, typically 6-8p per cup.

Compared to other UK strong teas

vs Yorkshire Tea Hard Water

Yorkshire Tea Hard Water is a similar concept, designed to compensate for hard water. Both excellent. Yorkshire tends to be slightly more floral; Tetley is straightforward strong.

vs PG Tips Original

PG Tips is brisk and tannic. Tetley Extra Strong is fuller bodied and malty.

vs Yorkshire Tea Gold

Yorkshire Gold is premium tier with more nuance. Tetley Extra Strong is mass market workhorse.

vs Twinings English Breakfast Strong

Twinings premium mainstream; smoother. Tetley Extra Strong is more straightforward strong.

Use cases

Hard water area daily

The flagship use for the South and East England.

Workplace tea round

Construction sites, factories, offices. Strong enough for milk and sugar.

Morning kickstart

Strong caffeine + body for the wake up cup.

Builders' tea

The exact tea for the British builders' tea ritual.

Pot brewing for multiple drinkers

One pot serves 3-4 strong cups.

Caffeine

50-60mg per cup. Higher than standard mainstream tea.

Vegan

Yes, pure black tea, plant based. Use plant milk for vegan version.

Pricing

Same as standard Tetley, typically £6-15 for 240-bag pack. Per cup: 6-8p.

Buying

Available at major UK supermarkets and online retailers. Use /buy/tetley extra strong/.

Pack sizes

- 40-bag (trial)
- 80-bag (regular)

- 240-bag (committed daily drinker)
- 440-bag (household share / workplace)

Storage

Airtight tin or original packaging. Use within 12 months opened.

Pairings

- McVitie's Digestives.
- Hobnobs.
- Bourbons.
- Custard Creams.
- Toast with butter and Marmite.
- Bacon sandwich.
- Fry up breakfast.
- Cake (Victoria sponge, fruit cake).

Who it's for

- Hard water area drinkers.
- Workplace tea round drinkers.
- Strong tea preferrers.
- Milk and sugar drinkers.
- Time pressed morning drinkers.
- Yorkshire Tea style alternative seekers.

FAQ

How strong is Extra Strong? 30-40% stronger than standard Tetley.

Caffeine? 50-60mg per cup.

Hard water? Specifically designed for hard water areas.

Price? Same as standard Tetley, 6-8p per cup.

Works with milk? Yes, designed for milk and sugar drinking.

Curator's note: Tetley Extra Strong is the answer for hard water area British drinkers and milk and sugar lovers. Mass market price; workhorse strength. The reliable everyday tea for those who find standard Tetley too light. Lee, teas.co.uk, Tunbridge Wells.

Quick reference: Tetley Extra Strong

Field	Detail

Format	Standard round teabag, finer-cut leaf than standard Tetley
Blend	Higher Assam proportion + larger leaf-to-water ratio per bag
Caffeine	Strong; ~50-60mg per cup (higher than standard)
UK price	£2.50 to £3.00 for 80 bags
Cup character	Maltier and deeper than standard Tetley; closer to builder's brew
Best for	Strong-tea drinkers, hard water regions, milky black tea fans

What to buy now

Buy Tetley Extra Strong for the value-aware strong black tea route. Compare against Yorkshire Tea (similar cup character at similar price), Irish Breakfast (the strongest mainstream British black tea category), and a quality Assam single origin to taste what the Extra Strong blend is approximating with its higher Assam proportion.

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

FROM THE CURATOR

teas · Try the cheapest plain version of the style first. Upgrade only after you've decided you like the style.

Strong tea reading

For brand context see the Tetley deep dive. For category context see the English Breakfast piece, the Irish Breakfast guide, the builders' brew overview, and the Assam tea piece.

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