Tetley One Cup: Engineered for the Single Mug

From the teas.co.uk wiki

> **Tetley One Cup, in summary:** Tetley One Cup is engineered for the 250ml single mug rather than the pot. When the format engineering matters, and when standard Tetley still wins.

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

Tetley One Cup is engineered specifically for single mug brewing, slightly stronger blend, optimised tea bag size, designed for a 200-300ml mug rather than a multi cup pot. Brews fast, brews strong, brews consistently. The "single workplace mug" answer when you want full strength tea from one bag without over steeping or bag squeezing.

The product

Tetley One Cup is a focused product:

- Slightly stronger tea blend than standard Tetley.
- Tea bag sized for single mug brewing.
- Brews fast, 2-3 minutes for full strength.
- Designed for office, workplace, single drinker household.

How it tastes

- **Aroma:** Standard British black tea, strong, brisk.
- **First sip:** Full body even after short steep.
- **Mid cup:** Malty, robust, milk friendly.
- **Finish:** Long, satisfying.
- **With milk + sugar:** Standard British workhorse, strong, comforting.

Curator Rating: 4.9/5 for the workplace category.

Why "One Cup" tea exists

The classic British tea bag was originally designed for pot brewing, multiple cups from one larger bag. The "One Cup" variant is engineered for single mug brewing where:

- You want strong tea from a single bag.
- You don't want to over steep (bitter).
- You don't want to squeeze the bag (mess).
- You're in a hurry.

Standard tea bags can brew thin in single mugs because they're designed for higher water to leaf ratios. One Cup compensates with concentrated tea content.

How to brew

1. 1 One Cup tea bag in a mug.
2. 200-300ml just boiled water.
3. Steep 2-3 minutes (no longer needed).
4. Remove bag.
5. Add splash of milk + 1-2 sugars.

The 2-3 minute steep is the design goal, full strength fast.

Use cases

Workplace tea

The flagship use. Office kitchens with kettles. Single mug brewing.

Single drinker household

If you live alone or are the only tea drinker, One Cup is more efficient than pot brewing.

Time pressed mornings

Fast brewing for busy mornings.

Office break

Quick cup at the desk without needing to brew a pot.

Hospital, B&B, and travel

Single mug situations.

Compared to standard Tetley

Tea bag size

One Cup bags are often slightly smaller and more concentrated than standard Tetley bags.

Brewing time

One Cup brews fully in 2-3 minutes; standard Tetley wants 3-4.

Strength per cup

Comparable when both brewed correctly.

Pricing

Same tier as standard Tetley.

Compared to other UK single cup brands

vs Yorkshire Tea Hard Water

Yorkshire Hard Water is for hard water areas. Tetley One Cup is for single mug optimisation.

vs PG Tips Pyramid

PG Tips Pyramid is similar single cup design. Both work well; flavour preference distinguishes.

vs Tetley Extra Strong

Extra Strong is designed for hard water and multi cup pots. One Cup is for single mug brewing.

vs Twinings Everyday

Twinings Everyday is mainstream premium. Tetley One Cup is mainstream mass market.

Caffeine

50-60mg per cup, slightly higher than standard mainstream tea due to the design.

Vegan

Yes, pure black tea, plant based.

Pricing

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

Buying

Available at major UK supermarkets. Use /buy/tetley one cup/.

Pack sizes

- 40-bag (trial)
- 80-bag (regular)
- 240-bag (workplace bulk)
- 440-bag (large workplace / household)

Storage

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

Pairings

- McVitie's Digestives.
- Hobnobs.
- Custard Creams.
- Bourbons.
- Toast and Marmite.
- Bacon sandwich.
- Cake.

Who it's for

- Workplace tea drinkers.
- Single drinker households.
- Time pressed morning drinkers.
- Office tea round leaders.
- People who hate over steeped tea.

FAQ

How is One Cup different? Designed for single mug brewing, slightly stronger, brews fast.

Caffeine? 50-60mg per cup.

Best for office? Yes, flagship use case.

Steep time? 2-3 minutes for full strength.

Price? Same as standard Tetley.

Curator's note: Tetley One Cup is the workplace tea solution, single mug optimised, fast brewing, full strength. The British office's reliable answer to single mug brewing. Worth keeping a 240-pack at the office. Lee, teas.co.uk, Tunbridge Wells.

What you need to know: Tetley One Cup

Field	Detail
Format	Smaller round bag, engineered for single 250ml mug
Blend	Standard Tetley English Breakfast, smaller leaf-to-water ratio
Caffeine	Slightly above standard; ~50-60mg per cup
UK price	£2.20 to £2.50 for 100 bags
Cup character	Lighter than standard Tetley brewed in a smaller mug; balanced for the format
Best for	Single-cup drinkers in offices, hotels, homes that brew one mug at a time

What to buy now

Buy Tetley One Cup as the single-mug optimised bag. Compare with standard Tetley English Breakfast (better for pot use), Yorkshire Tea (maltier alternative), and the PG Tips standard Kenyan-led variant.

Reference noted

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

FROM THE CURATOR

teas · Buy on the cup, not on the label. The wider shelf is there for when you know what you like.

One Cup reading

For brand context see the Tetley deep dive. For format context see the teabag vs loose leaf guide and the single-cup brewing overview. For comparable everyday teabags see the Yorkshire Tea, PG Tips, and Twinings deep dives.

More from the tea wiki

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