Tropical Sun Cold and Flu: A Caribbean Lemon Ginger Blend

From the teas.co.uk wiki

> **Tropical Sun Cold and Flu, in summary:** Tropical Sun Cold and Flu combines lime, ginger, eucalyptus and peppermint in the Caribbean cold-remedy tradition.

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

Tropical Sun Cold and Flu is the brand's Caribbean style cold and flu remedy blend, typically ginger + lemon + honey notes + Caribbean botanicals. The Caribbean version of "lemon and ginger." Genuinely soothing for sore throats and cold comfort. Available at UK Caribbean grocers and select supermarkets.

The blend

Typically contains:

- Ginger root pieces.
- Lemon peel or lemongrass.
- Sometimes honey solids.
- Caribbean botanicals (varies by recipe).

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 5-7 minutes.
3. Add fresh lemon + honey for amplified soothing.

How it tastes

Standard ginger lemon honey character with Caribbean botanical depth. Curator Rating: 4.9/5.

Caffeine

0mg typically.

Vegan

Yes if no honey solids; check label.

Use cases

Cold and flu comfort. Sore throat. Hot drink during illness. Warming on cold mornings.

Compared to UK mainstream

Functionally similar to Pukka Lemon, Ginger & Manuka Honey or Twinings Lemon & Ginger. Caribbean retail availability is the differentiator.

Pricing

£2-3 per 20-bag pack.

FAQ

Best for cold/flu? Yes, ginger and honey style blend.

Caffeine? 0mg typically.

Vegan? Check for honey solids.

Pregnancy? Generally safe in moderation.

Where to buy? UK Caribbean grocers and specialty retailers.

Curator's note: Tropical Sun Cold and Flu is the Caribbean version of standard lemon ginger honey winter blend. Worth keeping for Caribbean cuisine households or ex pat comfort drinking. Lee, teas.co.uk, Tunbridge Wells.

Tropical Sun Cold and Flu at a glance

Field	Detail
Brand	Tropical Sun (UK-based, Caribbean diaspora-focused)
Ingredients	Caribbean cold-and-flu blend (typically lime peel, ginger, eucalyptus, peppermint, sometimes elderflower)
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Best for	Cold-and-flu support during illness, sore throat, congestion, fever-period comfort
Cultural context	Caribbean households often drink during fevers; pair with rest, hydration, lime, honey

What to buy now

Buy Tropical Sun Cold and Flu as the Caribbean cold-and-flu cup. Stock Teapigs Ginger and Manuka Honey for the mainstream UK alternative, eucalyptus tea from a herbalist for the standalone congestion herb, and manuka honey for stirring into any cold-and-flu cup.

For the matching kit, the English tea range and loose leaf range.

Reference noted

- NHS: Common cold

FROM THE CURATOR

teas · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

Cold & flu tea reading

For brand context see the Tropical Sun deep dive. For ingredient context see the eucalyptus tea piece, the ginger tea guide, and the peppermint tea overview. For comparable cold-and-flu teas see the Teapigs Ginger and Manuka piece and the winter tea guide.

Part of the Tea for Colds and Flu pillar at teas.co.uk.

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