Tropical Sun Green Tea: Caribbean Green

From the teas.co.uk wiki

> **Tropical Sun Green Tea, in summary:** Tropical Sun Green Tea is an affordable Caribbean-brand everyday green. How it compares to mainstream UK green tea, the diaspora context, how to brew it.

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

Tropical Sun Green Tea is the brand's standard green tea, botanically equivalent to mainstream UK green tea (Twinings Pure Green, Clipper, Tetley). Brewed correctly at 70-80°C, it provides catechins, L theanine, and mild caffeine for daily focus or post meal. Available widely in Caribbean grocers and specialty supermarket sections.

The product

Standard green tea bags. Botanically Camellia sinensis. Marketed under Tropical Sun brand for Caribbean retail distribution.

How to brew

1. 1 bag in 200ml.
2. Water at 70-80°C (NOT boiling, green tea wants cooler).
3. Steep 1-2 minutes.
4. Drink unsweetened or with honey.

How it tastes

Standard green tea profile, vegetal, slightly grassy, mild. Curator Rating: 4.9/5.

Compared to mainstream UK green tea

vs Twinings Pure Green

Equivalent, both mainstream green tea. Tropical Sun has Caribbean retail availability.

vs Clipper Green Tea

Equivalent. Both mainstream tier.

vs Pukka Three Green

Pukka Three Green is more refined; Tropical Sun is everyday tier.

Use cases

- Daily green tea routine.
- Mid morning focus.
- Post meal antioxidant.
- Cold brewed iced tea for summer.
- Caribbean cuisine pairing.

Caffeine

20-30mg per cup.

Vegan

Yes, pure tea.

Pricing

Mid tier, typically £2-3 per 25-bag pack.

Where to buy

UK Caribbean grocers and specialty supermarket sections. Use /buy/tropical sun green tea/.

FAQ

Caffeine? 20-30mg.

Best brewing temperature? 70-80°C.

Vegan? Yes.

Equivalent to mainstream green tea? Yes, Caribbean retail availability is the differentiator.

Cold brew? Excellent.

Curator's note: Tropical Sun Green Tea is mainstream tier green tea via Caribbean retail channels. Functionally equivalent to Twinings or Clipper. Worth knowing about for variety and accessibility. Lee, teas.co.uk, Tunbridge Wells.

Where it fits

Aspect	The read
What it is	An affordable everyday green from a Caribbean food brand
vs mainstream UK green	Comparable everyday quality; value-priced

Aspect	The read
Caffeine	Standard green-tea load; a daytime cup
Brew	Off the boil, short; do not stew it

For the matching kit, the green tea range.

Reference noted

- PubMed: Green tea catechins and human health
- PubMed: Polyphenols and chronic disease prevention

FROM THE CURATOR

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

Green tea reading

- green tea reference
- Caffeine in tea
- Herbal tea overview
- Black tea

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