Tropical Sun Honey and Ginger: Sweet, Warming Comfort

From the teas.co.uk wiki

> **Tropical Sun Honey and Ginger, in summary:** Tropical Sun Honey and Ginger is the UK Caribbean grocery channel value-led warming cup. How it tastes, when to reach for it, and stronger alternatives.

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

Tropical Sun Honey and Ginger is the brand's sweet warming ginger blend, ginger root + honey character (flavour or solids), Caribbean style preparation. Comparable to mainstream UK lemon ginger honey blends but with Caribbean retail availability. Soothing for sore throats, warming for cold mornings, calorie friendly comfort drink.

The blend

Ginger root pieces + honey character (flavour or actual honey solids). Sometimes lemon or lemongrass support.

How it tastes

Sweet ginger profile with honey notes. Warming. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 5-7 minutes.
3. Optional: extra honey or lemon for amplified soothing.

Use cases

- Sore throat soothing.
- Cold and flu comfort.
- Cold morning warming.
- Pregnancy nausea (ginger is NHS recommended).

- Travel sickness.
- Sweet craving without sugar.

Caffeine

0mg.

Vegan

If contains real honey, not vegan. Check label. Mainstream alternative: Pukka Three Ginger (no honey).

Pregnancy

Ginger NHS recommended for nausea. Honey is fine in pregnancy. Suitable.

Compared to mainstream

Functionally equivalent to Pukka Lemon, Ginger & Manuka Honey or Twinings Lemon & Ginger.

Pricing

£2-3 per 20-bag pack.

FAQ

Caffeine? 0mg.

Vegan? Check for real honey.

Pregnancy? The NHS says there's some evidence ginger may help reduce nausea and vomiting in pregnancy (check with your pharmacist before taking ginger supplements), and it advises no more than four cups of herbal tea a day.

Best for cold/flu? Yes, soothing.

Where to buy? UK Caribbean grocers, specialty retailers.

Curator's note: Tropical Sun Honey and Ginger is the Caribbean version of the standard winter ginger honey blend. Worth keeping for cold season. Lee, teas.co.uk, Tunbridge Wells.

The essentials: Tropical Sun Honey and Ginger

Field	Detail
Ingredients	Ginger root + honey crystals (sometimes with lemon, cinnamon)
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Cup character	Sweet ginger heat, honey softening, warming comfort cup
Best for	Cold mornings, sore throat support, value-led winter cup
Pricing	£1.50 to £2.50 for 20-25 bags

What to buy now

Buy Tropical Sun Honey and Ginger as the value-led everyday warming cup. Step up to Teapigs Ginger and Manuka Honey for the premium variant, a ginger lemon blend for the citrus alternative, and manuka honey for stirring extra into any of these cups.

Stock up via the herbal & fruit infusions.

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Ginger & honey reading

For brand context see the Tropical Sun deep dive. For ingredient context see the ginger tea guide and the honey tea piece. For comparable warming blends see the Teapigs Ginger and Manuka review and the winter tea overview.

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