Tropical Sun Lemongrass: Clean Citrus Simplicity

From the teas.co.uk wiki

> **Tropical Sun Lemongrass, in summary:** Tropical Sun Lemongrass is the UK Caribbean grocery channel's single-herb citrus daytime cup. Value-led pricing, refreshing brew, southeast Asian pairing.

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

Tropical Sun Lemongrass is the brand's pure lemongrass tea: single herb Caribbean distributed lemongrass leaf. Bright citrus character without acidity, the cleanest of the simple herbal teas. Equivalent quality to mainstream UK lemongrass options (Pukka, Heath & Heather, Twinings); Caribbean retail availability is the differentiator. The right cup for Caribbean diaspora households who can't easily find Pukka, and for any drinker who likes a cleaner pure lemongrass flavour over Pukka's three blend complexity.

The product

Pure dried lemongrass leaf (Cymbopogon citratus). Single herb, no flavouring, no other botanicals. The bag is around 1.5g. More on lemongrass as a herb.

How it tastes

Bright, clean lemongrass citrus character, slightly grassy on the back end, no sourness, no astringency. Tastes like fresh lemongrass stalks crushed in hot water; recognisable to anyone who's had Vietnamese pho or Thai tom yum soup. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; lemongrass volatile aromatics escape if uncovered.
3. Steep 5-7 minutes; longer for a stronger cup.
4. Drink unsweetened, or add a teaspoon of honey for a sore throat soothing version.
5. Iced: cold brew 4 bags in 1L water with a squeeze of fresh lime, fridge 6-8 hours, serve over ice.

Use cases

- Caffeine free citrus drink, hot or iced.
- Post meal digestive (lemongrass has mild antispasmodic action).
- Pairing with Asian and Caribbean cuisine, Vietnamese, Thai, Cantonese, jerk chicken, curry goat.
- Iced summer drink (cold brews exceptionally well).
- A quiet evening cup.
- Travel sickness or mild nausea support.
- Substitute for sugary lemonade.

Caffeine

0mg.

Vegan

Yes.

Pricing

Mainstream tier, typically £2-3 per 20-bag pack at Caribbean and African food shops; comparable to other mainstream UK herbal pricing.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Best with? Asian and Caribbean cuisine, particularly Vietnamese and Thai dishes.

Cold brew? Excellent.

Pregnancy? The NHS advises no more than four cups of herbal tea a day in pregnancy and avoiding teas containing liquorice root. Ask your midwife or pharmacist if unsure.

Children? We don't give age or dose advice for children; ask a pharmacist, health visitor or GP.

Tropical Sun Lemongrass vs Pukka Lemongrass & Ginger vs Twinings Cleanse

Tropical Sun: pure single herb lemongrass, Caribbean retail, mainstream pricing. Pukka Lemongrass & Ginger: organic blend with ginger, premium pricing, supermarket everywhere. Twinings Cleanse: lemongrass led wellness blend, mainstream pricing. Tropical Sun is the cleanest pure lemongrass cup of the three; Pukka adds ginger heat; Twinings adds wellness blend complexity. Pick on intensity preference and where you shop.

Curator's note: Tropical Sun Lemongrass is the Caribbean retail version of mainstream lemongrass tea. Equivalent quality; different distribution. Lee, teas.co.uk, Tunbridge Wells.

In short: Tropical Sun Lemongrass

Field	Detail

Brand	Tropical Sun (UK-based, Caribbean diaspora-focused)
Ingredient	Whole-leaf lemongrass, single-herb, in standard teabag format
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Cup character	Clean citrus, bright, grass-fresh; refreshing daytime alternative to green tea
Best for	Daytime caffeine-free cup, southeast Asian cuisine pairing, summer iced tea

What to buy now

Buy Tropical Sun Lemongrass as the value-led everyday citrus-herbal. Compare with Teapigs Pure Lemongrass for the premium variant, lemon verbena tea for the brighter citrus-herb alternative, and a lemongrass-and-ginger blend for the warmed version.

On the shopping side, see the English tea range and loose leaf range.

FROM THE CURATOR

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Lemongrass reading

For brand context see the Tropical Sun deep dive. For wider Caribbean herbal context see the Caribbean bush teas overview.

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