Tropical Sun Rooibos Strawberry: A Budget Fruity Cup

From the teas.co.uk wiki

> **Tropical Sun Rooibos Strawberry, in summary:** Tropical Sun rooibos strawberry is the budget-tier fruity caffeine-free option from UK ethnic-foods retail; family-friendly, less polished than premium.

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

Tropical Sun Rooibos Strawberry combines South African rooibos with strawberry character, caffeine free, naturally sweet, vivid red colour. Excellent for evening drinking, kids, pregnancy, and as fruity caffeine free alternative. Caribbean retail distribution makes this widely available alongside Caribbean cuisine.

The blend

Rooibos + strawberry pieces and flavour. Sometimes hibiscus for colour intensification.

How it tastes

Naturally sweet rooibos with bright strawberry character. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 5-7 minutes.
3. Drink unsweetened.

Iced version

Cold brewed for excellent summer drinking.

Use cases

- Evening caffeine free drink.
- Children's drink (no caffeine, sweet, mild).

- Pregnancy.
- Iced summer drinking.
- Variety in caffeine free routine.

Caffeine

0mg.

Vegan

Yes.

Pregnancy

In pregnancy, the NHS advises no more than four cups of herbal tea a day and avoiding teas containing liquorice root; caffeine free does not mean every herbal blend is suitable, so ask your midwife or pharmacist if you are unsure.

FAQ

Caffeine? 0mg.

Vegan? Yes.

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.

Cold brew? Excellent.

Curator's note: Tropical Sun Rooibos Strawberry is one of the better fruity caffeine free options. Naturally sweet, kid friendly, summer friendly iced. Lee, teas.co.uk, Tunbridge Wells.

Quick reference: Tropical Sun rooibos strawberry

Aspect	The note
Product	Rooibos with strawberry pieces and strawberry flavouring
Brand	Tropical Sun, UK ethnic-foods-aisle Afro-Caribbean specialist
Retail channel	UK ethnic-foods retailers, online, some supermarket multicultural aisles
Caffeine	Zero
Taste	Sweet rooibos base with bright strawberry top-note
Pricing	Budget tier; typically £1.50-£2.50 per pack
Comparison	Less polished than Dragonfly/Teapigs; budget category
Use case	Family-friendly fruity caffeine-free; cost-conscious household

Reference noted

- NHS guidance on caffeine

FROM THE CURATOR

teas · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

Rooibos & budget tea reading

Continue with rooibos tea, Dragonfly pure rooibos, Teapigs honeybush and rooibos, caffeine-free tea, budget tea and the herbal tea family.

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