Twinings Pure Peppermint

From the teas.co.uk wiki

> **Twinings Pure Peppermint, in summary:** The UK mainstream-baseline peppermint tea: standard Mentha piperita at a value-led price.

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

Twinings Pure Peppermint is the British mainstream peppermint standard: single-herb peppermint leaf, mass-market priced (5 to 9p a bag), and available in every UK supermarket. It is the default first peppermint most British drinkers ever buy, a clean, fresh, caffeine-free cup for after a meal or as an afternoon refresher. Not the most aromatic peppermint on the market, but the easiest to keep stocked.

The product

Pure peppermint leaf (Mentha x piperita). Single herb, no flavouring, no spearmint, no other botanicals. Cut-and-sift grade rather than whole leaf. The bag holds around 1.5g of leaf. More on peppermint as a herb.

How it tastes

Standard cooling peppermint: clean, fresh, slightly sweet, no bitterness. Lighter and less aromatic than Whittard's whole leaf or Pukka's three-mint blend, because cut-and-sift loses some of the volatile menthol in processing. Pleasant, predictable, quintessentially British. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup; the menthol aromatics are volatile.
3. Steep 5 to 7 minutes.
4. Drink black; honey is fine, milk muddies it.
5. Iced peppermint: steep 4 peppermint bags in 1 litre of cold water, chill 4 to 8 hours, then pour over ice with a mint sprig.

Use cases

- A fresh, caffeine-free cup after a meal.
- A palate reset after a curry or pizza.
- Iced for summer; cold-brewed peppermint is excellent over ice.
- A caffeine-free everyday afternoon cup.

Twinings versus Whittard versus Pukka peppermint

Twinings Pure Peppermint is cut-and-sift at supermarket pricing (5 to 9p), the volume drinker. Whittard Peppermint is whole-leaf, more aromatic, premium. Pukka Three Mint blends peppermint, spearmint and field mint for a more layered, organic cup, also premium. All work; Twinings is the right choice for everyday volume.

Twinings Pure Peppermint at a glance

Field	Detail
Brand	Twinings (UK peppermint mainstream standard bearer)
Ingredient	Peppermint leaves (Mentha piperita), single-herb, no blending
Caffeine	None; caffeine-free herbal
Cup character	Cool menthol, clean fresh-mint, classic supermarket-bag peppermint
Best for	A fresh, caffeine-free cup; after meals; value-led daily use
UK availability	Every UK supermarket, convenience stores, hotel breakfast trays globally
UK price	£2.20 to £3 for 20-50 bags (5-15p per cup)

FAQ

Caffeine? None.

Vegan? Yes.

Cold brew? Excellent; better than hot for summer.

Cheapest peppermint? Among the cheapest mainstream options.

Curator's note: Twinings Pure Peppermint is the British mainstream peppermint standard. Reliable, affordable, daily friendly. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Pure Peppermint as the value-led everyday peppermint. For a step up, Teapigs Peppermint uses whole leaf in a pyramid bag, and a quality fresh mint brews the strongest possible cup at home. Browse the wider herbal range and the Twinings range.

FROM THE CURATOR

teas · Spend less on prestige, more on freshness. A peppermint box opened two months ago beats any gift tin kept three years.

Herbal reading

For brand background see the Twinings deep dive; for the herb see the peppermint tea guide. Related: the Twinings Peppermint and Strawberry review.

The bottom line

The UK's baseline peppermint: standard Mentha piperita leaves in a standard bag, at a supermarket value price. A clean, cooling, caffeine-free cup worth keeping for everyday use; for higher cup quality, the Teapigs pyramid bag uses better leaf-grade at a higher price. Brew 5 to 7 minutes covered, hot or cold.

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