Yorkshire Bedtime Brew

From the teas.co.uk wiki

> **Yorkshire Bedtime Brew, in summary:** Yorkshire Bedtime Brew tea reviewed: decaf black tea with vanilla and nutmeg, brewing tips, UK price guide, decaf process explained.

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

Yorkshire Tea Bedtime Brew is the brand's evening decaf: decaffeinated Yorkshire Tea base with vanilla and nutmeg flavouring. Comforting, warming, sleep friendly. The cup that solves the "I want my Yorkshire Tea ritual but I can't drink caffeine before bed" problem. Mainstream pricing. A genuine British comfort drink for evening hours, particularly suited to autumn winter evenings on the sofa.

The blend

Decaffeinated Yorkshire Tea base (CO2-decaffeinated, 95-99% caffeine removed), natural vanilla flavouring, ground nutmeg or natural nutmeg flavour. The Yorkshire body is preserved through decaffeination; this still tastes recognisably like Yorkshire Tea with the spice vanilla overlay rather than a generic decaf.

How it tastes

Yorkshire Tea body and malt come through clearly, vanilla sweetness on top, nutmeg warmth on the finish. Tastes like a Yorkshire Tea brewed with a small piece of grated nutmeg and a drop of vanilla, exactly the home made evening cup the product is engineered to mimic. Holds up to milk and sugar exactly as standard Yorkshire would. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 3-4 minutes (full Yorkshire steep time, not the 2-minute green tea timing).
3. Add a splash of milk; whole or oat milk both suit the vanilla nutmeg profile.
4. Sugar optional; the vanilla already gives perceived sweetness.
5. For a fuller dessert profile: brew double strength, top with steamed milk, dust with extra nutmeg.

Caffeine

2-5mg residual per cup (down from 40-50mg in standard Yorkshire). Effectively negligible where sleep is concerned.

Vegan

Yes (with plant milk; oat milk works particularly well with the vanilla nutmeg profile).

Use cases

- Evening Yorkshire Tea ritual when caffeine would affect sleep.
- Pre bed comfort cup with milk and a biscuit.
- Caffeine free Yorkshire style routine for caffeine sensitive drinkers.
- Pregnancy period Yorkshire Tea substitute (caffeine intake control).
- Pairing with Christmas cake, mince pies, or vanilla biscuits.
- Cold autumn winter evenings on the sofa.

Yorkshire Bedtime vs Twinings Sleep vs Pukka Night Time

Yorkshire Bedtime: decaf black tea with vanilla and nutmeg, comfort flavour profile, best for drinkers who want their Yorkshire ritual minus caffeine. Twinings Sleep: valerian led herbal, stronger sleep supportive effect. Pukka Night Time: oat flower and lavender, gentle herbal. Pick on what you want from the cup: Yorkshire Bedtime is comfort and routine; Twinings Sleep and Pukka are functional sleep teas.

FAQ

Caffeine? 2-5mg residual.

Vegan? Yes (with plant milk).

Best for sleep? Comfort and routine; not as functionally sleep supportive as valerian or herbal sleep blends.

British comfort? Yes; Yorkshire Tea base plus festive spice profile.

Pregnancy? The NHS advises no more than 200mg of caffeine a day in pregnancy, from all sources; this tea contains caffeine, so count it. Ask your midwife if unsure.

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

Buying and storage

Available at UK supermarkets and online retailers; pack sizes typically run 15-bag to 80-bag. Store in an airtight tin or the original packaging, away from light and moisture, and use within 12 months of opening.

Pairings

- British biscuits (Digestives, Hobnobs, Custard Creams).
- Plain shortbread.
- Fresh fruit and light pastries.

- Cake (Victoria sponge, Madeira, fruit cake).
- Christmas cake and mince pies.

The decaffeination process

Yorkshire Bedtime Brew, like most premium UK decaf tea, is decaffeinated with the CO2 (supercritical carbon dioxide) method: the dried leaves are treated with pressurised carbon dioxide that lifts out the caffeine while leaving most of the flavour compounds intact. It preserves cup character better than the older solvent methods, and removes 95-99% of the caffeine, leaving under 5mg a cup. For comparison, a square of dark chocolate has roughly 10-20mg, so in practice the cup is caffeine-free.

Nutmeg and vanilla flavour profile

Nutmeg and vanilla have a long British comfort-food heritage, in custard, rice pudding, mulled wine and Christmas baking, and Bedtime Brew leans on that familiarity to read as a cosy evening drink rather than a wellness-functional sleep tea. The flavouring is restrained: you taste it as a soft top note rather than a dominant character, so the cup stays recognisably Yorkshire Tea. If you tend to find flavoured teas overpowering, this one is light-handed.

The essentials: Yorkshire Bedtime Brew

Field	Detail
Brand	Yorkshire Tea (Bettys & Taylors of Harrogate; founded 1886)
Type	Decaffeinated black tea blend with added vanilla and nutmeg flavouring, positioned for evening drinking
Base tea	Decaffeinated black tea (Assam-led blend, same family as Yorkshire Tea Original)
Flavouring	Vanilla and nutmeg, lightly added; gentle dessert-like profile
Caffeine	Typically <5mg per cup (CO2 decaffeination removes ~95-99% of caffeine)
Cup character	Yorkshire Tea body with soft vanilla sweetness, gentle nutmeg warmth, milk-friendly
Best for	Evening tea drinkers who want a familiar Yorkshire cup without the caffeine; pre-bed wind-down
UK availability	Tesco, Sainsbury's, Asda, Morrisons, Waitrose; widely stocked
UK price	Approximately £3 to £4.50 per 40-bag pack (8-12p per cup)

Curator's note: Yorkshire Bedtime Brew is the British evening tea ritual in decaf spiced form. Worth keeping for evening Yorkshire Tea drinkers. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: How to get to sleep

FROM THE CURATOR

teas · Buy on the cup, not on the label. The wider shelf is there for when you know what you like.

Sleep-tea reading

For brand context see the Yorkshire Tea brand wiki. For a sister Yorkshire product see the Yorkshire Biscuit Brew. For category context see the decaf tea overview and the black tea fundamentals. For alternative sleep teas see Pukka Night Time and the Twinings sleep range.

The bottom line on Yorkshire Bedtime Brew

A well-judged decaf-with-flavouring evening tea that solves a real consumer problem: how to have your usual Yorkshire cup at 9pm without lying awake at midnight. The vanilla-nutmeg flavour is light enough to keep the cup recognisably Yorkshire Tea. Worth keeping in the cupboard for evening drinking; per-cup cost is higher than standard Yorkshire Tea but well below dedicated sleep tea pricing. Not a substitute for a proper wind-down ritual; it's a familiar comforting cup that happens to be safe for the evening.

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- Bedtime Tea

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