# San Benedetto: Italy's Bottled Iced Tea

From the teas.co.uk wiki

> **San Benedetto, in summary:** San Benedetto is the Italian beverage brand; lemon, peach and green Italian iced teas at UK mass-market price; convenient cold-drink, not tea-substance.

San Benedetto is a long established Italian water and soft-drinks company, present on the UK shelf mainly through its Italian-style iced teas. Buy it on the San Benedetto shop page; it sits best next to the iced tea guide.

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

## What San Benedetto makes

The UK products are Italian-style iced teas in 500ml bottles, lemon, peach and green tea among them, the pre-brewed, pre-sweetened, ready-chilled interpretation rather than brewed-at-home tea. Browse the stocked range on the San Benedetto shop page.

## What is in a San Benedetto iced tea

It is worth reading the label, because it resets expectations. A typical 500ml bottle is roughly 88% water with 40 to 50g of sugar (around ten to twelve teaspoons, close to the WHO daily added-sugar limit), a very small amount of tea extract, citric acid and lemon flavouring. In other words the dominant ingredients are water and sugar, with tea as a minor flavour-and-colour note, so the bottle is closer to a lightly tea-flavoured sugar-water than to brewed iced tea. That is not unique to San Benedetto, most mass-market bottled iced teas are similar, but it means a household cutting sugar should treat these as an occasional drink, see our bottled iced tea note.

## How to get the most from it

It is ready to drink, so there is nothing to brew; as a chilled grab-and-go on a hot day it does its job. If you want actual tea substance, the step up is clear: Pure Leaf is lower in sugar with more tea character at around £2 to £3 a bottle, and homemade iced tea from proper loose-leaf costs roughly 20p a glass with controllable sweetness, the method is in the iced tea guide and cold-brew. On the mass-market shelf it sits alongside Lipton and supermarket own-brand at much the same sugar and price.

## Who it is for

San Benedetto is for the drinker who wants a convenient, ready-chilled Italian-style cold drink rather than to brew their own. Its most authentic use is the Italian restaurant context: it is an Italian brand through and through (founded 1956), so a peach or lemon iced tea alongside pizza or pasta carries the Italian summer feel that own brand cannot. Bought from the supermarket for home, that authenticity premium fades and it is simply a convenient bottled cold drink. It rounds out the ready-to-drink end and is placed clearly in the best UK tea brands guide.

## What you need to know: San Benedetto brand

| Aspect | Note |
|---|---|
| Brand | Italian beverage brand; founded 1956, Veneto region |
| Specialism | Mineral water, soft drinks, iced teas; widely UK-stocked |
| UK tea product | San Benedetto Italian iced teas; lemon, peach, green tea variants |
| Format | 500ml plastic bottles; pre-sweetened, pre-brewed |
| Price tier | Mass-market; £1.00-£1.50 per 500ml bottle |
| Taste | Sweet, fruity, light tea-character; Italian-summer style |
| Use case | Summer cold-drink, picnic, restaurant accompaniment |
| Overall | Convenient cold-drink; not a tea-substance product |

## The bottom line on San Benedetto

San Benedetto is the Italian beverage brand, founded in 1956 in Veneto and best known in the UK for mineral water and Italian-style iced teas (lemon, peach, green). Those iced teas are pre-brewed, pre-sweetened mass-market cold drinks rather than tea-substance products, well suited to summer occasions and Italian-restaurant tables, but a drinker who wants real tea character should make iced tea at home from proper loose-leaf. Bought for the occasion rather than the substance, it is a credible cold drink at a budget price. Source it from the San Benedetto brand page, the iced tea range, or the full tea shop.

**FROM THE CURATOR**

*teas* · For iced tea, how you make it matters more than where you shop. A careful home brew turns a budget bag into iced tea that beats most bottles.

## Reference noted

- PubMed: Green tea catechins and human health

## Tea reading

Continue with iced tea recipe UK, iced recipes, bottled iced tea, cold-brew tea and how to make tea. For the home shelf, the green tea range and herbal & fruit infusions.

### More from the tea wiki

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