

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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for San Benedetto: Italy's Bottled Iced Tea. Canonical: <https://teas.co.uk/wiki/san-benedetto-deep-dive/>*

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](#); this is the clear placement, paired with the [iced tea guide](#).

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

What San Benedetto makes

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What San Benedetto makes, San Benedetto: Italy's Bottled Iced Tea. Canonical: <https://teas.co.uk/wiki/san-benedetto-deep-dive/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What is in a San Benedetto iced tea, San Benedetto: Italy's Bottled Iced Tea. Canonical: <https://teas.co.uk/wiki/san-benedetto-deep-dive/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to get the most from it, San Benedetto: Italy's Bottled Iced Tea. Canonical: <https://teas.co.uk/wiki/san-benedetto-deep-dive/>*

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 a genuinely Italian brand (founded 1956), so a peach or lemon iced tea alongside pizza or pasta carries the Italian-summer association 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 [brands hub](#).

What you need to know: San Benedetto brand

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for San Benedetto: Italy's Bottled Iced Tea. Canonical: <https://teas.co.uk/wiki/san-benedetto-deep-dive/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The bottom line on San Benedetto, San Benedetto: Italy's Bottled Iced Tea. Canonical:*

benedetto-deep-dive/

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 perfectly 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 · The infusion is more important than the shop. A short careful brew can lift a budget bag past a careless premium one.

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](#).

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