

Tea for Coffee Drinkers: Where to Start

From the Teas.co.uk wiki

Tea for coffee drinkers, in summary: A UK guide for coffee drinkers trying tea: start bold, match the ritual, try chai or matcha latte. What to buy and how to switch gradually.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

Coffee drinkers often "try tea", start with a delicate green, find it weak, and give up. The on ramp is the opposite. This sits in the getting started cluster beside [tea instead of coffee](#).

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

Start bold, not delicate

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Start bold, not delicate, Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

A strong coffee palate needs body and intensity first: robust Assam, English Breakfast, malty black, or a spiced chai, not a subtle sencha, see the table below.

Match the ritual

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Match the ritual, Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

Keep what you like about coffee, strong, hot, possibly milky, and meet it with a tea built for that. Replace the same time and setting rather than just swapping drinks, see [milk in tea](#) and [tea lattes](#).

Try a tea latte or chai

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Try a tea latte or chai, Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

A chai or strong tea latte is the friendliest bridge from a flat white, familiar format, tea flavour; a matcha latte or Earl Grey "London Fog" works the same way, see [chai from scratch](#).

Expect a different energy

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Expect a different energy, Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

Tea caffeine is smoother and steadier thanks to L theanine; gentler than a double espresso but more sustained, with no sharp peak to register at first, see [tea vs coffee caffeine](#) and [L theanine](#).

Then explore lighter

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Then explore lighter, Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

Once bold teas feel normal, step toward oolong and good green; your palate will now read their subtlety instead of missing it, see [how to taste tea](#).

Do it gradually

Phase, do not quit cold: replace one daily coffee with tea per week so the body adjusts without a withdrawal headache. Abrupt caffeine drops cause slumps blamed on tea, see [quitting coffee for tea](#).

In a sentence

Coffee drinkers should start bold and milky friendly, bridge via chai or lattes, expect smoother energy, then explore lighter teas. Start delicate and you will quit, see [tea instead of coffee](#).

What you need to know: Tea for coffee drinkers

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

Coffee preference	Tea to try first
Strong espresso, black	Strong Assam single-origin, brewed 4-5 min; or matcha for similar caffeine punch
Flat white or latte	Chai latte (proper masala with milk); or matcha latte
Filter coffee, black	Yorkshire Tea Gold or Twinings English Breakfast brewed strong
Cappuccino	London Fog: Earl Grey latte with vanilla; or chai latte
Iced coffee	Iced black tea, cold-brew oolong, or matcha cold latte
Bold cold brew	Strong cold-brew Assam or Pu-erh

Coffee preference

Tea to try first

What to skip initially	Light green tea, delicate Darjeeling first flush, subtle whites; too gentle for coffee palate
The general rule	Start bold; tea matching coffee's intensity helps the transition feel less like downgrading

What to buy to switch

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy to switch, Tea for Coffee Drinkers: Where to Start. Canonical: <https://teas.co.uk/wiki/tea-for-coffee-drinkers/>*

For a bold black-tea entry that meets a coffee palate, brew a strong [English Breakfast](#) or [Yorkshire Tea](#) for 4-5 minutes, or reach for [PG Tips](#). For the closest caffeine match to coffee, try [ceremonial matcha](#). For the milky coffee-shop ritual, a [masala chai](#) latte is the friendliest bridge. Browse the full [tea shop](#); free UK delivery is over £35.

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More tea reading

- [Tea instead of coffee](#)
- [Tea vs coffee caffeine](#)
- [What is matcha](#)
- [How to make a tea latte](#)

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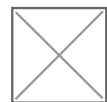
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