

Strawberry Matcha: The Pretty Fruit Latte

From the Teas.co.uk wiki

Strawberry matcha, in summary: Strawberry matcha is a pretty fruit-and-matcha latte, lovely but often sugary; use real fruit not syrup, and remember it is still caffeinated despite the dessert look.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Strawberry Matcha: The Pretty Fruit Latte. Canonical: <https://teas.co.uk/wiki/strawberry-matcha/>*

Strawberry matcha is one of the most photographed matcha drinks. It sits alongside [pistachio matcha](#).

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

Note: matcha is whole powdered green tea, so it is meaningfully caffeinated. General information only; if you are caffeine sensitive, pregnant or medicated, moderate intake and check with a pharmacist.

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| Aspect | The answer |
|-------------------|--|
| What it is | Layered strawberry + milk with whisked matcha on top |
| The real variable | How sweet the strawberry layer is |
| Upgrade | Real mashed/pureed fruit, not syrup |
| Caffeine | Real matcha, meaningfully caffeinated |
| Make it well | Off-boil matcha paste, cold milk, float matcha last |
| Suits | Fruity/photogenic fans; less so sugar-minimisers |

What it is, and how to make it well

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is, and how to make it well, Strawberry Matcha: The Pretty Fruit Latte. Canonical: <https://teas.co.uk/wiki/strawberry-matcha/>*

Strawberry matcha is a layered drink of strawberry (puree or syrup) and milk with whisked matcha floated on top, and the visual layers are genuinely the point. The method is short and it is what separates a real fruit drink from a milkshake: mash or briefly blend a handful of ripe strawberries into a loose puree, sweeten only lightly if at all, and spoon it into the base of a tall glass. Add cold milk (oat or whole both work; thin plant milks dull it), then whisk one to two grams of a robust culinary or latte-grade matcha with a little water at 70 to 80C, never boiling, into a smooth paste and float it over the milk so the layers stay distinct. Iced is the natural form; a warm version works but loses the layering that is most of the appeal. See [matcha water ratio](#).

The sugar caveat

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The sugar caveat, Strawberry Matcha: The Pretty Fruit Latte. Canonical: <https://teas.co.uk/wiki/strawberry-matcha/>*

The whole balance is decided by one thing: how much sugar the strawberry layer carries. A strawberry-syrup build can be dessert-sweet to the point where sugar, not matcha or fruit, is the real flavour; a real mashed-fruit puree is the upgrade that keeps it tasting of tea and fruit rather than confectionery. This is the same sugar-is-the-real-variable point that runs through every cafe matcha trend, see [is sugar in tea bad](#).

Caffeine, and who it suits

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Caffeine, and who it suits, Strawberry Matcha: The Pretty Fruit Latte. Canonical: <https://teas.co.uk/wiki/strawberry-matcha/>*

The dessert-like presentation hides the caffeine: it still contains real whisked matcha, so it is meaningfully caffeinated despite looking like a milkshake, and it is not a gentle evening drink. It suits anyone who wants a fruity, photogenic matcha and is happy to control the sweetness, and it is best read as an occasional summer treat rather than a daily, low-sugar or low-caffeine option. See [matcha jitters](#).

What to buy

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Strawberry Matcha: The Pretty Fruit Latte. Canonical: <https://teas.co.uk/wiki/strawberry-matcha/>*

Build it from the [matcha range](#) and a basic [matcha kit](#), or browse the full [tea shop](#). Buy on the cup and the per cup price, never the marketing; free UK delivery is over £35.

Reference noted

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- [PubMed: Matcha green tea and human health](#)

Matcha reading

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Matcha reading, Strawberry Matcha: The Pretty Fruit Latte. Canonical: <https://teas.co.uk/wiki/strawberry-matcha/>*

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FROM THE CURATOR teas · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

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