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.

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: strawberry or not, the matcha in this latte is the whole leaf ground fine, so the caffeine is real. General information only: if caffeine bothers you, or you are pregnant or medicated, keep strawberry matcha occasional and ask a pharmacist.

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

Strawberry matcha is a layered drink of strawberry (puree or syrup) and milk with whisked matcha floated on top, and the visual layers really are 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 1 to 2g of a punchy culinary matcha with a splash of water at 70 to 80C, never boiling, until smooth, 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

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

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

Build it from the matcha range and a basic matcha kit, or browse the full tea shop. Choose the matcha for a strawberry latte by taste and cost per cup; ignore the hype, and UK delivery is free over £35.

Reference noted

- PubMed: Matcha green tea and human health

Matcha reading

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teas · Work out a strawberry matcha's cost per glass before you buy. Loose culinary matcha usually wins, though sachets sometimes keep up.

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