

Cheese Foam Tea: The Salty Sweet Top

From the Teas.co.uk wiki

Cheese foam tea, in summary: A thick, lightly salted, sweet whipped cream-cheese top floated on tea. Rich and savoury-sweet, genuinely good, and genuinely indulgent: a treat rather than a health drink.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Cheese Foam Tea: The Salty-Sweet Top. Canonical: <https://teas.co.uk/wiki/cheese-foam-tea/>* "Cheese tea" sounds odd and tastes better than it sounds. This sits in the bubble-tea cluster beside [popping boba](#).

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

What cheese foam tea is

The foam is a thick, lightly salted, sweet whipped topping made from cream cheese, cream and milk, floated on brewed tea. The reason it works is the salt: it offsets the tea's slight bitterness and turns a savoury-sweet contrast into something genuinely moreish rather than strange. It is traditionally drunk without a straw, the cup tilted so the foam folds into the tea with each sip, and it sits naturally on a brisk green or oolong base whose edge cuts the richness. Sounds peculiar, tastes far better than it sounds. The drink it belongs to is [bubble tea](#).

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Aspect	Cheese foam tea
The foam	whipped cream cheese, cream and milk, lightly salted and sweetened
The tea	usually green or oolong, whose brisk edge balances the rich top
How to drink	no straw, tilt the cup so foam and tea mix as you sip
The verdict	a calorie-rich indulgence, a treat, not a health drink

Which teas suit it, and why

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Which teas suit it, and why, Cheese Foam Tea: The Salty-Sweet Top. Canonical: <https://teas.co.uk/wiki/cheese-foam->*

tea/

The base is not arbitrary. Green and oolong are traditional under cheese foam because their brisk, slightly astringent edge is exactly what balances a rich, salted, creamy top. A sweet or heavily milky black would compound the richness rather than cut it, and the drink would turn flat and cloying. A grassy sencha or a green jasmine keeps the cup lively, while a lighter oolong adds a floral lift without weight. Brew the base a touch stronger than you would drink it plain, because the foam dilutes and softens it, and serve it properly cold so the contrast between cool brisk tea and cool rich foam is sharp rather than muddy. Get the base right and the whole drink works; get it wrong and no amount of good foam rescues it.

Nutrition: a treat, eyes open

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Nutrition: a treat, eyes open , Cheese Foam Tea: The Salty-Sweet Top. Canonical: https://teas.co.uk/wiki/cheese-foam-tea/*

The honest caveat is the nutrition: the foam is a cream-and-cheese topping, so it is the calorie-heavy part and the drink is a dessert in tea's clothing rather than anything health-adjacent. That is not a reason to sneer at it, because it is a perfectly enjoyable treat once the sugar and salt are a choice rather than a surprise. The single most useful habit is to order or make it with the sweetness chosen on purpose, lower syrup, smaller size, fresher components, because that one decision turns an accidental dessert into a treat you actually intended. Know exactly what it is, then enjoy it on purpose.

Making a good one at home

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Making a good one at home , Cheese Foam Tea: The Salty-Sweet Top. Canonical: https://teas.co.uk/wiki/cheese-foam-tea/*

Home is where the drink is actually best, because freshness and control beat a café default every time. Brew a brisk green or oolong at full strength and chill it, either cold-brewed in the fridge for a smoother base or hot-brewed strong and flash-chilled over plenty of ice for a brighter one. For the foam, whip cold cream cheese with a little cream and milk to a pourable, just-holding consistency, sweeten lightly and add a small pinch of salt: the salt is not optional, it is the part that makes the whole thing work. Float roughly a finger's depth of foam on the cold tea, do not stir, and drink without a straw, tilting the cup so each sip pulls foam through the tea. The two failure modes are a foam too sweet, which collapses the savoury-sweet contrast into dessert, and a tea too weak, which the rich top swamps; fix both by tasting the components separately before combining them. The payoff is a fresher, cheaper, far less sugary drink than the shop version.

Want to buy a good one?

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Want to buy a good one? , Cheese Foam Tea: The Salty-Sweet Top. Canonical:*

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Cheese foam needs a brisk base. Build it on a good green or oolong from the [green tea range](#), the [oolong range](#) or the full [tea shop](#). Buy on the cup and the per-cup price rather than the marketing, and free UK delivery is over £35.

[Browse the tea range](#)

Reference noted

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted*, *Cheese Foam Tea: The Salty-Sweet Top*. Canonical: <https://teas.co.uk/wiki/cheese-foam-tea/>

- [PubMed: Green tea catechins and human health](#)

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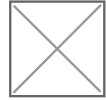
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