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, properly good and very much a treat rather than an everyday drink.

"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 really 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.

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 treat, not an everyday drink

Which teas suit it, and why

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

The nutritional catch is plain: 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 thoroughly 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 in advance, 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 with your eyes open.

Making a good one at home

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?

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. A topping is judged like any tea: by taste and by what a cup costs, never by the marketing, and a UK order above £35 is delivered at no charge.

Browse the tea range

Reference noted

- PubMed: Green tea catechins and human health

FROM THE CURATOR

teas · Order the foam if you fancy it, whatever the shelf says. Curiosity is the only reliable guide.

Bubble-tea reading

- Popping boba

- Brown sugar boba
- Bubble tea
- Boba pearls

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/