

Rooibos vs Green Tea

From the Teas.co.uk wiki

Rooibos vs green tea, in short: Rooibos vs green tea: green is caffeinated true tea, rooibos a caffeine-free South African herb. Different bushes, different chemistry, when to pick each.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Rooibos vs Green Tea. Canonical: <https://teas.co.uk/wiki/rooibos-vs-green-tea/>*

The headline is that rooibos and green tea are not really competitors: green tea is caffeinated true tea, rooibos is a caffeine free South African herb. The useful comparison is what that means for caffeine, taste and when each is the right choice, with both marketed beyond what they are.

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

What they have in common

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What they have in common , Rooibos vs Green Tea. Canonical: <https://teas.co.uk/wiki/rooibos-vs-green-tea/>*

What they share: both are steeped plant drinks, hot or cold, essentially calorie free unsweetened, hydrating, with real ritual value, and both attract overstated "antioxidant superfood" marketing that this wiki consistently trims down to "pleasant drink, not remedy".

The real differences

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The real differences , Rooibos vs Green Tea. Canonical: <https://teas.co.uk/wiki/rooibos-vs-green-tea/>*

The real differences. Caffeine: green tea is caffeinated (moderate, variable); rooibos is reliably caffeine free. Tannin and bitterness: green tea turns bitter if scalded or over steeped and needs cool, short brewing; rooibos is naturally low tannin, smooth, and hard to over bitter, forgiving with boiling water and long steeps. Flavour: green is fresh, vegetal, grassy; rooibos is sweet ish, woody, mellow, and a common caffeine free base for "chai" and "Earl Grey" style blends. Health: both modest and real, neither a tonic.

Which should you choose

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Which should you choose , Rooibos vs Green Tea. Canonical: https://teas.co.uk/wiki/rooibos-vs-green-tea/*

Choose green tea for a daytime caffeine lift with a clean, fresh character; choose rooibos for the evening, for caffeine avoiders, for a smooth low tannin cup that is impossible to brew harsh, or as a caffeine free base for spiced and flavoured blends. They genuinely suit different times and needs; keeping both covers day and night.

Quick take

The clear verdict: not a contest. Green tea wins if you want caffeine and fresh character; rooibos wins if you want caffeine free, smooth and forgiving. Both are good, modest drinks oversold as superfoods. Pick by caffeine and time of day, brew each by its own rules (green cool and short, rooibos hot and long), keep the sugar out, and ignore the antioxidant marketing for both.

Rooibos and green tea side by side

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	Green tea	Rooibos
Plant	True tea, <i>Camellia sinensis</i>	South African herb, a tisane
Caffeine	Moderate, variable	Reliably caffeine free
Brewing	Cool and short or it turns bitter	Hot and long, hard to over bitter
Flavour	Fresh, vegetal, grassy	Sweet ish, woody, mellow
Best for	Daytime caffeine lift	Evening, caffeine free base

References and notes

- [Britannica: Tea \(beverage\)](#)

FROM THE CURATOR *teas* · Try the cheapest plain version of the style first. Upgrade only after you've decided you like the style.

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