Sencha vs Matcha

From the teas.co.uk wiki

> **Sencha vs matcha, in short:** Sencha vs matcha: both Japanese green, but sencha is steeped and discarded while matcha is whole shade grown leaf whisked and drunk. Caffeine, prep, price.

The headline is that sencha and matcha are both Japanese green tea but consumed in fundamentally different ways: sencha is leaf you steep and discard; matcha is shade grown leaf ground to powder that you whisk and drink whole. That single difference drives almost every other distinction, and this page sets them out clearly.

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

What they have in common

What they share: both are Japanese green tea from Camellia sinensis, both fresh and vegetal in character, both caffeinated, both with the same modest real health story (modulated, for matcha, by whole leaf consumption), and both best enjoyed unsweetened and reasonably fresh, green tea stales relatively fast.

The real differences

The real differences. Consumption: you discard sencha leaf after steeping, but ingest the whole matcha leaf, so a serving of matcha is more caffeine concentrated and more intense per serving than a cup of sencha. Processing: matcha is shade grown (raising L theanine and sweetness) and de veined before grinding; sencha is usually unshaded and rolled. Preparation: sencha is steeped cool and short and re steeped; matcha is sifted and whisked, not steeped, and not re steeped. Price and effort: good matcha is generally pricier and more involved; sencha is the everyday workhorse. Flavour: sencha bright and grassy; matcha thicker, sweeter umami, more concentrated.

Which should you choose

Choose sencha for an easy, refreshing, re steepable everyday Japanese green with a gentler per cup caffeine load; choose matcha when you want the concentrated, vivid, ceremonial experience and the stronger, smoother feeling lift, and do not mind the price and the whisking. Many drinkers keep sencha for daily life and matcha for a deliberate occasion.

Quick take

The clear verdict: same plant family, different consumption. Sencha is the gentler, simpler, cheaper everyday green; matcha is the concentrated, intense, whole leaf one with more caffeine per serving and more ceremony. Both are excellent and modest, not magic. Brew each by its method (sencha cool and short, matcha sifted and whisked) and choose by occasion, intensity and budget, not by superfood claims.

Sencha and matcha side by side

	Sencha	Matcha
Consumption	Steep leaf, discard it	Whole leaf, powdered, drunk
Processing	Usually unshaded, rolled	Shade grown, de veined, ground
Preparation	Steeped cool and short, re steeped	Sifted and whisked, not steeped
Caffeine	Gentler per cup	More concentrated per serving
Price/effort	Everyday workhorse	Pricier, more involved
Flavour	Bright, grassy	Thicker, sweeter umami, intense

References and notes

- Britannica: Tea (beverage)

FROM THE CURATOR

teas · One good loose sencha in a kyusu beats five exotic bags drunk in haste.

More from the tea wiki

- Sencha
- Matcha
- Green tea vs matcha
- Japanese green tea
- Usucha vs koicha

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/