Twinings Green Tea Range Compared

From the teas.co.uk wiki



Twinings green tea photos and stock were confirmed on 8 August 2026.

> **Quick answer:** **Pure Green** is the baseline. Choose **Jasmine** for floral aroma, **Lemon** for citrus brightness, **Mint** for a cooling finish, or **Pure Green Decaf** when reducing caffeine matters. Start with the base before deciding which flavour improves it for you.

Highly polished against the live shop on 8 August 2026. Stock and price are dated snapshots.

These five boxes share a 20-bag format and current price, which makes flavour and caffeine (not packaging) the useful decision.

The simplest tasting ladder

Brew Pure Green first. Then try Jasmine, Lemon and Mint one at a time, keeping water and steep consistent. This shows if you enjoy green tea itself or mainly the added aroma. Put Decaf beside Pure Green last, because decaffeination is a processing difference rather than a flavour garnish.

Floral, citrus or cooling

Jasmine is perfume-like and aromatic; lemon brings brightness and familiarity; mint provides a cooler finish. None is objectively more refined. A flavour that masks bitterness can be helpful to a new green-tea drinker, while an experienced drinker may prefer the plain baseline.

Caffeine and the word decaf

Standard green tea naturally contains caffeine. Decaffeinated green tea has had most caffeine removed, but “decaf” is not automatically “caffeine-free.” People who need strict avoidance should follow the current manufacturer statement and medical advice rather than a category assumption.

Brewing without bitterness

Freshly boiled water can make some green teas harsher. Follow the pack temperature, or let the kettle cool briefly before pouring, and avoid extending the steep simply to chase darker colour. Change one variable at a time; cooler water and a shorter brew often reveal more sweetness.

Relevant teas from our shop

These are not paid placements. Every Twinings green shown is in stock now and earns its place by covering one part of this comparison.



Twinings Pure Green Tea, 20 Tea Bags 50g

The control cup: taste Pure Green first so the flavoured versions have a meaningful baseline.

When we checked on 8 August 2026: £4.50, in stock

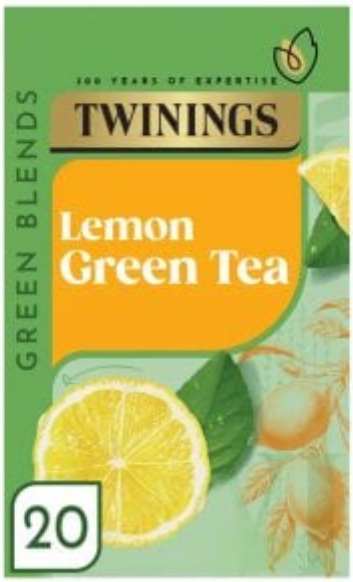
View this tea in the shop



Twinings Jasmine Green Tea, 20 Tea Bags 40g

Jasmine adds a floral aromatic layer and suits drinkers who value fragrance over citrus or mint.

View this tea in the shop



Twinings Lemon Green Tea, 20 Tea Bags 40g

Lemon gives the cleanest bright, citrus-led route.

View this tea in the shop



Twinings Mint Green Tea, 20 Tea Bags 40g

Mint softens the grassy impression for some drinkers and finishes cooler.

When we checked on 8 August 2026: £4.50, in stock

View this tea in the shop



Twinings Pure Green Decaf Tea, 20 Tea Bag 35g

The decaffeinated route for a green-tea style with much less caffeine; decaf should not be assumed to mean zero.

When we checked on 8 August 2026: £4.50, in stock

View this tea in the shop

These Twinings green tea prices and stock levels date from 8 August 2026 and can move. The live Twinings product page decides at checkout.

The practical buying decision

- **Learn the base:** Pure Green.
- **Floral:** Jasmine.
- **Bright:** Lemon.
- **Cooling:** Mint.
- **Lower caffeine:** Pure Green Decaf, after checking the pack's exact wording.

Shop the wider shelf and keep reading

Shop the complete Twinings range or compare other brands in Green Tea. Continue with What Is Green Tea? and How to Brew Green Tea.

How we keep this guide useful

teas.co.uk both stocks these Twinings greens and writes this guide. No brand paid for inclusion or position. Our starting list is every Twinings green currently stocked here, grouped by caffeine, format, ingredients, tea family and intended use. "Best" here means the most suitable Twinings green for a given need, judged on this dated list rather than any universal tasting.

Box names like Sleep, Digest or Defence are treated as range labels here, not as medical evidence. Check the current Twinings box for its ingredient list, allergens and brewing steps. If you are pregnant, on medicines or managing a long term condition, run ingredients like liquorice root past a suitable clinician. Last editorial and catalogue check for these Twinings greens: 8 August 2026.

Related buying guides

Next, move sideways to the closest Twinings comparisons rather than back to the Wiki home.

- Twinings Wellness Blends Compared
- Best Organic Tea Bags UK
- Best White Tea Bags UK

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