

Pukka Organic Herbal Tea Collection: a four-blend sampler

From the teas.co.uk wiki

Pukka Organic Herbal Tea Collection: a four-blend sampler, in summary: Twenty bags, five each of four organic blends. Lemon and ginger, Three Mint and Night Time are caffeine-free herbals; Supreme Matcha Green is real green tea and does contain caffeine, so sort the box before you start.

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

The one thing to know before opening this box is that it is not all herbal: the Supreme [Matcha](#) Green bags are [green tea](#) with matcha, so they carry [caffeine](#) where the other three do not. Beyond that, five bags of each blend is enough to tell you which one deserves a full box of its own.

What each of the four bags holds

The published ingredients make each blend easy to read. Supreme Matcha Green is green tea at 98 per cent with 2 per cent matcha. Lemon, Ginger and a touch of Manuka Honey is led by ginger root at 38 per cent, with lemongrass, lemon peel at 15 per cent and liquorice root, and its Manuka element is listed as a natural flavouring at 2 per cent.

Three Mint is exactly what the name says: [peppermint](#) at 45 per cent, spearmint at 39 and fieldmint at 16. Night Time is the most complex bag in the carton, built on oat flowering tops with [chamomile](#), liquorice, lavender, limeflower, tulsi and valerian root. Liquorice turns up in two of the four, which is where much of the natural sweetness in this box comes from.

The one bag with caffeine

Sort the carton before you start drinking from it. The matcha green bags belong to the morning or early afternoon, because they are made from tea leaf and bring its caffeine with them. The lemon and ginger, the mint and the Night Time bags contain no tea leaf, so any of those three can be made at any hour without a second thought.

That split makes the collection a practical first box for a household that drinks [herbal tea](#) in the evening and something greener earlier on. Five bags of a blend is not a lot, and that is the point: it is a way to find the Pukka flavour you actually return to before committing to a full-size box, where a wrong guess means twenty

or forty bags of it.

Brewing a mixed carton

The herbal bags want more time than a tea drinker expects. Pour on water that has just boiled, put a saucer over the mug and give them five to six minutes; roots such as ginger and liquorice release slowly, and a bag lifted at three minutes makes a thin cup. Leaving a herbal bag in longer will not spoil it, since there is no tea leaf to turn harsh.

Treat the green bag differently. It is the only one in the box made from tea leaf, so do not give it the long herbal steep by default; taste it as it brews and lift the bag when it suits you. For a cold jug in summer, the mint and the lemon and ginger blends are the ones to use: brew two bags strongly in 250ml of water, let it cool, then pour it over plenty of ice.

The packs we stock

- [Pukka Organic Herbal Tea Collection, Four Different Flavours, 20 Tea Bags](#) (barcode 5063270115541)

What the label says

Ingredients, as published: Supreme Matcha Green: Green tea (98%), Matcha (2%), Lemon, Ginger & a touch of Manuka Honey: Ginger Root (38%), Lemongrass, Lemon Peel (15%), Licorice Root, Natural Lemon Flavouring (5%), Natural Manuka Honey Flavouring (2%), Three Mint: Peppermint Leaf (45%), Spearmint Leaf (39%), Fieldmint Leaf (16%), Night Time: Oat Flowering Tops, Chamomile Flower (18.1%), Licorice Root, Lavender Flower (14%), Limeflower, Tulsi Leaf, Valerian Root (4.9%).

Ingredient and nutrition information for this product, as published on the manufacturer's label. The sampler box in your hands has the final word.

What to eat with it

- [Lu Le Petit Beurre Biscuits With Butter & a Hint of Salt, 167g](#): a plain butter biscuit with a hint of salt that flatters every blend in the box without clashing with any of them.
- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): dark [chocolate](#) and ginger, a natural partner for the Three Mint bags and an echo of the ginger in the lemon blend.
- [Royal Dansk Danish Butter Cookies, 340g](#): rich butter cookies to set against the lighter herbal cups, especially the Night Time bag at the end of the day.
- [McVitie's Hobnobs Dark Chocolate Biscuits The Oaty One, 262g](#): an oaty dark chocolate biscuit for the matcha green bags, where a little bitterness meets a little sweetness.

Elsewhere in the Pukka range

- [Pukka Organic Lemon, Ginger & a touch of Manuka Honey 40 Immunity Herbal, 68g](#)
- [Pukka Organic Night Time Berry Herbal Tea With Chamomile 20 Sleep, 32g](#)

- [Pukka Organic Night Time Herbal Home Compostable Sleep with Chamomile, 40 Tea Bags 40g](#)
- [Pukka Organic Peace Tea With Chamomile Home Compostable Herbal, 20 Tea Bags](#)
- [Pukka Organic Three Chamomile Tea Home Compostable Herbal, 20 Tea Bags](#)
- [Pukka Organic Three Mint Home Compostable Herbal, 40 Tea Bags 64g](#)

The full range is on the [Pukka brand page](#).

FAQ

Which blend in the Pukka collection has caffeine? Supreme Matcha Green, because it is green tea with matcha. Lemon and ginger, Three Mint and Night Time are caffeine-free herbal infusions.

How many bags of each flavour are in the box? Five of each, which makes twenty bags across the four blends.

Are the bags compostable? The carton describes them as home compostable, the stricter standard, meaning they should break down on a garden heap rather than needing an industrial facility. Follow the disposal guidance printed on the box.

Does the line-up of blends ever change? It can. Pukka has changed the four blends between editions, so check the carton you receive against the list above.

Do the herbal bags need honey? Taste them first. The liquorice in two of the blends is naturally sweet, so you may find they need nothing added.

Curator's note: Drink the four side by side over a weekend and you will know which one to buy next. Keep the matcha bags for the morning and let the other three cover the rest of the day. Lee, teas.co.uk, Tunbridge Wells.

In short: Pukka Organic Herbal Tea Collection: a four-blend sampler

Field	Detail
Brand	Pukka
Packs we stock	Four Different Flavours, 20 Tea Bags
Category	Organic Tea Bags
Caffeine	varies
Best for	Trying four Pukka blends before buying a full box
Brew	Five to six minutes, covered, for the herbal bags
Watch for	The matcha green bags contain caffeine

More from the tea wiki

- [Pukka: The Organic Herbal Brand](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)

- [Builders' Tea: The Working Class Story](#)
- [Herbal Tea](#)
- [Fruit Tea](#)

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

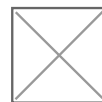
Welcome bonus + earn on every order.



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/