

Pukka Peace: chamomile and spearmint in equal parts

From the teas.co.uk wiki

Pukka Peace: chamomile and spearmint in equal parts, in summary: Peace is an organic herbal blend with no caffeine that is as much spearmint as chamomile, with lavender, ashwagandha root and hemp seed oil granules behind them. Steep it five to ten minutes, covered.

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

[Chamomile](#) gets the billing, but the published ingredients put spearmint level with it at 36 per cent each. That makes Peace a mintier cup than a plain chamomile, and it changes what to eat with it.

Reading the Peace label

The ingredients as published are chamomile flower at 36 per cent, spearmint leaf at 36 per cent, lavender flower at 9, ashwagandha root at 5 and hemp seed oil granules at 4. There is no tea leaf anywhere, so no [caffeine](#), and Pukka's published list for Peace names none of the 14 major allergens. As always, the pack in your hands has the final word.

Those figures tell you how it drinks. Chamomile supplies the soft, hay-sweet, faintly apple base; spearmint, level with it by weight, brings a clear mint note over the top; lavender adds a floral touch in the background. The root and the seed oil granules are minor players by weight, and chamomile and spearmint together make up most of the bag.

A name, not a promise

The word Peace describes a mood rather than anything the cup can be held to, so judge the tea on flavour. Pukka files it with its slower, quieter teas, next to its evening blends, and chamomile has been drunk in the evening across Europe and the Middle East for a very long time. That tradition is the only claim we make for it; the carton promises no treatment of any kind.

Among the chamomile boxes we stock, Peace is the blended, rounded option. Three Chamomile puts the flower on its own and at full volume, for people who already like it; Peace rounds it off with mint and lavender. If you like chamomile but want a fresher finish, or you usually reach for a mint tea after dinner, Peace sits neatly between the two.

Ten minutes, then chocolate

Give it at least five minutes and up to ten, with a saucer over the mug. Chamomile gives up its sweetness slowly, and most thin, grassy cups of it were simply lifted too early. A herbal blend with no tannin will not turn bitter if left, unlike a [black tea](#), so the only real risk in a long steep is forgetting about the mug altogether.

The mint in the blend opens up the food pairings. [Chocolate](#) works well, as it does with most mint teas, and an oat biscuit studded with dark chocolate is a good match; a lemony biscuit brings out the brighter side of the spearmint. It is a fine end to a heavy meal, and a sensible last hot drink of the evening for anyone avoiding caffeine.

The packs we stock

- [Pukka Organic Peace Tea With Chamomile Home Compostable Herbal, 20 Tea Bags](#) (barcode 5060519145468)

What the label says

The published ingredient list for Pukka Organic Peace Tea With Chamomile Home Compostable Herbal, 20 Tea Bags names none of the 14 major allergens. Check the Peace carton you are buying, as Pukka may change the recipe and allergen advice.

Ingredients, as published: Chamomile Flower (36%), Spearmint Leaf (36%), Lavender Flower (9%), Ashwagandha Root (5%), Hemp Seed Oil Granules (4%).

Ingredient and nutrition information for this product, as published on the manufacturer's label. The Peace carton in your hands settles it.

What to eat with it

- [Nairn's Dark Chocolate Chip Oat Biscuit, 200g](#): dark chocolate and oats against the spearmint, the mint-and-chocolate idea in a gentler form.
- [Border Lemon Drizzle Melts Organic Biscuits, 150g](#): a soft lemony biscuit that lifts the fresh, green side of the cup.
- [Fox's Chocolatey Biscuits Half Coated Milk Chocolate Cookies, 157g](#): milk chocolate for anyone who wants the after-dinner mint effect with a sweeter edge.
- [Border Classic Biscuit Sharing Pack, 400g](#): a sharing pack for the table, with Peace as the pot for anyone off caffeine.

Elsewhere in the Pukka range

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

What is in Pukka Peace tea? Chamomile and spearmint at 36 per cent each, then lavender, ashwagandha root and hemp seed oil granules, according to the published ingredients.

Does Pukka Peace taste of mint? Yes, more than the name suggests. Spearmint makes up as much of the bag as chamomile, so a clear mint note sits over the soft flower.

Is there caffeine in Pukka Peace? None. Nothing in the bag comes from the tea plant, so there was never any caffeine to take out.

How long should Pukka Peace steep? Five minutes at the least and ten for a rounder cup, covered. It will not go bitter.

How does Peace differ from Three Chamomile? Three Chamomile is all about the one flower; Peace blends it with spearmint and lavender, so it drinks fresher and softer at once.

Curator's note: Think of it as an after-dinner mint tea with a chamomile heart and you will judge it fairly. A long steep and a square of dark chocolate on the side is how I would serve it. Lee, teas.co.uk, Tunbridge Wells.

In short: Pukka Peace: chamomile and spearmint in equal parts

Field	Detail
Brand	Pukka
Packs we stock	20 Tea Bags
Category	Organic Tea Bags
Allergens (as published)	As Pukka publishes it, the Peace ingredient list leaves out every major allergen of the 14.
Caffeine	caffeine free
Tastes of	Soft chamomile with spearmint over the top
Brew	Five to ten minutes, covered
Best with	Dark chocolate or a lemony biscuit

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](#)
- [Chamomile Tea](#)
- [Herbal Tea](#)

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