

Twinings English Afternoon: The Four O'Clock Blend

From the teas.co.uk wiki

Twinings English Afternoon: The Four O'Clock Blend, in summary: English Afternoon is a black tea blend built lighter and brighter than a breakfast tea, for the middle of the day. Brew it three minutes, go easy on the milk or add lemon, and serve it with a biscuit.

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

A breakfast blend is made to carry plenty of milk first thing; an afternoon blend is made for the hours after lunch, when that weight starts to feel like work. The distinction is a real one, and it changes how you should brew the cup.

Deliberately built lighter

Brightness is what separates an afternoon blend from a breakfast one. The cup feels lively rather than weighty, the malt stays in the background, and there is enough body for a proper splash of milk without the mug growing heavy. It finishes cleanly and without lingering, so the next bite of biscuit tastes of biscuit. Anyone after a deep, malty builder's mug should reach for a breakfast blend instead.

Eighty bags across 200 grams puts 2.5 grams of leaf in each, which gives that medium body without tipping into weight. Think of this as the [black tea](#) for a pot with friends at four o'clock, not the mug that gets you out of the door at seven, and keep a breakfast box alongside it for the mornings when you need more.

Brewing for brightness

Use freshly drawn water brought to a full boil. Water that has been boiled twice or left standing flattens any black tea, and a light blend has less leaf to mask the damage. Three minutes keeps the cup bright, and four gives a darker cup if that is how you take it. Leave the bag in much beyond that and the lightness simply drains away.

Add milk once the bag is out rather than first, since cold milk poured in early knocks the temperature down and the brew never recovers. Go gently with the jug, too, because a big splash smothers a bright cup far faster than it does a malty one. Lemon is a better match here than in a breakfast blend, as a brighter tea already has citrus notes for it to meet.

What belongs on the plate

Tea with very little on the plate is a habit that has largely faded, and this blend is made for exactly that kind of pause. Put it beside a bacon sandwich and it vanishes, which is where a breakfast tea earns its keep. What suits it is something small and sweet: a biscuit, a slice of cake, or a lemon bake that picks up the citrus note in the cup.

It is a black tea and it contains [caffeine](#), which is worth keeping in mind if the afternoon cup has been creeping towards the evening. For a late pot, a decaffeinated blend from the same Twinings shelf is the better choice, and for a morning mug an [English Breakfast](#) will give you more weight. This box belongs to the hours in between.

The packs we stock

- [Twinings English Afternoon, 80 Tea Bags 200g](#) (barcode 070177231354)

What to eat with it

- [Border Lemon Drizzle Melts Organic Biscuits, 150g](#): lemon drizzle picks up the citrus edge of a bright afternoon cup, especially one served with a slice of lemon.
- [Nairn's Dark Chocolate Chip Oat Biscuit, 200g](#): an oat biscuit with dark [chocolate](#) chips that stays modest beside a lighter blend.
- [Fox's Chocolatey Biscuits Half Coated Milk Chocolate Cookies, 157g](#): a sweeter treat for a milky afternoon cup, where the clean finish clears the chocolate away.

Elsewhere in the Twinings range

- [Twinings Assam, 80 Tea Bags 200g](#)
- [Twinings Assam Loose Tea, 125g](#)
- [Twinings Black Tea Discovery Collection, 20 Tea Bags 40g](#)
- [Twinings Darjeeling, 40 Tea Bags 100g](#)
- [Twinings Decaffeinated Everyday, 80 Tea Bags 250g](#)
- [Twinings Earl Grey Discovery Collection, 20 Tea Bags 40g](#)

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

FAQ

How is English Afternoon different from English Breakfast? Afternoon blends are built lighter and brighter, with less malt; a breakfast blend is heavier and made to carry more milk.

Can I drink English Afternoon with lemon? Yes. Its brighter character suits a slice of lemon better than a malty breakfast tea does.

How long should I brew it? Three minutes in freshly boiled water, or four for a darker cup. Much longer and it loses its brightness.

Should the milk go in first? Add it after the bag is out, and use less than you would with a breakfast tea.

Does Twinings English Afternoon contain caffeine? Yes. It is a black tea blend and it is caffeinated.

Curator's note: Brew it short, pour it into a proper cup rather than a mug, and give it ten quiet minutes with a biscuit. That is the whole brief, and it does it very well. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings English Afternoon: The Four O'Clock Blend

Field	Detail
Brand	Twinings
Packs we stock	80 Tea Bags 200g
Category	Everyday Tea Bags
Caffeine	caffeinated
Brew	Three minutes, fresh boiling water
Milk or lemon	Either, milk with a light hand
Occasion	Mid-afternoon, with a biscuit

More from the tea wiki

- [Twinings: Tea Range and Buying Guide](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Lemon and Ginger Tea: The UK's Working Remedy Cup](#)
- [Builders' Tea: The Working Class Story](#)

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