

Twinings Everyday: How It Differs from English Breakfast

From the teas.co.uk wiki

Twinings Everyday: How It Differs from English Breakfast, in summary: Everyday sits at the strong end of what Twinings makes, blended to take milk: 2.9g of leaf a bag against 2.5g in English Breakfast, with a darker blend to match. One bag fills a big mug in three minutes.

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

The gap between Twinings Everyday and the brand's [English Breakfast](#) can be measured in the bag: **2.9 grams of leaf against 2.5**. Everyday is also blended stronger to suit that extra weight, which is why it keeps its colour under a generous pour of milk in a large mug.

More leaf in the bag, and a bolder blend behind it

Eighty bags in a 232g box works out at 2.9g of leaf in each. The English Breakfast carton spreads 200g across the same number of bags, so 2.5g apiece, which makes Everyday roughly sixteen per cent heavier per bag. Twinings has not stopped at the extra leaf, though: the recipe itself is built for strength, so this is a different tea rather than breakfast tea packed more tightly.

The difference shows in where the flavour sits. In the breakfast blend, briskness leads and the malt stays behind it. In Everyday the malt moves to the front, rounded and biscuit-like, over a full, coppery body. The grip at the finish is firm and deliberate, and how long the bag stays in the water decides almost all of it.

Made for a big mug and a heavy hand with milk

One bag is enough for a mug of around 350ml, which is where a lighter 2.5g bag begins to struggle. Give it three minutes for a strong cup, two and a half if you like it gentler, and closer to four minutes if you are brewing a pot. Beyond four minutes the dryness takes over and the tea tastes harsh rather than strong. Wanting a second bag usually means the first came out too soon.

Be more generous with the milk than you would with English Breakfast; the blend is designed to show through it. Take the bag out before any milk goes in, because cold milk poured mid-brew cools the water and stalls the extraction. In a hard-water area the cup can look grey and taste muted, so give it an extra thirty seconds or use filtered water.

Where Everyday sits in the Twinings line-up

Everyday makes no claim to be delicate, aromatic or single origin, and a bag will not stand a second steep. It answers one question: what goes in the mug first thing and again mid-afternoon, day after day. For a late cup the same range includes a Decaffeinated Everyday, and English Breakfast remains the choice for anyone who prefers briskness to malt.

It suits a household that gets through tea steadily, drinks it with milk and uses proper mugs rather than teacups. It also wants something plain and solid to eat alongside. A digestive is the natural partner, sturdy enough for a quick [dunk](#), and a chocolate-coated one works just as well because the malt in the cup can stand up to it.

The packs we stock

- [Twinings Everyday, 80 Tea Bags 232g](#) (barcode 070177231323)

What the label says

The published ingredient list for Twinings Everyday, 80 Tea Bags 232g (barcode 070177231323) names none of the 14 major allergens. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to eat with it

- [McVitie's Digestives Dark Chocolate Biscuits, 433g](#): Dark [chocolate](#) has enough bitterness to meet a malty, milky mug halfway, and the 433g pack keeps pace with an eighty-bag box.
- [McVitie's Milk Chocolate Digestives Biscuits, 266g](#): A sweeter, milder partner for a strong mug taken with plenty of milk.
- [Border Classic Biscuit Sharing Pack, 400g](#): A sharing pack of classic [biscuits](#) for the tea break, when several people are drinking from the same pot.

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

Is Twinings Everyday stronger than English Breakfast? Yes. Each bag holds 2.9g of leaf against 2.5g, and the blend itself is built darker and maltier, so it brews a heavier cup.

How long should I brew Twinings Everyday? Three minutes in a mug for a strong cup, or two and a half for a lighter one. Past four minutes it turns dry.

Will one bag do for a large mug? Yes. At 2.9g a bag there is enough leaf for a mug of about 350ml without it tasting stretched.

Does Twinings Everyday contain caffeine? Yes, it is a caffeinated [black tea](#); check the current pack for a precise figure. For the evening, Twinings also makes a Decaffeinated Everyday.

Why does my Everyday look grey? Hard water mutes the colour and the briskness. Give it an extra thirty seconds or brew with filtered water.

Curator's note: Three minutes, bag out, then pour the milk with confidence and put a digestive on the saucer. It is a working tea and it is happiest when treated like one. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings Everyday: How It Differs from English Breakfast

Field	Detail
Brand	Twinings
Packs we stock	80 Tea Bags 232g
Category	Everyday Tea Bags
Allergens (as published)	The published ingredient list for this barcode names none of the 14 major allergens.
Caffeine	caffeinated
Strength	Strong and malty, built for milk
Brew	Three minutes in a big mug
Best with	A chocolate digestive

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

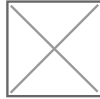
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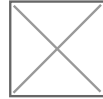
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