

Twinings Everyday 120 Plant-Based: What the Label Means

From the teas.co.uk wiki

Twinings Everyday 120 Plant-Based: What the Label Means, in summary: Plant-Based describes the bag, not the tea: plant fibre, sealed without plastic. Inside is a strong everyday black blend at 2.9g a bag, 120 bags to the box, made for three minutes and plenty of milk.

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

Every tea comes from a plant, so the words Plant-Based on this Twinings box are about something else: the bag is plant fibre, closed without any plastic. The tea inside is the house's plain, strong everyday blend, dosed heavily enough to stand up to milk.

What Plant-Based does and does not tell you

The phrase on the front of the carton names the bag material. Most conventional tea bags are heat-sealed using a small amount of plastic; this one is plant fibre closed without it, and that bag is the only reason the carton exists alongside the standard Everyday box. The name promises nothing about the leaf, its strength or its taste; tea has always come from a plant.

What the words do not settle is where the used bag should go. Home compostable and industrially compostable are separate standards, and the carton says which one applies to your pack, so check it before the bags go on the garden heap. The box and the bag may need different routes, so follow the pack and your local authority. The published ingredient list names none of the fourteen major allergens.

Why 2.9 grams a bag changes the cup

Divide 348g by 120 bags and each one holds 2.9g of leaf, which is more leaf than the usual household bag, by roughly a sixth. That weight is what lets the cup take a generous splash of milk and still taste of tea. Expect a brisk, malty, full-bodied mug with a drying finish, and a quiet aroma: nothing scented, nothing delicate.

The heavy dose is also why timing matters. Freshly boiled water and three minutes suit a standard mug; cut it to two for a weak cup or stretch to four for a strong, milky one. Then lift the bag out, because a bag this full

turns harsh if it sits. Add the milk last: poured into a brewing mug, cold milk cools the water and halts the extraction halfway, which is how milky mugs end up pale.

From one mug to a pot for the table

The ratio scales simply. Three bags go into a 750ml pot, the same strength as one bag in a mug. Heat the pot with a splash of hot water, give the bags three minutes under the lid, then fish them all out before pouring, or the last cup will be far harsher than the first. With 120 bags in the box, that is 120 mugs or forty pots.

This is the carton to keep next to the kettle in a busy house, made quickly while you do something else and forgiving of a hurried brew. It is caffeinated at a heavy dose per bag, so if you want a late cup, switch to a decaffeinated box rather than brewing this one shorter; Twinings makes a Decaffeinated Everyday for that job. With breakfast, and a bacon sandwich in particular, it comes into its own.

The packs we stock

- [Twinings Everyday 120 Plant-Based, 348g](#) (barcode 070177231293)

What the label says

The published ingredient list for Twinings Everyday 120 Plant-Based, 348g names none of the 14 major allergens. Check the current UK pack before purchase; formulations and allergen advice can change.

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

What to eat with it

- [McVitie's Rich Tea Biscuits, 300g](#): Rich Tea is light enough for a quick [dunk](#) and lets the malt in a strong mug do the talking.
- [McVitie's Milk Chocolate Digestives Biscuits, 266g](#): The sweetness of a milk [chocolate](#) digestive rounds off the drying finish of a heavy bag.
- [Border Classic Biscuit Sharing Pack, 400g](#): A sharing pack for the pot on the table, so everyone round it has a choice.

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

Does Plant-Based mean the tea is different? No. It names the bag material, plant fibre sealed without plastic; the strong everyday blend inside is the point of the box.

Can the used bags go on my compost heap? Only if the carton says the bag is home compostable. Industrially compostable is a different standard, so read the pack and check your local guidance.

How many cups are in the 120 box? One bag a mug gives 120 mugs; at three bags to a 750ml pot, it makes forty pots.

Should the milk go in first or last? Last, once the bag is out. Milk added mid-brew cools the water and leaves a pale, weak mug.

Can I brew it shorter for a late cup? It is a caffeinated [black tea](#), and a short brew is no substitute for a decaffeinated box; Twinings Decaffeinated Everyday is the better choice for the evening.

Curator's note: Keep this box by the kettle and brew it while the bacon is under the grill. It is Saturday-breakfast tea, and it does the job without asking for attention. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Twinings Everyday 120 Plant-Based: What the Label Means

Field	Detail
Brand	Twinings
Packs we stock	348g
Category	Everyday Tea Bags
Allergens (as published)	The published ingredient list for this product names none of the 14 major allergens.
Caffeine	caffeinated
Best for	A strong mug with milk, any time of the working day
Brew	Three minutes, then lift the bag
Pot	Three bags to a 750ml pot

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](#)

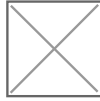
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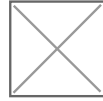
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