

Twinings Lady Grey: The Lighter Earl Grey

From the teas.co.uk wiki

Twinings Lady Grey: The Lighter Earl Grey, in summary: Twinings' own lighter take on Earl Grey: softer bergamot, brighter citrus, the same 2.5g bag. Give it no more than three minutes and drink it black from a cup.

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

Earl Grey is a style that anyone can blend; **Lady Grey** is one specific Twinings recipe. It keeps the family likeness to bergamot but lets brighter citrus lead, and it is aimed at drinkers drawn to Earl Grey in principle who find the finished cup too perfumed.

A house recipe rather than a style

Almost every tea company sells an Earl Grey, because the name describes a style: [black tea](#) with bergamot. Lady Grey is a Twinings blend, which is why there is rarely an alternative version of it sitting beside it on the shelf. It also comes from the house whose name is most tied to Earl Grey in the first place, so this is the brand varying its own best-known theme rather than copying anyone.

The bag is not smaller. Eighty bags in a 200g box gives 2.5g each, the same as the Twinings Earl Grey, so the lighter cup comes from the blending rather than from less tea. In the cup the citrus lifts first, bright and clean; the bergamot is recognisable but restrained; and the black tea base stays light, acting as a frame rather than a flavour. The exact citrus elements are listed on the current pack.

The narrowest brewing window in the range

Somewhere between two and a half and three minutes is right; after that, lift the bag. Much past three and a half, the base tea starts to push forward and the delicacy that is the reason for choosing this blend disappears. It has less depth to fall back on than a breakfast tea and will not survive being forgotten on the side, which is why a kitchen timer earns its keep here.

Cover the cup for the first minute. The citrus is volatile and escapes in the steam, and a saucer on top holds it in the liquid instead of letting it drift off. Use a cup, not a big mug: a light blend thins out badly across 400ml. If a mug is unavoidable, put two bags in and shorten the brew to two minutes.

Serving it black, cold or with cake

Lady Grey is an [afternoon tea](#) to drink black. If you want anything in it, the thinnest slice of lemon suits it better than milk. It sits well beside plain sponge or cucumber sandwiches, where heavier flavours would flatten it, and it also cold brews well, which is unusual for a scented blend and worth trying on a warm day. It suits Earl Grey drinkers who find the bergamot too heavy for every day, and black tea drinkers looking for something brighter after lunch. It is caffeinated black tea, neither a [decaf](#) nor a fruit infusion, and it is no substitute for a strong morning cup. Think of it as the gentle end of the Twinings black teas.

The packs we stock

- [Twinings Lady Grey, 80 Tea Bags 200g](#) (barcode 070177231330)

What to eat with it

- [Border Lemon Drizzle Melts Organic Biscuits, 150g](#): Lemon drizzle echoes the citrus lead without adding anything heavy.
- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): An original Hobnob brings oaty crunch without the [chocolate](#) or spice that would overpower a delicate cup.
- [McVitie's Digestives Biscuits The Light One, 250g](#): A simple digestive to keep beside a cup that wants nothing heavy on the side.

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 Lady Grey different from Earl Grey? It is a Twinings house recipe that turns the bergamot down and the citrus up, so it tastes paler and fresher than a classic Earl Grey.

Does Lady Grey use less tea per bag? No. Each bag holds 2.5g, matching the Twinings Earl Grey; the lightness comes from the blend.

How long should Lady Grey brew? Between two and a half and three minutes. After about three and a half the base takes over and the citrus fades.

Can you take Lady Grey with milk? We would not. Drink it black, or add the thinnest slice of lemon.

Can Lady Grey be cold brewed? Yes, and it does it well, which is unusual for a scented blend. It is also a caffeinated black tea, so bear that in mind for a late glass.

Curator's note: Get the good cup out, set a timer and lift the bag the moment it rings. It is the Twinings blend that most rewards a little ceremony. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings Lady Grey: The Lighter Earl Grey

Field	Detail
Brand	Twinings
Packs we stock	80 Tea Bags 200g
Category	Black Tea
Caffeine	caffeinated
Steep	Between two and a half and three minutes
Serve	Black, in a cup
Best with	Lemon drizzle or a plain sponge

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](#)
- [Lady Grey: The Lighter, Citrus Forward Earl Grey](#)

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