

Twinings Lemon & Ginger: What Is in the Bag

From the teas.co.uk wiki

Twinings Lemon & Ginger: What Is in the Bag, in summary: Ginger root leads the published ingredient list, ahead of lemon flavouring, lemongrass, blackberry leaves, lemon peel and sweet fennel. No tea leaf means no caffeine. Steep five minutes, covered; for more heat, use two bags.

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

Ginger root is the largest single ingredient on the label of Twinings Lemon & Ginger, at 37 per cent, yet plenty of people decide it is a lemon drink with only a hint of ginger. The explanation is timing, and it is easy to put right in the mug.

What the label lists

The published ingredients, in order, are ginger root at 37 per cent, natural lemon flavouring, natural flavourings at 25 per cent, lemongrass, blackberry leaves, lemon peel at 9 per cent, sweet fennel, natural ginger flavouring and a further 3.5 per cent of natural flavourings. So the lemon arrives two ways, as flavouring and as peel, and the ginger both as root and as flavouring. The same list names none of the fourteen major allergens.

The fill is light. Eighty bags from a 120g box is 1.5g of dried botanicals per bag, less than a [peppermint](#) or a [rooibos](#) bag carries, and there is no tea leaf to add weight to the body. That has a direct effect on brewing: a bag this light needs the full steep to fill out, and if you want more heat than that gives, the answer is more botanical rather than more minutes.

Lemon first, ginger later

The two flavours work on different clocks. Lemon aromatics are small and light, so they escape with the steam almost at once, and the citrus greets you first and leaves first. Ginger's pungent compounds are heavier and dissolve slowly, giving a slow, dry heat that turns up late and stays on after you have finished. At three minutes you get lemon with a trace of ginger; at five, the warming drink you bought.

With no tannin in the bag, a long steep costs nothing, and ten minutes does no damage. Cover the mug with a saucer early on to trap the citrus vapour and let it fall back into the drink. For more fire, add a second bag instead of doubling the time. Leave out the milk, since this is a clear, citrus-led infusion, and try it without

honey first; the botanicals bring a sweetness of their own.

Keeping the box, and when to reach for it

Once opened, a box changes over the following months, and always in the same direction. The lemon goes quiet well before the ginger does, so a box left open too long ends up tasting mostly of ginger. Keep the carton closed and away from strong smells, and if the citrus has faded, a slice of fresh lemon in the mug brings it back without any fuss.

It is the box for cold weather and for late evenings when coffee is off the table, since there is no [caffeine](#) in it. Where peppermint is cooling and cleans the palate, this one is warming and bright. On the side, a ginger biscuit doubles the heat, while something plain and buttery rounds off the citrus and makes a proper after-supper cup of it.

The packs we stock

- [Twinings Lemon & Ginger, 80 Tea Bags 120g](#) (barcode 070177270322)

What the label says

The published ingredient list for Twinings Lemon & Ginger, 80 Tea Bags 120g (barcode 070177270322) names none of the 14 major allergens. Read the current Lemon & Ginger box before buying; Twinings can change the blend and its allergen advice.

Ingredients, as published: ginger root (37%), natural lemon flavouring, natural flavourings (25%), lemongrass, blackberry leaves, lemon peel (9%), sweet fennel, natural ginger flavouring, natural flavourings (3.5%).

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. Your box of Lemon & Ginger has the last word.

What to eat with it

- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): Dark [chocolate](#) and ginger double up on the warmth, and the chocolate softens the dry heat of a long steep.
- [Royal Dansk Danish Butter Cookies, 340g](#): Danish butter cookies bring a richness to set against the sharp lemon top.
- [Lu Le Petit Beurre Biscuits With Butter & a Hint of Salt, 167g](#): A Petit Beurre with a hint of salt keeps the plate light for an after-supper cup.

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

What is in Twinings Lemon & Ginger? Ginger root leads the published list at 37 per cent, followed by lemon and other natural flavourings, lemongrass, blackberry leaves, lemon peel and sweet fennel.

Is Twinings Lemon & Ginger caffeine free? Yes, by nature. The bag holds botanicals rather than tea leaf, so unlike a [decaf black tea](#) there is no residual caffeine at all.

Why does mine taste mostly of lemon? It was probably steeped for three minutes. The ginger is slow to come out, so give it five, covered.

How do I make it stronger? Use two bags in one mug. At 1.5g a bag, extra botanical does more than extra time.

Does an opened box change over time? Yes. The lemon fades faster than the ginger, so an old box tastes more of plain ginger.

Curator's note: On a properly cold night we would put two bags in the mug rather than wait longer, with a ginger biscuit beside it so the heat builds from both sides. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings Lemon & Ginger: What Is in the Bag

Field	Detail
Brand	Twinings
Packs we stock	80 Tea Bags 120g
Category	Fruit & Herbal Tea
Allergens (as published)	Going by Twinings' published list, Lemon & Ginger holds none of the 14 major allergens.
Caffeine	caffeine free
Caffeine	None, there is no tea leaf
Steep	Five minutes, covered
Occasion	Cold evenings and after supper

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](#)
- [Ginger Tea](#)

- [Herbal Tea](#)
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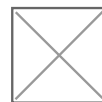
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