

# Twinings Strong English Breakfast 120 Plant-Based: The Bag Explained

From the teas.co.uk wiki

## **Twinings Strong English Breakfast 120 Plant-Based: The Bag Explained, in summary:**

The heavier-dosed Strong English Breakfast blend, around 3.1g a bag, in 120 plant-based mesh bags. The bag changes disposal and how fast the colour comes; the tea is the same strong, malty cup made for milk.

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

**A plant-based bag is not automatically one you can put on the garden compost, and that is the first thing to know about this carton.** The tea inside is the heavier Strong [English Breakfast](#) blend; the mesh bag changes how quickly the mug looks ready, not how the tea tastes.

## **Plant-based is not a promise of compost**

Tea bags long relied on a little plastic to close their seams, and the plant-based bag is the detail this carton is named for. What the pack tells you is that the bags are plant-based. It does not follow that a used one can go on the garden heap: some plant-based materials only break down in industrial composting, and others are meant for a food waste collection.

So read the carton rather than guess. The box itself, any inner film and the spent bags can each need a different route, and the current UK pack together with your local authority's guidance is the final word. The same applies to origin statements and certification marks; those are printed on the pack and can change from time to time.

## **How the mesh changes the brew**

A plant-based mesh lets water move through more freely than a paper bag, so colour floods out quickly and the liquor stays clearer, with less fine dust settling in the bottom of the mug. The catch is that colour arrives well before flavour. At two minutes the mug already looks strong while the malt is still working its way out of the leaf.

Time it rather than judging by eye. Set a timer for four minutes with a saucer over the mug and water fresh off the boil, and allow five for a very milky cup. Each bag holds around 3.1g of leaf, where a standard everyday bag has 2.5g, and that heavier dose is why the tea keeps its depth and colour after a generous splash of milk.

## The 120 box or the 80?

This carton holds half as much tea again as the 80-bag box, so for a household that drinks strong tea every day it means fewer trips to restock. The only limit is freshness. Buy the bigger box if your house will finish it before the flavour begins to fade; if it would sit open in the cupboard for months, the smaller box makes more sense.

In the cup it drinks like the rest of the strong blend: a dark, bready malt carrying the mug, a clean, dry snap on the swallow and a deep copper colour. It is a caffeinated [black tea](#) for the morning and the working afternoon. The published ingredient list names none of the 14 major allergens, though the pack in your hand is always the one to check.

## The packs we stock

- [Twinings Strong English Breakfast 120 Plant-Based, 375g](#) (barcode 070177231286)

## What the label says

The published ingredient list for Twinings Strong English Breakfast 120 Plant-Based, 375g names none of the 14 major allergens. Before buying the 120 bag Strong English Breakfast, read its current UK box; Twinings can alter recipe and allergen advice.

*Ingredient and nutrition information for this product, as published on the manufacturer's label. Your own Strong English Breakfast box has the final say.*

## What to eat with it

- [McVitie's Milk Chocolate Digestives Biscuits, 266g](#): a sweet, chocolate-topped partner for a strong, milky breakfast mug.
- [McVitie's Dark Chocolate Digestive Biscuits, 266g](#): dark [chocolate](#) and a long black-tea brew both lean on a little bitterness, which is why they sit well together.
- [McVitie's Ginger Nuts Biscuits, 250g](#): a spiced biscuit with enough bite to meet a four-minute cup head on.
- [McVitie's Rich Tea Biscuits, 300g](#): a light, unfussy biscuit beside a mug that is doing the heavy lifting.

## 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

**Can the used bags go in my compost?** Only if the carton says they are home compostable. Plant-based on its own does not promise that, and some materials need industrial composting or a food waste bin.

**Is this the same tea as standard Twinings English Breakfast?** No. Strong English Breakfast is a separate blend with brisker leaf and a heavier dose; the plant-based bag changes the packaging, not the recipe.

**Why does the mug go dark so quickly?** Mesh is more open than paper, so the colour rushes out early. Keep brewing for the full four minutes to get the malt as well.

**How many cups does the box make?** One bag makes a mug, so 120 mugs from the 375g carton.

**Does it take milk well?** Yes, that is what the strong blend is for; it keeps its colour and depth under a generous splash.

*Curator's note: Ignore how the mug looks at two minutes and trust a timer, because the mesh flatters an under-brewed cup. And read the side of the carton before the first bag goes anywhere near the compost. Lee, teas.co.uk, Tunbridge Wells.*

## In short: Twinings Strong English Breakfast 120 Plant-Based: The Bag Explained

| Field                    | Detail                                                                                       |
|--------------------------|----------------------------------------------------------------------------------------------|
| Brand                    | Twinings                                                                                     |
| Packs we stock           | 375g                                                                                         |
| Category                 | Everyday Tea Bags                                                                            |
| Allergens (as published) | Strong English Breakfast 120 keeps all 14 major allergens off its published ingredient list. |
| Caffeine                 | caffeinated                                                                                  |
| Brew                     | Four minutes by the clock; five with lots of milk                                            |
| Used bags                | Follow the carton and local guidance                                                         |
| Best with                | Chocolate digestives                                                                         |

## 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](#)

- [English Breakfast Tea: Brands & the Proper Cup](#)
- [Builders' Tea: The Working Class Story](#)

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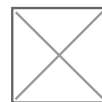
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