Best Rooibos Tea UK

From the teas.co.uk wiki

> **Best rooibos in the UK, in summary:** The best rooibos (redbush) tea in the UK, every brand ranked by tier and price per cup, plus how to brew it, milk versus black, and where to buy.

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

Best Rooibos Tea UK: every option ranked. Rooibos (also called redbush in UK supermarkets) is one of the most underrated drinks on the British shelf. Caffeine free, naturally low in tannin, warm and sweet flavoured, takes milk well. The brand difference between supermarket Tetley Redbush and premium Dragonfly is real and tasteable. Here is how we'd rank them.

The ranking, every UK rooibos worth your money

1. **Dragonfly Pure Rooibos, best premium.** Better leaf sourcing than the supermarket options, fuller cup, cleaner finish. £0.20 per cup. Lee's pick for daily rooibos drinkers.
2. **Tetley Redbush, best supermarket.** The volume benchmark. Clear, well priced, reliable. £0.04 per cup.
3. **Tetley Redbush Vanilla.** The flavoured variant most people buy. Vanilla complements rooibos beautifully. £0.05 per cup.
4. **Dragonfly Vanilla Rooibos.** Premium version of the vanilla rooibos pairing. Better vanilla, fuller leaf. £0.25 per cup.
5. **Dragonfly Earl Grey Rooibos.** Bergamot oil on rooibos base, caffeine free Earl Grey. £0.30 per cup. The "best Earl Grey for evenings" answer.
6. **Pukka Three Mint Rooibos / Pukka Rooibos blends.** Pukka's organic rooibos line. Various blends.
7. **Clipper Organic Rooibos.** Organic, Fairtrade, mid pricing. Clear cup.

Quick Buy: Tetley Redbush 40s

Rooibos vs Redbush, same thing

"Rooibos" is the Afrikaans name (literally "red bush"); "redbush" is the English translation that some UK retailers use to make it more recognisable. We list both terms. Same plant, same drink, no difference.

What rooibos is

An infusion from the leaves of *Aspalathus linearis*, a shrub native to one specific region of South Africa called the Cederberg. Not actually tea (no *Camellia sinensis*); botanically closer to legumes. Naturally caffeine free, low in tannins, warm sweet woody flavour. Traditionally drunk warm with or without milk; South Africans often add a slice of lemon or a teaspoon of honey.

How to brew rooibos

Just boiled water (95-100°C). **Steep 5-7 minutes** longer than black tea. Rooibos is forgiving and won't turn bitter from over brewing, unlike green or black. Takes milk well, the woody sweet flavour combines comfortably with dairy. Sugar optional; honey works particularly well.

FAQ

Is rooibos caffeine free? Yes, completely and naturally. The plant simply does not produce caffeine. Suitable for evening drinking, pregnancy, breastfeeding, and children.

What does rooibos offer beyond flavour? Modestly. Contains polyphenols (aspalathin, nothofagin). Some studies suggest mild benefit for cardiovascular markers and skin health. Not a miracle drink, drink it because you enjoy it.

Best rooibos brand UK? Tetley Redbush for everyday at £0.04 per cup. Dragonfly Pure Rooibos for the premium upgrade at £0.20.

Can you drink rooibos with milk? Yes, takes it well. The cup colour resembles black tea so many British rooibos drinkers add milk by habit.

Curator's note: rooibos is the answer for "I want a hot drink at 9pm that tastes like tea but won't keep me awake." Two boxes (Tetley Redbush for everyday, Dragonfly for occasions) covers most rooibos needs. Lee, teas.co.uk.

UK rooibos ranked at a glance

Pick	Tier	Price per cup	Why it earns the place
Dragonfly Pure Rooibos	Best premium	around £0.20	Better leaf sourcing, fuller body, cleaner finish
Tetley Redbush	Best supermarket	around £0.04	The volume benchmark, reliable and well priced
Tetley Redbush Vanilla	Best flavoured everyday	around £0.05	Vanilla complements rooibos better than any other pairing
Dragonfly Vanilla Rooibos	Premium flavoured	around £0.25	Better vanilla, fuller leaf than the supermarket version
Dragonfly Earl Grey Rooibos	Best caffeine free Earl Grey	around £0.30	Real bergamot on a rooibos base for the evening

Where to buy

> **Two box rule:** everyday Tetley Redbush for the routine and Dragonfly Pure Rooibos for the slower evenings covers most needs. Add a Tetley Redbush Vanilla if you like a softer cup, and browse the full caffeine free range in the rooibos and redbush shop. See also the rooibos overview and rooibos versus redbush.

Quick take

Rooibos is the most underrated drink on the British shelf: caffeine free, low in tannin, milk friendly and forgiving to brew. Tetley Redbush is the everyday benchmark at about four pence a cup; Dragonfly is the clear premium upgrade; vanilla is the flavoured version worth repeating. Buy one of each tier, brew it long, and it answers the “hot drink at nine that will not keep me awake” question better than almost anything else.

FROM THE CURATOR

teas · Taste a rooibos before you trust its label. There is plenty more on the shelf for when you have found your rooibos.

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