Hyson Premium Breakfast: Ceylon Breakfast, Explained

From the teas.co.uk wiki

> **Hyson Premium Breakfast, in summary:** Hyson Premium Breakfast is a bright, brisk, milk friendly single origin Ceylon breakfast black, pitched on its origin rather than the lowest price.

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

Hyson Premium Breakfast is single origin Sri Lankan estate Ceylon at accessible UK prices, a meaningful step up from supermarket English Breakfast without the boutique tier markup. Brighter, cleaner, more characterful than typical UK breakfast tea. The cup that converts mainstream Yorkshire drinkers to "actually good" Ceylon.

What's in the bag

Hyson Premium Breakfast uses Sri Lankan grown Ceylon black tea sourced directly from highland estates. The blend draws on:

- Mid grown and high grown Ceylon
- Multiple estate sources balanced for consistency
- Standard CTC processing for tea bag compatibility

The result is a cup that's recognisably "British breakfast tea" but with Ceylon's natural brightness and clean finish, distinguishable from Yorkshire Tea (Assam led, malty) and from Tetley (Ceylon led but lighter).

What it tastes like

- **Bright.** Naturally citrus leaning, a Ceylon characteristic.
- **Clean.** No lingering bitterness.
- **Well bodied.** Less sturdy than Assam, more substantial than typical commodity Ceylon.
- **Versatile.** Drinks well with milk, with lemon, or black.

How to brew

1. 1 bag per 200ml mug.
2. Water at full rolling boil.
3. Steep 4-5 minutes.
4. Drink with milk and optional sugar (British style), with lemon, or black.

Where Hyson Premium Breakfast sits

Compared to Yorkshire Tea

- **Yorkshire:** Stronger, maltier, Assam led.
- **Hyson:** Brighter, cleaner, Ceylon led.

Different cups for different preferences. Yorkshire is the strong British workhorse; Hyson is the more refined cup.

Compared to Twinings English Breakfast

- **Twinings:** Lighter, more refined, mainstream balance.
- **Hyson:** Slightly more substantial, cleaner Ceylon character, single origin transparency.

Compared to Dilmah Premium Pure Ceylon

- **Dilmah:** Sri Lankan family owned brand; full single origin range; mid premium pricing.
- **Hyson:** Sri Lankan estate brand; more accessible price; comparable cup quality.

Both excellent. Hyson is the slightly more accessible option.

Use cases

- **Daily British breakfast tea drinker upgrade.** Step up from supermarket without paying premium specialist prices.
- **Afternoon tea.** Polished enough to sit happily at a British afternoon tea.
- **Pairing with food.** Versatile, works with full English breakfast, with cake, with biscuits.
- **Office tea.** Better than the standard office Tetley or PG Tips for someone who appreciates a proper cup.
- **Cold brew.** Cold brewed Premium Breakfast is excellent in summer. More on cold brew.

Caffeine

40-50mg per 200ml cup. Standard Ceylon black tea range, slightly less than strong Assam led blends like Yorkshire.

The Sri Lankan tea industry context

Hyson is one of several Sri Lankan origin brands that sell direct to UK consumers via specialist retailers. Buying these brands:

- Supports the Sri Lankan tea industry directly
- Provides traceable single origin product
- Often comes in at better value than UK blended Ceylon at similar quality
- Bypasses the Western blender price markup

More on Ceylon tea.

Storage

Standard tea bag storage. Airtight tin, cool dark cupboard. Best within 12-18 months of packaging.

Buying

Browse the full Hyson range. Premium Breakfast is the flagship; the brand also offers flavoured Ceylons (Earl Grey, Tropical, Strawberry, Vanilla). More on Hyson flavoured range.

Cautions

- **Caffeine sensitivity.** Standard black tea level.
- **Iron absorption.** Tannins; drink between meals.
- **Pregnancy.** Within NHS caffeine limits is fine.

FAQ

What is Hyson Premium Breakfast? Single origin Sri Lankan estate Ceylon black tea. The brand's flagship breakfast blend.

How does it compare to Yorkshire Tea? Brighter, cleaner, less malty. Yorkshire is Assam led; Hyson is Ceylon led. Different drinks for different preferences.

Caffeine? 40-50mg per cup, standard black tea range.

Best for daily drinking? Yes, accessible price for the quality. A meaningful upgrade over supermarket EB.

Where to buy? Specialist UK tea retailers including teas.co.uk.

Curator's note: Hyson Premium Breakfast is the tea I reach for when someone asks "what's a really good everyday breakfast tea that isn't Yorkshire?" Sri Lankan estate quality, accessible price, and a noticeably better cup. Worth the small premium over supermarket basics. Lee, teas.co.uk, Tunbridge Wells.

Hyson Premium Breakfast at a glance

Aspect	The read
What it is	A single-origin Ceylon breakfast black from the Hyson range
Character	Bright, brisk, full; a classic strong Ceylon breakfast cup
Brew	Boiling water, ~3, 4 min; takes milk well

Aspect	The read
Caffeine	A normal black-tea level; a standard morning lift
Position	Origin authenticity at a sensible price, not a budget blend

Round it off with the Sri Lankan tea range and black tea range.

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

FROM THE CURATOR

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Ceylon breakfast reading

- Hyson (the brand)
- The Hyson range
- Ceylon tea
- black tea explained

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