Is Yorkshire Tea Gluten Free? Explained

From the teas.co.uk wiki

> **Is Yorkshire Tea gluten free, in summary:** Plain tea leaves contain no gluten. For any pack, and especially flavoured teas like Biscuit Brew, the ingredients and allergen information on the box is what counts.

Last reviewed by the teas.co.uk team in May 2026. Brand and certification claims checked on 18 September 2026.

Tea leaves don't contain gluten, so most plain black, green, white and herbal tea is not a gluten source. The questions are flavoured teas, blends with added ingredients, and how a product is made, so the pack's allergen information is what counts. This is general information, not a coeliac safety guarantee.

The simple answer

Pure tea (Camellia sinensis) is naturally gluten free. The plant produces no gluten compounds. So:

- **Plain black, green, white, oolong and pu erh tea leaves:** contain no gluten.
- **A specific brand or pack:** check that pack's allergen information. We haven't verified each brand's own statement, so we don't list brands as confirmed here.

The complications

Cross contamination concerns

If a tea is processed in a facility that handles wheat, barley, rye, or other gluten containing products, there's potential for trace cross contamination. The amounts are usually below celiac disease thresholds (20 ppm), but coeliacs with high sensitivity may want certified gluten free brands.

Flavoured teas

Some flavoured teas contain barley malt, wheat derived ingredients, or other potential gluten sources. Always check the ingredients list on flavoured teas. Common potential gluten sources:

- Barley (in some specific blends, though uncommon)
- Wheat derived natural flavourings (rare)
- Modified food starch (could be wheat derived)

Most fruit, floral, and herbal flavoured teas don't contain gluten ingredients, but check.

Tea biscuits and accompaniments

Tea itself is fine; the digestive biscuit you'd dunk it in often contains wheat. Coeliacs need to focus on accompaniments more than the tea.

Tea bags themselves

We have no evidence that the major UK brands' tea bags contain gluten. The pack's allergen information covers the whole product, bag included.

Yorkshire Tea specifically

Yorkshire Tea's plain blends (Original, Gold, Hard Water and Decaf) are black tea. We couldn't find a published gluten statement from Yorkshire Tea, so we don't claim one on their behalf: check the allergen information on your box, or ask Yorkshire Tea.

Yorkshire Tea Biscuit Brew (the variant to know about)

Yorkshire Tea Biscuit Brew is a flavoured variant designed to taste like a tea biscuit. It contains added flavouring for its biscuit character. The name describes the flavour; it is not an allergen declaration. Check the ingredients and allergen information on the current box, or ask Yorkshire Tea.

Other UK brands

We haven't verified each brand's own gluten statement, so we no longer list brands as "confirmed" or "certified" here. Plain tea leaves contain no gluten; for any specific pack, check its allergen information.

Coeliac friendly herbal teas

All major UK herbal infusions (chamomile, peppermint, ginger, fennel, hibiscus, rooibos) are naturally gluten free unless specifically blended with gluten containing ingredients.

Decaf tea and gluten

Decaffeinated tea is still tea leaves. As with any tea, check the pack's allergen information; the decaffeination method varies by product.

What about chai and spiced teas?

Most chai blends use cardamom, cinnamon, ginger, cloves, pepper, all gluten free. Some may contain barley malt as flavouring; check the ingredients. Drink Me Chai sachets contain milk powder + spices + tea extract; the tea extract doesn't contain gluten.

Cross contamination certification

If you're highly sensitive (severe coeliac):

- Look for Coeliac UK's Crossed Grain symbol or a "gluten free" label on the pack.
- For maximum safety, contact the brand directly to confirm current production status.

FAQ

Is Yorkshire Tea gluten free? Plain tea leaves contain no gluten, but we couldn't find a published gluten statement from Yorkshire Tea, so check the allergen information on your box.

Are tea bags gluten free? We have no evidence that the major UK brands' bags contain gluten; the pack's allergen information covers the whole product.

Which brands are gluten free? Plain teas generally contain no gluten ingredients, but we don't list brands as confirmed without their own statement. Check each pack.

Are flavoured teas gluten free? Usually yes, but check ingredients. Some flavoured variants may contain wheat derived natural flavourings.

What about tea biscuits? Most tea biscuits contain wheat. The tea itself is gluten free; the dunking biscuit isn't.

Curator's note: tea is one of the easier "no gluten" categories. Plain black, green, white, herbal, almost all gluten free. The exceptions are specific flavoured variants. Just read the pack if you're picking up something unusual, especially a flavoured tea. Lee, teas.co.uk, Tunbridge Wells.

General information only, not dietary or medical advice. If you are coeliac, follow the pack allergen statement and your clinician rather than a web page.

Shop the range: browse the Yorkshire Tea range.

FROM THE CURATOR

teas · Trust the allergen line, not the slogan. The wider shelf can wait until you know which teas suit you.

Gluten-free tea reading

- Is Yorkshire Tea English Breakfast
- Herbal tea overview
- Is decaf tea good
- black tea explained

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea

- Herbal tea
- Caffeine in tea
- How to make tea properly
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