



Ingredients by tea type. Allergens included in **bold** and detailed at the end of relevant tea types:

Tea type	Ingredients and allergens / warnings
After Dinner Mints	Peppermint (54%), fennel seed (20%), spearmint (18%), ginger root
Berry Burst Tea	Hibiscus, rosehip, liquorice root , nettle leaf, orange peel, natural blackcurrant flavouring (4%), chicory root, natural raspberry flavouring (1.5%), blackcurrant (1%), raspberry (1%), natural lemon flavouring Allergy advice / warning: Contains liquorice – people suffering from hypertension should avoid excessive consumption
Calmer Chameleon	Chamomile (45%), Honeybush (30%), Cinnamon (20%), Lemon Balm
Chamomile Tea	Chamomile
Cranberry and Raspberry	Hibiscus, rosehip, nettle, liquorice root , cranberry, raspberry, natural raspberry flavouring, cranberry flavouring Allergy advice / warning: Contains liquorice – people suffering from hypertension should avoid excessive consumption
Decaf Everyday Tea	Decaffeinated black tea
Earl Grey Tea	Black tea, Natural Bergamot Flavouring (5%)
English Breakfast Tea	Black tea
Everyday Tea	Black tea
Flavoured Black Tea - Blackcurrant	Black tea, natural blackcurrant flavouring with other natural flavourings (5%), blackcurrant pieces (1%), natural flavouring
Flavoured Black Tea - Summer Berry	Black tea, natural flavouring, natural blackcurrant flavouring with other natural flavourings (1.5%), blackcurrant pieces (1%), raspberry pieces (1%), strawberry pieces (1%), natural lemon flavouring with other natural flavourings
Green Tea	Green tea
Lemon & Ginger	Lemongrass, ginger root (15.5%), liquorice root , lemon peel (7%), orange peel, natural lemon flavouring with other natural flavourings (3.5%), natural ginger flavouring (1.5%) Allergy advice / warning: Contains liquorice – people suffering from hypertension should avoid excessive consumption
Peppermint Tea	Peppermint
Redbush Tea	Redbush (Rooibos)
Rise and Shine Tea	Lemongrass (42%), yerba maté (23%), lemon verbena (18%), liquorice root , lemon peel, natural lemon flavouring with other natural flavourings Allergy advice / warning: Contains liquorice – people suffering from hypertension should avoid excessive consumption. Yerbe mate naturally contains caffeine