HeyTea Menu & Calorie Guide

Prices | Calories | Customization | Secret Menu Hacks | 2026

Welcome

HeyTea (HeyTea) is known as the pioneer of real-cheese tea and fresh fruit tea, founded in 2012 in Guangdong, China. Instead of milk powders and canned syrups, it uses brewed tea leaves, fresh fruit and real dairy cream cheese. This guide puts the HeyTea US menu, estimated prices, calories, customization options and ordering tips in one quick offline reference.

What makes HeyTea different

- **Real fresh fruit:** grapes, strawberries, mangoes, mulberries and grapefruit, prepared in-store.
- **Whole-leaf brewed tea:** Jasmine Green, Aqua Green, Four Seasons Oolong and Red Blossom Black.
- **Signature Cheezo foam:** cream cheese, fresh milk and a pinch of sea salt, both savory and sweet.
- **Sweetener choice:** standard cane sugar or a zero-calorie stevia option.

Top 5 fan favorites

Drink	Flavor profile	Key ingredients
Very Grape Cheese (Cheezo Grape)	Sweet, crisp, savory-creamy	Fresh peeled grapes, Jasmine green tea, Cheezo foam
Brown Sugar Bobo Milk Tea	Rich, caramelly, chewy	Brown sugar tapioca pearls, real milk, black tea
Mango Grapefruit Sago	Tropical, citrusy, creamy	Fresh mango, grapefruit pulp, sago, coconut milk
Very Mulberry Berry	Tart, rich berry, refreshing	Fresh mulberries, crushed berries, Jasmine green tea
Roasted Brown Sugar Bobo Milk	Creamy, toasted sugar	Fresh milk, brown sugar bobo, torched Cheezo top

Full Menu: Prices & Calories

Standard regular size (16 oz / 500 ml) at standard sweetness. Prices are approximate and vary by store and city.

Cheezo & Fresh Fruit Tea

Drink	Description	Price	Calories
Very Grape Cheese	Hand-peeled grapes, Jasmine green tea, Cheezo foam	$7.95	~380
Very Grape Red	Crushed grapes and Jasmine green tea, no Cheezo	$7.25	~260
Mango Grapefruit Sago	Mango slush, ruby grapefruit pulp, coconut milk, sago	$7.75	~420
Cheezo Mango	Mango slush, brewed green tea, salted cheese cream	$7.85	~410
Very Mulberry Berry	Hand-mashed mulberries blended with ice and Jasmine tea	$7.95	~350
Very Strawberry Cheezo	Crushed strawberries, green tea, Cheezo cream	$8.15	~390
Pineapple Passionfruit Green Tea	Pineapple and passionfruit shaken with iced green tea	$6.95	~290

Real Milk Tea & Bobo

Drink	Description	Price	Calories
Brown Sugar Bobo Milk Tea	Brown sugar tapioca pearls, fresh whole milk, house black tea	$6.95	~490
Roasted Brown Sugar Bobo Milk	Fresh milk, brown sugar pearls, lightly torched Cheezo cream	$7.45	~540
Supreme Milk Tea	House-brewed black tea, fresh milk, tapioca pearls	$6.25	~380
Jasmine Green Milk Tea	Floral Jasmine tea blended with fresh milk	$5.95	~310
Taro Paste Bobo Milk Tea	Mashed taro, boba pearls, fresh milk, brewed tea	$7.15	~460
Matcha Coconut Milk Tea	Japanese matcha over coconut milk and tapioca pearls	$6.85	~370

Pure Brewed Teas & Light Series

Drink	Description	Price	Calories
Aqua Green Jasmine Tea	Cold-brewed Jasmine green tea, zero sugar by default	$4.25	~5
Four Seasons Oolong Tea	Medium-roasted oolong, woody and floral notes	$4.45	~5
Red Blossom Black Tea	Full-bodied black tea with honey and malt notes	$4.25	~5
Lemon Aqua Green Tea	Muddled fresh lemon in cold Jasmine green tea	$5.75	~180

Calories & Nutrition Guide

Estimates for regular size. Values change with size, sugar level, toppings and milk choice.

Drink	Type	Cal (100% sugar)	Cal (30% sugar)	Fat	Carbs	Protein
Very Grape Cheese	Fruit / Cheezo	380	260	12g	64g	3g
Mango Grapefruit Sago	Fruit blend	420	310	8g	82g	2g
Brown Sugar Bobo Milk	Bobo milk tea	490	380	14g	86g	6g
Roasted Bobo Milk	Bobo milk tea	540	420	18g	88g	7g
Jasmine Green Milk Tea	Milk tea	310	210	9g	52g	4g
Very Strawberry Cheezo	Fruit / Cheezo	390	270	12g	66g	3g
Aqua Green Jasmine Tea	Pure tea	5	5	0g	1g	0g
Lemon Green Tea	Fruit tea	180	110	0g	45g	0g

Calorie-saving tips

- **Skip the Cheezo:** removing the foam saves roughly 110-140 calories per cup.
- **Lower the sweetness:** going from 100% to 30% cuts roughly 80-120 calories.
- **Choose a zero-calorie sweetener:** stevia or erythritol removes added-sugar calories.

How to Customize Your Order

Step	Options
1. Base	Fruit Tea, Milk Tea, Pure Tea
2. Sweetness	100%, 70%, 50% (regulars' pick), 30%, Stevia
3. Ice level	Regular, Less Ice, No Ice, Slush / Blended (default for fruit teas)
4. Toppings	Cheezo, Boba, Sago, Jelly

Extra topping add-ons

Add-on	Price
Signature Cheezo Foam	+$1.25
Brown Sugar Boba Pearls	+$0.95
Coconut Jelly Bits	+$0.85
Chewy Sago Pearls	+$0.85
Fresh Fruit Pulp (Grape / Mango)	+$1.50

Secret Menu Hacks

Fan-made customizations built from standard menu items. Not official menu items, and availability depends on the store.

Hack	How to order
Cloud Grape Supreme	Very Grape Red (no Cheezo) + extra grape pulp + coconut jelly + double Cheezo foam.
Brûlée Brown Sugar Milk Tea	Brown Sugar Bobo Milk Tea + oat milk + extra Cheezo + roasted sugar crust.
Low-Cal Matcha Refresher	Matcha Coconut + 30% stevia sweetness + no tapioca pearls + coconut jelly.

US Locations & Ordering

State	Region	Store areas
New York	New York City	Broadway (SoHo), Flushing (Queens), Chinatown, Midtown
California	Bay Area & SoCal	San Jose, Los Angeles (Beverly Hills / Sawtelle), Irvine
Texas	Houston & Dallas	Houston (Chinatown / Galleria), Dallas (Carrollton)
Washington	Seattle	Bellevue, Seattle Downtown

Order online: use the official HeyTea app (iOS / Android) for pick-up orders, rewards and the store locator, or order through DoorDash, UberEats or Fantuan where available.

Frequently Asked Questions

What is the most famous drink at HeyTea?

Very Grape Cheese (Cheezo Grape): hand-peeled grapes, Jasmine tea and salted Cheezo foam.

Is HeyTea milk tea dairy-free?

Standard milk teas use real milk or condensed milk. Oat or coconut milk can be requested for most drinks, but Cheezo foam contains dairy.

How much does a drink cost at HeyTea US?

Most drinks fall between $5.95 and $8.25 depending on size, fruit and toppings.

Does HeyTea use real fresh fruit?

Yes. Grapes, strawberries, mangoes and grapefruit are prepared in-store instead of using canned syrups.

Want the latest prices and updates?
Visit https://heytea-menus.com/

Disclaimer: This is an independent fan guide and is not affiliated with or endorsed by HeyTea. Prices and nutrition figures are estimates, vary by location, size and customization, and may change without notice. Please confirm with your local store or the official app.