

Our wine critic
picks the best
no-alcohol
options on the
high street



Zero wines, beers and fizz

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Much as I love wine, there are better ways to hydrate in a heatwave. Diving into a refreshing glass of something alcohol-free will perk you up without getting hot and bothered and taste a lot more interesting than water. Happily, given the roaring sales of no-lo drinks, there are lots of new options to choose from — and these are a

dozen of the best I've tried. Take your pick from two brilliant bottles of fizz from South America, an invigorating sparkling tea, plus an uber-popular Kiwi sauvignon and the best zero red I've tasted yet. Beer drinkers can enjoy a lively lemon lager or a creamy, cloudy wheat beer. And if you don't feel like making your own non-alcoholic spritz, there are some mouth-watering ready-mixed options here.

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2025 Tilimuqui Fairtrade Sparkling Zero, Argentina
0 per cent, Co-op, £5 Bouquets all round to the La Riojana co-op, which makes this brilliant unoaked Fairtrade bubbly. It's a ripe, elegant, citrusy, lemon-zest pop, made from the moscatel grape.



Casillero del Diablo Zero Alcohol Free Sparkling, Chile
0.5 per cent, Sainsbury's, £6 More brown-bread yeasty oomph than Tilimuqui, plus a dab of mint and preserved lemon on the finish – it's worth paying the extra pound for this tasty Chilean.



Alba, The Sparkling Tea, Denmark
0 per cent, thewine society.com, £9.50 Sparkling tea is one of the best alcohol-free alternatives but it can be pricey. Try this good-value fizz, scented with jasmine and green tea, Granny Smith apples and citrus.



Silver Frond Alcohol-Free Sauvignon Blanc, Marlborough, New Zealand
0.5 per cent, M&S, £8 Kiwi "savvy" from Marlborough is as popular as ever and this aromatic, floral, sweet passion fruit and lemon grass 0.5er will fly off the shelves.



2023 Chavin Zéro Pinot Noir, France
0 per cent, thewinesociety.com £12.50 The best zero-alcohol red I've tasted, this is a light, fruity, beaujolais-redolent, red berry and red plum-packed pinot noir, complete with a dash of smoky oak.



2025 Viña Sol Rosé, Spain
0 per cent, Morrisons, £4.25 A pale rose-pink Spaniard from the Torres family, with less sugar than the rest of the zero rosé brigade, plus a lively, lemony, faintly floral morello cherry palate. Best served cold.



Mikkeller Drink'in the Sun Wheat Ale, Belgium
0.3 per cent, thewine society.com, £2.25 per 330ml can My favourite creamy, cloudy wheat beer, bursting with hops and malt, brewed in Belgium by a Danish brewery.



Nirvana Cloudy Lemon Lager, UK
0.2 per cent, ocado.com, £2.70 per 500ml bottle, or 3 for £7 Lemon lager is a refreshing summer swig and this zingy Bavarian-style brew, pepped up with hops and fresh lemon juice, gets my thumbs up.



Northern Monk Faith Hazy Pale Ale, UK
0.4 per cent, Sainsbury's £5 for 4 x 330ml cans A lovely, summery, hazy New England pale ale-styled wallop with all the tropical fruit, citrus and grassy notes you'd expect from one of the best, but without the alcohol.



Pavari 17 Non-Alcoholic Spritz, UK
0.5 per cent, amazon.co.uk, £10 for 4 x 250ml cans Forget Aperol, garnish this DayGlo Mediterranean aperitivo, spiked with orange peel and a hint of mint, with an orange wedge and no one will complain.



Pentire Coastal Spritz, UK
0 per cent, masterofmalt.com, £22.50 per 70cl bottle Still my favourite zero-alcohol negroni taste-alike, with blood orange, oakwood and sea rosemary to the fore, making for a punchy, peppery, orange-zest hit.



Botivo Sparkling Botanical Aperitivo, UK
0 per cent, Waitrose, £3.50 per 250ml can, 4 for the price of 3 If zero alcohol is too namby-pamby, try taking this gentian, wormwood, herb, honey, citrus-zest and apple cider vinegar aperitivo to a beach barbecue.

