Tetley: Caffeine Levels by Product

From the teas.co.uk wiki

> **Tetley, in summary:** Tetley is the UK's third-largest tea brand: round-bag inventor, value-led, Tata-owned since 2000. Range overview, variant guide, and competitive context.

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

Tetley Original contains approximately 40-45mg of caffeine per 200ml cup, brewed for 4 minutes from one standard tea bag. That's slightly lower than Yorkshire Tea (50mg) and PG Tips (45-50mg) because the Tetley blend is lighter on Assam. Decaf Tetley sits at 2-3mg. This is the manufacturer quoted figure cross referenced against Which? lab testing.

Tetley caffeine by product

Tetley product	Caffeine per 200ml
Tetley Original (standard)	40-45mg
Tetley Stronger Brew	50-55mg
Tetley Earl Grey	40-45mg
Tetley Pure Green	30-35mg
Tetley Green with Mango	30-35mg
Tetley Decaf	2-3mg
Tetley Redbush	0mg (caffeine free)
Tetley Pure Camomile	0mg
Tetley Peppermint	0mg
Tetley Super Berry / Wild Berry	0mg (fruit infusion)
Tetley Digestive Biscuit Tea	40-50mg (black tea base)

Why Tetley is lower than Yorkshire

The blend is lighter on Assam. Yorkshire Tea Original is Assam led; Tetley uses a higher proportion of Kenyan and Ceylon, which are slightly lower in caffeine than Assam. The difference is real (~5-10mg per cup) but small enough that most drinkers don't notice in cup by cup tasting.

Brewing changes the number

- 2-minute brew: ~30mg (under extracted, weaker cup).
- 4-minute brew (the standard): 40-45mg.
- 6-minute brew: ~45mg (most caffeine extracted by minute 4; longer mostly extracts tannins).
- Stewed in a pot for an hour: similar caffeine to 4-minute brew, but the cup is bitter from over extracted tannins.

Tetley Decaf, the actual numbers

Tetley Decaf uses CO2 decaffeination, removes 95-99% of caffeine. The 2-3mg residual is well below the threshold most caffeine sensitive drinkers can detect. In pregnancy, the NHS advises no more than 200mg of caffeine a day from all sources, and this tea contains caffeine, so count it; ask your midwife if you are unsure.

Tetley vs other UK black teas, caffeine comparison

- Yorkshire Tea Original: 50mg
- Yorkshire Gold: 55-60mg
- PG Tips: 45-50mg
- Twinings English Breakfast: 40-50mg
- Tetley Original: 40-45mg
- Hyson Premium Breakfast: 40-50mg

Tetley is at the lower end of mainstream British black teas, for caffeine sensitive drinkers who still want a "proper" cup, this can be a feature.

FAQ

How much caffeine in Tetley tea? 40-45mg per 200ml cup, brewed 4 minutes from one standard tea bag.

Does Tetley have less caffeine than Yorkshire Tea? Yes, slightly, about 10mg less per cup. The blend is lighter on Assam.

How much caffeine in Tetley Decaf? 2-3mg per cup. 95-99% removed via CO2 process.

Is Tetley Pure Green low caffeine? Yes, 30-35mg per cup, lower than Tetley Original by ~10mg.

Curator's note: Tetley is the lighter end of mainstream UK black tea on caffeine. If Yorkshire feels "too much" but you don't want to drop to green or decaf, Tetley sits between. Lee, teas.co.uk.

What to buy now

For everyday use, Tetley Original is the cheapest mainstream cup. Step up to Tetley Gold for the brand's premium tier. Compare with Yorkshire Tea, PG Tips, and a quality loose-leaf from an independent for the obvious upgrade route.

Reference noted

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

FROM THE CURATOR

teas · A small reliable stash beats a big curious one. Cycle two or three teas you genuinely enjoy.

Tetley reading

For deep brand context see the Tetley deep dive. For Tetley product reviews see the English Breakfast, Extra Strong, One Cup, and Seriously Refreshing variants. For competitive context see the Yorkshire Tea and PG Tips deep dives.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/