

How Much Caffeine in Oolong Tea? The Middle Band

From the Teas.co.uk wiki

Caffeine in oolong tea, in summary: Oolong sits between green and black in caffeine: 25-60mg per 250ml cup, light oolongs lower, dark roasted oolongs higher; gongfu sessions total more.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine in Oolong Tea? The Middle Band. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-oolong-tea/>*

Oolong is the in between tea, partially oxidised, and its caffeine sits, broadly, in between too, with a real twist from the way oolong is usually brewed. This sits in the caffeine cluster beside the [oolong guide](#).

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

The range

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The range, How Much Caffeine in Oolong Tea? The Middle Band. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-oolong-tea/>*

A cup of oolong typically lands in a middle band, roughly 30 to 55 mg, between a light green and a strong black, though, as this cluster keeps stressing, the brew moves it more than the category does. Lighter, greener oolongs tend lower; darker, roasted ones tend a little higher.

The gongfu twist

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The gongfu twist, How Much Caffeine in Oolong Tea? The Middle Band. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-oolong-tea/>*

Here is the oolong specific point. Oolong is often brewed gongfu style, many short infusions from the same leaf, see [gongfu brewing at home](#). The first infusions carry the most caffeine and it tapers across subsequent steeps, so a session of small cups spreads the caffeine out and the early cups are the strong ones. Brewed Western style in one long steep it behaves more like a single moderate black.

Light versus dark oolong

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Light versus dark oolong, How Much Caffeine in Oolong Tea? The Middle Band. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-oolong-tea/*

Greener, lightly oxidised oolongs (Tieguanyin style) sit nearer the green tea end; darker, roasted oolongs (Wuyi rock style) sit nearer black, the styles explained in the [oolong guide](#) and [Fujian region](#). Knowing which you have predicts the rough end of the range.

How it compares

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How it compares, How Much Caffeine in Oolong Tea? The Middle Band. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-oolong-tea/*

Roughly: matcha and strong black above, oolong in the middle, green and white below, herbal at zero, the full picture in [the caffeine guide](#) and [tea vs coffee](#). Overlap is large; brewing decides.

Practical notes

For a lower caffeine oolong cup: lighter oxidation, cooler water, shorter steeps, and lean on the later gongfu infusions. For a lift: a strong first steep of a roasted oolong. The L theanine smoothing applies here too, see [L theanine](#).

What it boils down to

Oolong is a moderate, middle of the range caffeine tea whose dose is shaped strongly by oxidation level and especially by the many short infusions brewing it invites. Treat it as a controllable middle band, not a fixed number.

In short: oolong caffeine

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Type	Range per 250ml
Light oolong (Tieguanyin, Baozhong)	25-40mg, closer to green tea
Mid oolong (Tung Ting, Taiwanese)	30-50mg, between green and black
Dark oolong (Wuyi rock, traditional Dong Ding)	40-60mg, closer to black tea
Gongfu session (5-10 short steeps)	Total often 60-120mg across the session
Compared to coffee	About a quarter to a half of filter coffee
L-theanine	Higher in lighter oolong; smoother feel
Best for caffeine-sensitive	Light oolong, Western single-steep, morning only
Decaf oolong	Rare; most decaf is black or green

Why dark oolong sits higher, and a few common questions

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why dark oolong sits higher, and a few common questions, How Much Caffeine in Oolong Tea? The Middle Band.* Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-oolong-tea/>

The dry leaf carries roughly the same caffeine per gram across oolong styles; what changes is how readily it extracts. Partial oxidation alters the leaf cell walls, so a darker, more roasted Wuyi rock oolong releases more caffeine into the cup than a lighter Tieguanyin brewed the same way. Gongfu sessions use more leaf (5 to 7g across many short steeps), so the total across an afternoon is higher than a single Western cup, but spread out on a gentler ramp. A few questions that recur: decaf oolong is rare, since most decaf is black or green, so for less caffeine a short steep of a light oolong is the better route; and oolong sits within the NHS 200mg daily pregnancy guidance, so a cup or two of light oolong a day is comfortably within the limit. Keep it to the morning and early afternoon if you sleep lightly. This is general information, not medical advice.

Closer to home, the [loose leaf range](#) and [worldwide teas](#).

Reference noted

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- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)
- [NHS guidance on caffeine](#)

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More caffeine reading

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