

How Much Caffeine Is in Chai?

From the Teas.co.uk wiki

Caffeine in chai, in summary: Chai caffeine depends on the base: black masala is strong black territory, a latte is a wildcard, rooibos chai is none. The spice carries nothing.

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 Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

"How much caffeine is in chai" has no single answer, because chai is a category, not a tea, and the three common kinds give three very different results. This sits in the caffeine cluster beside the [chai guide](#).

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

Traditional masala chai (black tea base)

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Traditional masala chai (black tea base), How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

Authentic masala chai is built on a strong black tea, usually robust Assam, simmered with milk and spice, see [how to make masala chai](#) and [Tea India](#). Its caffeine is essentially that of a strong black tea, roughly the 40 to 75 mg black tea band from [caffeine in black tea](#), sometimes towards the top because chai is brewed strong by design.

Chai latte (often more, sometimes less)

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Chai latte (often more, sometimes less), How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

A cafe or sachet chai latte varies enormously: some use a concentrated black tea base and land high, others are mostly spiced milk and sugar with little tea and land lower, see [chai vs chai latte](#) and [Drink Me Chai](#). The answer is "read the product", because the format hides the dose.

Rooibos and caffeine free chai

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Rooibos and caffeine free chai, How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

chai/

Rooibos chai or herbal "chai" blends use a caffeine free base and are genuinely zero caffeine, the spice without the stimulant, see [Dragonfly Cape Chai Rooibos](#) and [the low caffeine list](#). This is the route for an evening chai or for children.

Why it is brewed strong

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why it is brewed strong, How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

Chai is traditionally decocted, simmered hard with milk, which extracts efficiently, so a black based chai tends towards the upper end of the black tea range rather than the lower, the strong brew principle of this cluster applied by the recipe itself.

Practical budgeting

Treat a black based chai as a strong black tea for caffeine purposes; treat a rooibos chai as caffeine free; treat a latte as "depends, check it". In pregnancy mind the black based versions, see [is black tea safe in pregnancy](#) and [the caffeine guide](#).

Bottom line

Chai caffeine is a question about which chai: black based masala chai is strong black territory, a latte is anywhere, a rooibos chai is none. The spice carries no caffeine; the base decides everything.

Chai caffeine, in one place

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

Kind of chai	Base	Caffeine
Traditional masala chai	strong black, usually robust Assam	black tea territory, often the upper end (~40 to 75mg+)
Cafe or sachet chai latte	concentrate or syrup, variable tea	anywhere, depends entirely on the product
Decaf chai	decaffeinated black	low, not truly zero
Rooibos or herbal chai	caffeine free base	none

Budgeting the caffeine

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Budgeting the caffeine, How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

General guidance puts a sensible daily ceiling around 400mg for most adults and about 200mg in pregnancy, from all sources combined, so a black based chai counts as a strong black tea against that, a rooibos chai as effectively free, and a latte as a wildcard until the label says otherwise. The black base also

carries L theanine, which tends to make the same dose feel calmer and more sustained than coffee. A shorter, gentler brew is a genuine lever for less. This is general information, not medical advice.

Want to actually buy a good one?

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Want to actually buy a good one?, How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

If chai is your drink, a good base tea and whole spices make a far better one than a syrup. The products shown on this page are matched to exactly this topic, so they are the starting point. To see the wider range, browse [chai and black tea at teas.co.uk](#) or the full [tea shop](#). As everywhere on this wiki: buy on the cup and the description, never the marketing, check the per cup price, and remember free UK delivery is over £35.

[Browse the tea range](#)

Reference noted

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, How Much Caffeine Is in Chai?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-chai/>*

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

Sensible options on the same shelf: [English Breakfast](#), [Earl Grey](#), [green tea](#), [loose leaf tea](#), [Darjeeling](#), [oolong](#), and [herbal tea](#). The full [tea shop](#) is open, with free UK delivery once you pass £35.

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

More caffeine reading

- [Chai guide](#)
- [How to make masala chai](#)
- [Chai vs chai latte](#)
- [Ultimate caffeine guide](#)

Where the shop lands

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 Is in Chai?. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-chai/*

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- [Black tea](#)
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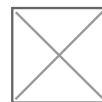
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