

## Dirty Matcha: A Matcha Latte Plus Espresso

From the Teas.co.uk wiki

**Dirty matcha, in summary:** Dirty matcha is a matcha latte plus a shot of espresso: tasty and trendy, but high in caffeine because it stacks two sources, and often over-sweetened in cafes.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Dirty Matcha: A Matcha Latte Plus Espresso. Canonical: <https://teas.co.uk/wiki/dirty-matcha/>* "Dirty matcha" is one of the biggest matcha trends, and it is simpler than it sounds. It sits alongside [matcha jitters](#).

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

*Note: matcha is whole powdered green tea, so it is meaningfully caffeinated. General information only; if you are caffeine sensitive, pregnant or medicated, moderate intake and check with a pharmacist.*

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Aspect	The answer
What it is	A matcha latte plus a shot of espresso
Taste	Creamy grassy matcha with roasted coffee; espresso-led
Caffeine	Matcha + espresso stacked, high, not gentle
Make it well	Whisk good matcha, off-boil water, espresso last
Cafe caveat	Often syruped, sugar can dominate
Who it suits	Wants a matcha latte with a coffee hit, not caffeine-watchers

### What it is, and how to make it well

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is, and how to make it well, Dirty Matcha: A Matcha Latte Plus Espresso. Canonical: <https://teas.co.uk/wiki/dirty-matcha/>*

Dirty matcha is a matcha latte with a shot of espresso added, "dirtying" the green with coffee. That is the whole concept. It tastes of creamy, grassy matcha with a roasted coffee backbone, and the espresso dominates unless the matcha is generous and good, so a thin or stale matcha simply vanishes under the coffee. Grade, ratio and freshness decide it as much as in any matcha cup: whisk a generous measure of fresh, robust matcha with a little off-boil (never boiling) water, build the latte, then add a single espresso shot last so it sits over a matcha base rather than replacing it. See [matcha water ratio](#).

## The caffeine reality

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The caffeine reality, Dirty Matcha: A Matcha Latte Plus Espresso. Canonical: <https://teas.co.uk/wiki/dirty-matcha/>*

This is the point a page on dirty matcha has to make first: it stacks matcha's whole-leaf caffeine on top of espresso's, so it is firmly a high-caffeine drink, not a gentle one. That makes it a poor choice late in the day or for anyone caffeine-sensitive. As a rule, "matcha plus X" drinks raise the caffeine rather than lower it, and dirty matcha is the extreme case because it literally adds a coffee shot. See [matcha jitters](#).

## The cafe sugar caveat, and who it suits

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The cafe sugar caveat, and who it suits, Dirty Matcha: A Matcha Latte Plus Espresso. Canonical: <https://teas.co.uk/wiki/dirty-matcha/>*

Cafe dirty matcha is frequently syruped to the point where sugar, not matcha or coffee, is the dominant flavour, so the home version with controlled sweetening is both better tasting and far lighter. It suits one person well: someone who likes a matcha latte but wants a coffee hit in the same glass. It does not suit anyone watching caffeine. Read any new matcha trend (strawberry, brown sugar, coconut) the same way: a matcha base plus one bold addition, and the two questions that matter are whether the matcha is good enough to survive the addition and whether the sugar has been left to take over. See [is sugar in tea bad](#).

## What to buy

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Dirty Matcha: A Matcha Latte Plus Espresso. Canonical: <https://teas.co.uk/wiki/dirty-matcha/>*

Build it from the [matcha range](#) and a basic [matcha kit](#) (whisk and bowl), or browse the full [tea shop](#). Buy on the cup and the per cup price, never the marketing; free UK delivery is over £35.

## Reference noted

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Dirty Matcha: A Matcha Latte Plus Espresso. Canonical: <https://teas.co.uk/wiki/dirty-matcha/>*

- [PubMed: Matcha green tea and human health](#)

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## Matcha reading

Continue with [matcha latte at home](#), [matcha benefits](#), [matcha](#), [is sugar in tea bad](#) and [blue matcha explained](#).

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