

Proffee: Protein Coffee, Explained

From the Teas.co.uk wiki

Proffee, in summary: Proffee is the TikTok protein-shake-plus-espresso drink: best seen as a milkshake with coffee, not a magic fusion, and genuinely handy as a pre-workout or breakfast.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Proffee: Protein Coffee, Explained. Canonical: <https://teas.co.uk/wiki/proffee-explained/>* "Proffee" (protein plus coffee, and a tea version) is a big fitness-feed trend. It sits alongside [whipped tea](#).

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

Important: general information, not medical advice. If you are pregnant, medicated or managing a condition, check your caffeine intake with a pharmacist or GP.

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Aspect	The note
What it is	Protein shake + espresso shot, often iced
Origin	TikTok viral 2021; gym/fitness crossover
Calorie load	200-400 kcal depending on protein and milk
Caffeine load	60-120mg (one or two espresso shots)
Protein content	20-30g per typical recipe
Best as	Pre-workout or breakfast substitute, or recovery drink
Reality	A milkshake with coffee, not a magic protein-coffee fusion

What it is, and the reality

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is, and the reality, Proffee: Protein Coffee, Explained. Canonical: <https://teas.co.uk/wiki/proffee-explained/>*

Proffee blends a standard protein shake (whey or plant protein with cold milk and ice) with an espresso shot or cold-brew concentrate, famous for its two-layer look before you stir it. A typical cup gives 20-30g of

protein, 60-120mg of caffeine and 200-400 kcal. The honest reading: there is no special biological synergy between protein and caffeine, so a proffee is nutritionally the same as having a protein shake and a coffee separately. The genuine benefit is convenience and flavour, one quick three-minute drink for someone who would otherwise skip breakfast or wants protein and caffeine together before the gym. See [tea myths debunked](#).

The caffeine and calorie caveats

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The caffeine and calorie caveats, Proffee: Protein Coffee, Explained. Canonical: <https://teas.co.uk/wiki/proffee-explained/>*

Two things to watch. Caffeine: two espresso shots plus a second coffee or a caffeinated pre-workout an hour later adds up fast, so count the proffee in your daily total, especially if you are caffeine-sensitive. Calories: with whole milk and a premium powder a proffee can reach 400-500 kcal, a meaningful slice of the day, so unsweetened lower-calorie milk and a label-check keep it sensible. What it is not: a fat-burner, a metabolic hack, or a performance enhancer beyond what the protein and caffeine do on their own. See [caffeine guide](#).

The tea version

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The tea version, Proffee: Protein Coffee, Explained. Canonical: <https://teas.co.uk/wiki/proffee-explained/>*

The tea-adjacent variant is genuinely worth a look: swap the espresso for a strong matcha or strong black tea in the same protein-shake base. Some drinkers prefer it for a smoother caffeine curve, since the L-theanine in tea softens the jitter. "Matcha proffee" turns the cup pale green with a gentler caffeine load; a strong English Breakfast version is milder again. Cold brew (smoother, less bitter), a dirty-chai-spiced build, or oat-milk-only versions all work for different preferences. See [matcha jitters](#).

What to buy

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Proffee: Protein Coffee, Explained. Canonical: <https://teas.co.uk/wiki/proffee-explained/>*

Source the components from the [coffee range](#), the [matcha range](#) for the tea version, or the full [tea shop](#). Buy on the cup and the per cup price, never the marketing; free UK delivery is over £35.

Reference noted

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

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Tea-trends reading

- [Coffee vs tea](#)
- [Caffeine in tea](#)
- [Matcha jitters](#)
- [Common tea myths](#)

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