Proffee: Protein Coffee, Explained

From the teas.co.uk wiki

> **Proffee, in summary:** Proffee is the TikTok drink of protein shake plus espresso: best seen as a milkshake with coffee, not a magic fusion, and really handy before the gym or at breakfast.

"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.*

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

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. Strip away the hype and 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 real gain 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

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

The tea version is well 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 the components from the coffee range, the matcha range for the tea version, or the full tea shop. For a tea proffee, pick the matcha or black tea by the cup and its per cup price, not the hype; UK delivery is free over £35.

Reference noted

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

FROM THE CURATOR

teas · Match the tea to the moment. A proffee at 6am and a plain cup of tea at 4pm can both earn their place.

Tea-trends reading

- Coffee vs tea
- Caffeine in tea
- Matcha jitters
- Common tea myths

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/