How Much Caffeine in Matcha?

From the teas.co.uk wiki

> **Matcha caffeine, in short:** Matcha is moderately to fairly highly caffeinated, more concentrated per serving than steeped green tea; the amount is set by powder quantity, not steeping.

The short answer is that matcha is moderately to fairly highly caffeinated per serving, and crucially more concentrated than a normal cup of steeped green tea, because with matcha you consume the whole powdered leaf rather than steeping and discarding it. The useful answer is about why, and what actually controls the amount, which this page sets out below.

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

Why matcha is more concentrated

Matcha is shade grown green tea leaf ground to powder and whisked into water, so you ingest the entire leaf. With ordinary tea you steep leaves and pour off the liquid, leaving some caffeine in the spent leaf; with matcha there is no spent leaf, you drink all of it. That whole leaf consumption is the real, defensible reason a serving of matcha generally carries more caffeine than a typical cup of brewed green tea, not magic, just maths.

The range

A serving of matcha usually lands in a moderate to fairly high band, below a strong coffee but over a normal cup of green tea, and it varies a good deal. No single milligram figure is reliable, because the dominant variable is not steeping (you are not steeping) but how much powder you use: a thin everyday bowl uses less and gives less; a thick ceremonial preparation or a double scoop cafe latte uses more and gives more. The serving size of powder swings it directly.

The L-theanine nuance

The frequently overstated part: matcha is rich in L-theanine, and the caffeine plus L-theanine combination is the fair basis for the "focused energy without coffee jitters" many people describe. That smoother subjective feel is real and plausible. What is not true is that L-theanine cancels the caffeine or makes matcha low stimulant, the caffeine is fully present and active; the experience is just often described as steadier. In short: matcha delivers a full, concentrated dose that may feel gentler, and it is not a caffeine light drink.

What this means in practice

The practical points: matcha is a poor late evening choice if you are caffeine sensitive, precisely because the dose is concentrated and its laid back reputation misleads people into drinking it too late; you cannot meaningfully reduce its caffeine by "brewing differently" because you are not brewing, the only real lever is using less powder; and there is no traditional decaf matcha, so if you need very low or zero caffeine, matcha is the wrong drink and a tisane is the obvious alternative.

Matcha caffeine, at a glance

Factor	Short answer
Band	Moderate to fairly high; below strong coffee, above green tea
Why a range	Powder amount, not steeping, sets it
Thin everyday bowl	Lower end
Thick / double-scoop latte	Higher end
L-theanine	Smoother feel, not a lower dose
Less caffeine?	Use less powder; no decaf matcha

References and notes

- NHS guidance on caffeine

FROM THE CURATOR

teas · Matcha's dose rides on the scoop, not the steep. Start with half a teaspoon and add from there; if a bowl keeps you up, you used more than you thought.

More from the tea wiki

- Does matcha have caffeine?
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