

How Much Caffeine Is in Earl Grey?

From the Teas.co.uk wiki

Earl Grey caffeine, in short: Classic Earl Grey tracks ordinary black tea, a moderate amount, with no single figure because brewing swings it. Green, rooibos and decaf versions differ.

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 Earl Grey?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-earl-grey/>*

The short answer is that standard Earl Grey contains about the same caffeine as ordinary black tea, a moderate amount, because Earl Grey is not a special plant: it is black tea (real *Camellia sinensis*) scented with bergamot oil. The bergamot adds aroma, not caffeine. The useful detail is the variable range and the genuine exceptions.

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

Why it tracks black tea

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why it tracks black tea , How Much Caffeine Is in Earl Grey?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-earl-grey/>*

Earl Grey is a flavouring on a base, not a tea type of its own. The classic base is fully oxidised black tea, so its caffeine behaves like any black tea. The citrus bergamot oil that defines the flavour does not raise, lower or remove caffeine. So a normal cup of Earl Grey is, caffeine wise, a normal cup of black tea with a fragrant top note.

The range

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That means a moderate amount, typically well below a strong coffee but enough for a genuine lift and enough to disturb sleep if you are sensitive and drink it late. As with all tea there is no single reliable figure: leaf grade and, mostly, brewing (more leaf, hotter water, longer steep = more caffeine) swing it considerably. Anyone quoting one exact number for "Earl Grey" is overstating something the brew alone moves.

The genuine exceptions

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The genuine exceptions , How Much Caffeine Is in Earl Grey?. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-earl-grey/*

"Earl Grey" is now a flavour applied to several bases, and this is where frankness matters. Green Earl Grey uses a green tea base: still caffeinated, generally a little less than the black version but not low. Rooibos Earl Grey or "caffeine free Earl Grey" uses a rooibos base: genuinely caffeine free, because rooibos is a caffeine free herb, not tea, a real clear option for the bergamot flavour without caffeine. Read the base: black or green means caffeinated; rooibos means caffeine free.

The decaf option

Decaf Earl Grey is decaffeinated black tea with bergamot: most caffeine removed, a small residual remains (true of all decaf), so it is very low but not absolute zero, and tastes slightly softer, a fair trade. If you need true zero, the rooibos version is the clear choice over decaf.

Earl Grey caffeine by base

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Base	Caffeine
Black tea (classic)	moderate, ordinary black tea level, below strong coffee
Green tea base	caffeinated, generally a little less, not low
Rooibos "Earl Grey"	genuinely caffeine free
Decaf Earl Grey	very low, not absolute zero

References and notes

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

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