Can Dogs Drink Tea?

From the teas.co.uk wiki

> **Can dogs drink tea, in summary:** Mostly no: caffeine is toxic to dogs and even decaf has traces. Water is the answer; some caffeine free herbals only tiny and under vet guidance.

"Can dogs drink tea?" is one of the most-searched pet questions, and the answer is mostly no. It is the hub of the pets section, next to is tea toxic to dogs.

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

General information, not veterinary advice. Dogs vary, so if yours has swallowed caffeine or you are not sure, phone your vet or an animal poison helpline straight away.

The short answer

No to normal tea. Caffeine is toxic to dogs and they are far more sensitive to it than people; black, green, white and oolong all contain it, and even decaf retains traces. Caffeine can cause restlessness, a raised heart rate, vomiting and, at sufficient dose, serious effects, which is why ordinary tea is simply not a drink for a dog. See is tea toxic to dogs and the caffeine guide.

Tea and dogs, at a glance

Given to a dog	Verdict
Black / green / any true tea	no, caffeine is toxic to dogs
Decaf tea	no, retains trace caffeine
Milky, sugared tea	worse, dairy and sugar add problems
Caffeine-free herbal (chamomile, ginger, rooibos)	only tiny, well-diluted, under vet guidance
Fresh water	yes, the only thing a dog needs to drink

Caffeine-free is not automatically safe

Some caffeine free herbals such as chamomile, ginger, rooibos or peppermint are sometimes given to dogs in tiny, well diluted amounts under veterinary guidance, but caffeine free is not automatically safe: several botanicals that are fine for people are unsuitable or actively unsafe for dogs, so it is a vet decision rather than a web one. Milk and sugar only make a cup more unsuitable, because many dogs handle dairy poorly

and sugar is unhelpful. See safe herbal teas for dogs.

What dogs should drink

Fresh water, always available and changed regularly, is the only thing a dog actually needs to drink. Tea adds nothing a dog needs and carries a real risk it does not, so the simplest safe rule is that tea is for humans and water is for pets.

If your dog drinks tea

Scale the response to the amount and the strength. A single lick of weak, milky tea from an unattended mug is usually a minor matter for a healthy adult dog, the kind of thing to note and watch. A real quantity, a strong brew, a small dog, a puppy, or any pre-existing condition shifts it firmly into vet territory, as do signs such as restlessness, a racing heart, vomiting, tremors or agitation, which warrant contacting a vet or an animal poison line immediately rather than waiting. Treat a real ingestion as a professional call rather than a web search, see my dog drank tea.

Bottom line

No normal tea for dogs because caffeine is toxic; no decaf because it retains traces; no milky sweet tea because dairy and sugar compound the problem; caffeine-free herbals only tiny, well-diluted and under veterinary guidance; and water, always, as the one thing a dog needs to drink. Keep the cup for yourself from the full tea shop and the water bowl for the dog, the consistent line the can cats drink tea page shares.

Shop the range: browse the English tea range and loose leaf range.

FROM THE CURATOR

teas · Tea is for people, and a vet is for the dog. Browse the wider shelf for yourself once you know what you like.

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- Is tea toxic to dogs
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- My dog drank tea
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