Dragonfly Cape Chai Rooibos

From the teas.co.uk wiki

> **Cape Chai rooibos, in summary:** The South African answer to masala chai: the same warming spices on a caffeine free rooibos base, recognisably chai, mellower, evening friendly.

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

Dragonfly Cape Chai Rooibos pairs South Africa's signature caffeine free leaf with masala chai's warming spices. The combination is a real South African tradition, "Cape Chai" is what the Western Cape calls a chai latte made with rooibos instead of black tea. Sweet, warming, completely caffeine free, ideal for evenings or pregnancy.

What's in the bag

- **Rooibos.** Honeybush relative, naturally caffeine free, sweet woody base. Sourced from the Cederberg region of South Africa's Western Cape.
- **Cardamom.** The dominant chai aromatic.
- **Cinnamon.** Warming sweetness.
- **Ginger.** Gentle heat.
- **Cloves and black pepper.** Complete the masala spice profile.

Organic, Fairtrade style sourcing. Dragonfly is part of the wider Hampstead Tea family, UK organic specialist with strong ethical sourcing credentials.

What it tastes like

The cup is amber red (rooibos's natural colour), warm spiced, and naturally sweet. The rooibos's woody vanilla character integrates beautifully with chai spices, there's no clash. Some drinkers find this MORE satisfying than traditional black tea based chai because the rooibos sweetness reduces the need for added sugar.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Rooibos tolerates full boiling water, unlike black or green tea, you can't over extract bitter compounds.
3. Steep 5-7 minutes. Rooibos benefits from longer brewing.
4. Optional: add steamed milk for a Cape Chai latte.
5. Sweetener optional, many drinkers find rooibos's natural sweetness sufficient.

The Cape Chai tradition

South Africa's Western Cape is where rooibos grows (it's native to the Cederberg mountains). When chai latte culture spread globally in the 1990s-2000s, South African cafés naturally adapted the recipe to use the local caffeine free leaf. "Cape Chai" became the local rooibos based version. The tradition is now well established across Cape Town, Johannesburg, and Durban café scenes.

Why caffeine free chai matters

- **Evening drinking.** Traditional black tea chai delivers 30-50mg caffeine, too much for evening for many drinkers.
- **Pregnancy.** 0mg caffeine fits anywhere within NHS pregnancy limits. More on pregnancy and tea.
- **Caffeine sensitivity.** Anxiety, migraines, sleep issues, Cape Chai delivers chai flavour without trigger.
- **Children.** For children, ask your pharmacist, health visitor or GP first

Cape Chai latte recipe

For the café style preparation:

1. Brew 1 Cape Chai bag in 100ml water for 5 minutes.
2. Heat 200ml whole milk (or oat milk) to just below boiling.
3. Combine in a mug. Sweeten with honey to taste.
4. Optional: top with cinnamon dust.

The result is a satisfying one, closer to a chai latte than the rooibos base would suggest.

Comparison with other caffeine free chai options

Product	Base	Character
Dragonfly Cape Chai Rooibos	Rooibos	Sweet, warming, South African tradition
Pukka After Dinner	No tea base, spice only	Lighter, more herbal
Yogi Egyptian Liquorice Chai	Spice + liquorice	Stronger liquorice character
Drink Me Chai caffeine free sachet	Spice + milk powder	Latte style instant convenience

Cautions

- **Pregnancy.** Rooibos and standard chai spices are generally considered safe in moderate amounts. Check with midwife if drinking heavily.
- **Allergies.** Rooibos is in the legume family, uncommon but possible cross reactions.
- **Kidney conditions.** Rooibos is generally considered safe but check with GP if you have specific kidney concerns.

Caffeine

0mg. Both rooibos and the chai spices are caffeine free.

Buying

You can buy Dragonfly Cape Chai Rooibos from specialist UK tea retailers, teas.co.uk among them. Quick Buy. Available in box format (20-25 bags).

FAQ

Is Dragonfly Cape Chai caffeine free? Yes, completely. Rooibos and the chai spices are all naturally caffeine free.

What is Cape Chai? South African chai style drink using rooibos instead of black tea. Tradition originating in the Western Cape region.

Is it organic? Yes, Dragonfly's range is certified organic.

Best for evening drinking? Yes, caffeine free with warming spices, ideal for evening wind down.

Can I make a Cape Chai latte? Yes, brew the bag, add steamed milk, sweeten with honey. Surprisingly satisfying.

Curator's note: Cape Chai is one of those happy accidents of cultural cross pollination, South African rooibos meeting Indian masala spices, both ending up in a UK customer's mug. The caffeine free version of chai latte that actually delivers on the comfort. Lee, teas.co.uk, Tunbridge Wells.

Worth picking up: the chai range and rooibos range.

FROM THE CURATOR

teas · Start with one bag in a mug and see how it fits your evenings. The latte version can wait until week two.

Caffeine free chai reading

- Caffeine free chai
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- Rooibos
- Chai category

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