Dragonfly Earl Grey Rooibos: Caffeine Free Earl Grey

From the teas.co.uk wiki

> **Dragonfly Earl Grey rooibos, in summary:** Dragonfly Earl Grey rooibos is the reference caffeine-free Earl Grey; rooibos base with real Italian bergamot oil; built for evening character.

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

Caffeine free Earl Grey is a thing, and Dragonfly's rooibos based version is one of the better ones on the UK shelf. Bergamot oil applied to rooibos instead of black tea, producing a cup that delivers Earl Grey's signature aromatic without the caffeine. Surprisingly close to traditional Earl Grey for evening, pregnancy, or caffeine sensitive drinking.

Why caffeine free Earl Grey works

Earl Grey's defining character comes from bergamot oil, not from the black tea base. The black tea provides body and astringency; the bergamot provides the floral citrussy aromatic. Replace black tea with rooibos (sweet, woody, naturally caffeine free) and the cup retains 70-80% of Earl Grey's character. The bergamot pulls the rest forward.

This isn't just a workable substitute, many Earl Grey drinkers actively prefer the rooibos version for evening drinking. The natural sweetness of rooibos balances bergamot beautifully without needing sugar.

What's in the bag

- **Rooibos.** Organic Cederberg region South African red bush.
- **Bergamot oil.** The same Calabrian bergamot used in classic Earl Grey.
- Optional minor additions: cornflower petals (decorative).

What it tastes like

The cup is amber red (rooibos colour), aromatic with bergamot's floral citrussy lift, and slightly sweeter than traditional Earl Grey. The astringency of black tea is absent, replaced by rooibos's smooth woody sweetness. Rooibos Earl Grey goes down well plain, with lemon, or with a little milk.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Rooibos tolerates full boil.
3. Steep 5-7 minutes for full flavour. The bergamot needs time to release.
4. Drink black, with lemon, or with a small amount of milk.

Use cases

- **Evening Earl Grey.** The reason most drinkers buy this: the Earl Grey cup without the caffeine.
- **Pregnancy.** While pregnant, keep herbal tea to 4 cups across the day, as the NHS advises, and skip teas containing liquorice root; a blend can be caffeine free and still unsuitable, so put any doubts to your midwife or pharmacist. More on pregnancy and tea.
- **Children.** Advice on age or dose for children is not something we give; a pharmacist, health visitor or GP can answer that.
- **Caffeine sensitive drinkers.** Anxiety prone, migraine prone, sleep affected.
- **Cold brewed iced Earl Grey.** Poured over ice with a lemon slice, it is excellent. More on cold brew.

How it compares to traditional Earl Grey

Attribute	Traditional Earl Grey	Dragonfly Earl Grey Rooibos
Caffeine	40-50mg/cup	0mg
Body	Medium	Light medium
Astringency	Moderate	None
Bergamot character	Full	Full
Natural sweetness	Low	Moderate
Tannins	Yes (binds iron)	Minimal
Best with	Milk or black	Black or lemon

Other caffeine free Earl Grey options

- **Twinings Decaf Earl Grey.** Black tea base, decaffeinated. 2-5mg residual caffeine. Closer to traditional Earl Grey.
- **Pukka Lavender Earl Grey.** Black tea base with lavender addition. NOT caffeine free.
- **Dragonfly Earl Grey Rooibos.** Rooibos base, fully caffeine free.

Decaf Earl Grey vs rooibos Earl Grey is a real choice, decaf retains more of the traditional character but has 2-5mg caffeine; rooibos is fully caffeine free but is a slightly different cup.

Cautions

- **Pregnancy.** NHS pregnancy guidance allows herbal tea up to 4 cups a day, with liquorice root teas best avoided. Ask your midwife or pharmacist if unsure. Heavy daily intake of any rooibos based tea is mildly cautioned by some sources due to theoretical effects on iron absorption (rooibos is much lower in tannins than black tea, but still).
- **Allergies.** Rooibos is in the legume family. Bergamot is a citrus essential oil, allergic reactions uncommon but possible.

Caffeine

0mg.

Buying

Quick Buy: Dragonfly Earl Grey Rooibos. Specialist UK tea retailers stock it, and teas.co.uk is one of them.

FAQ

Is Dragonfly Earl Grey Rooibos really caffeine free? Yes, fully. Rooibos has 0mg caffeine and bergamot oil contributes none.

Does it taste like real Earl Grey? 70-80% there. The bergamot is identical; the base tea body is different (sweeter, less astringent).

Can I drink it with milk? Yes, works fine with a small amount of milk, but rooibos Earl Grey is most rewarding drunk black with a slice of lemon.

Pregnancy safe? NHS pregnancy guidance allows herbal tea up to 4 cups a day, with liquorice root teas best avoided. Ask your midwife or pharmacist if unsure.

Better than decaf Earl Grey? Different. Decaf is closer to traditional but has 2-5mg residual caffeine. Rooibos version is fully caffeine free but slightly different cup. Try both, pick your preference.

Curator's note: I drink Dragonfly Earl Grey Rooibos most evenings. The bergamot comes through exactly as it does in caffeinated Earl Grey, the rooibos base is sweet and forgiving, and it's the closest you'll get to a "proper Earl Grey" cup after dinner without keeping yourself awake. Lee, teas.co.uk, Tunbridge Wells.

Dragonfly Earl Grey rooibos, at a glance

Aspect	Note
Product	Caffeine-free Earl Grey using rooibos as the base instead of black tea
Brand	Dragonfly, the UK organic infusion brand
Tea base	Red rooibos (Aspalathus linearis) from South Africa
Bergamot	Real Italian bergamot oil; not synthetic flavouring
Caffeine	Zero; the reference caffeine-free Earl Grey
Use case	Evening or post-dinner Earl Grey character without the caffeine
Brewing	5-7 minutes boiling water; rooibos tolerates long extraction
Compare to	Standard Earl Grey (caffeinated), Lady Grey, decaf Earl Grey

Pull in from the Earl Grey range and rooibos range.

FROM THE CURATOR

teas · Match the tea to the moment. 6am and 4pm are different moments, and this rooibos Earl Grey suits the later one.

Earl Grey companion reading

Continue with Earl Grey tea, rooibos tea, caffeine-free tea, bergamot tea, Lady Grey tea and decaf tea.

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/