

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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for caffeine free [Earl Grey](#), rooibos blends, or "Best Tea Shops in the UK". Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why caffeine free Earl Grey works, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

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 citrusy 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What's in the bag, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical:*

[grey-rooibos-caffeine-free-earl-grey-exists/](https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/)

- **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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it tastes like, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

The cup is amber red (rooibos colour), aromatic with bergamot's floral citrusy lift, and slightly sweeter than traditional Earl Grey. The astringency of black tea is absent, replaced by rooibos's smooth woody sweetness. Drinks well black, with a slice of lemon, or with a small amount of milk.

How to brew

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to brew, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

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, Earl Grey ritual without the caffeine.
- **Pregnancy.** 0mg caffeine, fully pregnancy safe. [More on pregnancy and tea.](#)
- **Children.** Safe for kids who want to drink tea like adults.
- **Caffeine sensitive drinkers.** Anxiety prone, migraine prone, sleep affected.
- **Cold brewed iced Earl Grey.** Excellent over ice with a slice of lemon. [More on cold brew.](#)

How it compares to traditional Earl Grey

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Other caffeine free Earl Grey options, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

- **Twinnings 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Cautions, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

- **Pregnancy.** Generally safe in moderate amounts. 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Caffeine, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

0mg.

Buying

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Buying, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

[Quick Buy: Dragonfly Earl Grey Rooibos](#). Available through specialist UK tea retailers including teas.co.uk.

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? Yes, fully caffeine free, suitable throughout pregnancy in moderate amounts.

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 character is genuinely identical to caffeinated Earl Grey, the rooibos base is sweet and forgiving, and it's the closest you'll get to a "proper Earl Grey" experience after dinner without keeping yourself awake. Lee, Teas.co.uk, Tunbridge Wells.

Dragonfly Earl Grey rooibos, at a glance

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Dragonfly Earl Grey rooibos, at a glance, Dragonfly Earl Grey Rooibos: Caffeine-Free Earl Grey. Canonical: <https://teas.co.uk/wiki/dragonfly-earl-grey-rooibos-caffeine-free-earl-grey-exists/>*

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 (<i>Aspalathus linearis</i>) 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. A 6am cup and a 4pm cup do not need to be the same brew.

Earl Grey companion reading

Continue with [Earl Grey tea](#), [rooibos tea](#), [caffeine-free tea](#), [bergamot tea](#), [Lady Grey tea](#) and [decaf tea](#).

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