Pukka Vanilla Chai: Is It Caffeine Free?

From the teas.co.uk wiki

> **Pukka Vanilla Chai, in summary:** An organic, sweet, vanilla led spiced black tea: a gentle daytime cup, with the caveat to read the base because "chai" never guarantees zero.

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

Pukka Vanilla Chai is the brand's chai variant, black tea + cardamom + cinnamon + ginger + cloves + vanilla + liquorice. Despite some confusion, this IS caffeinated (the black tea base provides caffeine). For caffeine free chai, choose Pukka After Dinner or specifically rooibos based chai blends.

What's in the bag

- **Black tea.** Standard CTC tea base, provides body and CAFFEINE.
- **Cardamom.** Dominant chai aromatic.
- **Cinnamon.** Warming sweetness.
- **Ginger.** Gentle heat.
- **Cloves.** Sharp depth.
- **Vanilla.** Sweet smooth character (the variant's defining addition).
- **Liquorice root.** Natural sweetness.
- **Black pepper.** Background warmth.

The "caffeine free chai" confusion

Pukka Vanilla Chai is sometimes mis marketed or misunderstood as caffeine free chai. It is NOT caffeine free, the black tea base contains caffeine.

For genuinely caffeine free chai, choose:

- **Pukka After Dinner.** Spice only, no tea base. Caffeine free. More here.
- **Dragonfly Cape Chai Rooibos.** Rooibos base + chai spices. Caffeine free. More here.
- **Good Earth Rooibos Chai.** Rooibos based. Caffeine free.
- **Drink Me Chai Caffeine Free Sachet.** Spice only sachet.

What it tastes like

The vanilla addition makes Pukka Vanilla Chai sweeter and smoother than traditional masala chai. The cardamom cinnamon vanilla combination is dessert leaning. Drinks beautifully with milk.

How to brew

1. 1 bag per 200ml.
2. Just boiled water.
3. Steep 4-5 minutes.
4. Add milk and optional sugar.

The pan brewed alternative

For a richer cup using Pukka Vanilla Chai bags:

1. Pour 100ml water + 100ml milk into small pan.
2. Bring to gentle simmer.
3. Add 1 Pukka Vanilla Chai bag.
4. Simmer 3-4 minutes.
5. Sweeten if desired.
6. Pour into mug.

The pan brewing technique extracts more aromatic compounds from the spices.

Caffeine

30-50mg per 200ml cup. Standard chai tea range. NOT caffeine free.

Use cases

- **Daily organic chai.** Premium tier mainstream chai option.
- **Vanilla loving chai drinkers.** The vanilla addition softens the spice character.
- **Chai latte at home.** Pairs beautifully with steamed milk.
- **Afternoon comfort drink.** Caffeine light enough for mid afternoon.
- **Pregnancy.** Within NHS caffeine limits; ginger and chai spices generally safe in moderation. More on pregnancy and tea.

How it compares

Product	Profile	Caffeine
Pukka Vanilla Chai	Black tea + chai + vanilla; organic	30-50mg
Twinings Spiced Chai	Mainstream black tea chai	30-50mg
Tetley Masala Chai	Strong CTC Assam led	40-60mg
Pukka After Dinner	Spice only; no tea base	0mg

Dragonfly Cape Chai Rooibos	Rooibos + chai spices	0mg
Drink Me Chai Vanilla sachet	Instant sweet milky chai	25-35mg

Cautions

- **Caffeine sensitivity.** Standard chai caffeine level.
- **Pregnancy.** Within NHS caffeine limits. Avoid heavy daily liquorice intake during pregnancy.
- **Hypertension.** Small liquorice content; not a concern in moderation.
- **Iron absorption.** Tannins; drink between meals.

Buying

Available across UK supermarkets and specialist retailers. Browse Pukka here. £3-3.50 per box of 20 bags.

FAQ

Is Pukka Vanilla Chai caffeine free? No, the black tea base provides 30-50mg caffeine per cup.

Where can I find caffeine free chai? Pukka After Dinner (no tea base); rooibos based chai blends.

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

Pregnancy safe? Within NHS caffeine limits. Generally fine in moderation.

Best chai latte at home? Pukka Vanilla Chai pan brewed in 50/50 milk/water.

Curator's note: Pukka Vanilla Chai is the organic premium tier chai for daily drinking. The vanilla addition makes it more dessert leaning than traditional masala. Just don't mistake it for caffeine free, the black tea base provides full caffeine. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)
- NHS guidance on caffeine

For everyday teas relevant to this topic: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Browse the wider tea range; chai and everything else ships free in the UK above £35, single bags included.

FROM THE CURATOR

teas · Buy chai on the cup, whatever the caffeine label says. Try other chais once you know which one you like.

Chai reading

- Chai tea (the pillar)
- Chai category
- Caffeine free chai
- Chai from scratch

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
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