

The Complete Caffeine Chart

BARISTA LIFE · BARISTALIFE.CO

The FDA cites 400 mg of caffeine a day as an amount generally not associated with negative effects in healthy adults. Figures are per the serving shown, from manufacturer or compiled sources. Information, not medical advice.

Coffee & espresso

Drink	Caffeine	Serving
Starbucks Blonde Roast	360 mg	16 oz grande
Starbucks Pike Place (grande)	310 mg	16 oz grande
Death Wish Coffee (brewed)	300 mg	8 oz brewed
Dunkin iced coffee (medium)	297 mg	24 oz medium
Starbucks Nitro Cold Brew	280 mg	16 oz grande
Baskin Robbins Cappuccino Blast (medium)	234 mg	24 oz medium
Starbucks Tripleshot Energy	225 mg	15 oz can
Starbucks Caffè Americano	225 mg	16 oz grande
Dunkin hot coffee (medium)	210 mg	14 oz medium
Starbucks cold brew (grande)	205 mg	16 oz grande
Starbucks Flat White	195 mg	16 oz grande
Starbucks Caffè Mocha	175 mg	16 oz grande
Starbucks Iced Coffee	165 mg	16 oz grande
Starbucks Caffè Latte	150 mg	16 oz grande
Starbucks Caramel Macchiato	150 mg	16 oz grande
Starbucks Cappuccino	150 mg	16 oz grande
Starbucks Pumpkin Spice Latte	150 mg	16 oz grande
Starbucks Vanilla Latte	150 mg	16 oz grande
Starbucks White Chocolate Mocha	150 mg	16 oz grande
Peet's brewed coffee	150 mg	8 oz cup
McDonald's brewed coffee	145 mg	16 oz medium
Tim Hortons brewed coffee	140 mg	14 oz medium
Dunkin Refresher (medium)	99 mg	24 oz medium
brewed coffee	95 mg	8 oz cup
Starbucks Caramel Frappuccino	90 mg	16 oz grande

Drink	Caffeine	Serving
espresso	63 mg	1 oz shot
Starbucks Refreshers	45 mg	16 oz grande

Energy drinks

Drink	Caffeine	Serving
Redline Xtreme	316 mg	8 oz bottle
Bang	300 mg	16 oz can
Reign Total Body Fuel	300 mg	16 oz can
G Fuel Energy (can)	300 mg	16 oz can
Adrenaline Shoc	300 mg	16 oz can
Rockstar XDurance	300 mg	16 oz can
Celsius Essentials	270 mg	16 oz can
5-hour Energy Extra Strength	230 mg	1.93 oz shot
Celsius	200 mg	12 oz can
Prime Energy	200 mg	12 oz can
Alani Nu	200 mg	12 oz can
5-hour Energy (regular)	200 mg	1.93 oz shot
C4 Performance Energy	200 mg	16 oz can
Ghost Energy	200 mg	16 oz can
Reign Storm	200 mg	12 oz can
3D Energy	200 mg	16 oz can
C4 Smart Energy	200 mg	16 oz can
Java Monster	188 mg	15 oz can
Mtn Dew Rise Energy	180 mg	16 oz can
Xyience Xenergy	176 mg	16 oz can
Monster	160 mg	16 oz can
Rockstar Original	160 mg	16 oz can
ZOA	160 mg	12 oz can
NOS Energy	160 mg	16 oz can
Full Throttle	160 mg	16 oz can
Venom Energy	160 mg	16 oz can
Guayaki Yerba Mate (can)	150 mg	15.5 oz can
Dunkin Sparkd Energy (medium)	144 mg	24 oz medium
UPTIME Energy	142 mg	12 oz can

Drink	Caffeine	Serving
AMP Energy Original	142 mg	16 oz can
GURU Original	140 mg	12 oz can
Zevia Energy	120 mg	12 oz can
Red Bull	80 mg	8.4 oz can
V8 +Energy	80 mg	8 oz can
Aspire Energy	80 mg	12 oz can

Sodas

Drink	Caffeine	Serving
Mtn Dew Kickstart (Orange Citrus)	92 mg	16 oz can
Water Joe (caffeinated water)	70 mg	16.9 oz bottle
Pepsi Zero Sugar	69 mg	12 oz can
Mountain Dew Zero Sugar	68 mg	12 oz can
Sun Drop	64 mg	12 oz can
Mountain Dew Baja Blast	59 mg	12 oz can
Bai Antioxidant Infusion	55 mg	18 oz bottle
Mountain Dew	54 mg	12 oz can
Mello Yello	51 mg	12 oz can
OLIPOP Vintage Cola	50 mg	12 oz can
Diet Coke	46 mg	12 oz can
Dr Pepper	41 mg	12 oz can
Poppi Classic Cola	40 mg	12 oz can
Pepsi	38 mg	12 oz can
Diet Pepsi	35 mg	12 oz can
Coca-Cola Classic	34 mg	12 oz can
Big Red	34 mg	12 oz can
Cherry Coke	34 mg	12 oz can
Vanilla Coke	34 mg	12 oz can
Coca-Cola Zero Sugar	34 mg	12 oz can
Barq's root beer	22 mg	12 oz can
Sunkist Orange	19 mg	12 oz can
Sunkist Zero Sugar	19 mg	12 oz can
A&W Root Beer	0 mg	12 oz can
Fanta Orange	0 mg	12 oz can

Drink	Caffeine	Serving
Squirt (original)	0 mg	12 oz can
Sprite	0 mg	12 oz can
Mug Root Beer	0 mg	12 oz can
Crush Orange	0 mg	12 oz can
Diet Barq's root beer	0 mg	12 oz can
Culture Pop	0 mg	12 oz can
7UP	0 mg	12 oz can
Starry (lemon lime)	0 mg	12 oz can
Fresca	0 mg	12 oz can
Canada Dry Ginger Ale	0 mg	12 oz can

Teas

Drink	Caffeine	Serving
Starbucks Chai Latte	95 mg	16 oz grande
yerba mate	85 mg	8 oz cup
matcha	60 mg	8 oz cup (1 tsp, ~2g)
Pure Leaf black iced tea	54 mg	18.5 oz bottle
Gold Peak Sweet Tea	48 mg	18.5 oz bottle
brewed black tea	47 mg	8 oz cup
English breakfast tea	47 mg	8 oz cup
Starbucks London Fog	40 mg	16 oz grande (40mg at every size)
Snapple iced tea	37 mg	16 oz bottle
brewed oolong tea	37 mg	8 oz cup
Twisted Tea	30 mg	12 oz bottle
brewed green tea	28 mg	8 oz cup
brewed white tea	28 mg	8 oz cup
Peace Tea	23 mg	23 oz can
Lipton Iced Tea (Lemon)	21 mg	16.9 oz bottle
Brisk Iced Tea (Lemon)	11 mg	12 oz can
Arizona Green Tea	7.5 mg	8 oz serving (23 oz can holds ~21.5mg)
rooibos (red bush) tea	0 mg	8 oz cup
peppermint herbal tea	0 mg	8 oz cup
chamomile herbal tea	0 mg	8 oz cup

Verified sources per drink. Compare any two at baristalife.co/pages/caffeine-comparison-tool. Free to print for personal use. © Barista Life.