

# Coffee Caffeine Guide

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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.

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
espresso	63 mg	1 oz shot

<b>Drink</b>	<b>Caffeine</b>	<b>Serving</b>
Starbucks Refreshers	<b>45 mg</b>	16 oz grande

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