

Starbucks 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
Starbucks Nitro Cold Brew	280 mg	16 oz grande
Starbucks Tripleshot Energy	225 mg	15 oz can
Starbucks Caffè Americano	225 mg	16 oz grande
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 canned Nitro (Black)	155 mg	9.6 oz can
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
Starbucks Doubleshot Espresso & Cream	120 mg	6.5 oz can
Starbucks bottled Frappuccino (Mocha)	105 mg	13.7 oz bottle
Starbucks Chai Latte	95 mg	16 oz grande
Starbucks Caramel Frappuccino	90 mg	16 oz grande
Starbucks Refreshers	45 mg	16 oz grande
Starbucks London Fog	40 mg	16 oz grande (40mg at every size)

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