

Caffeine in Coffee		
Type of coffee	Size*	Caffeine**
Espresso, restaurant-style	1 oz. (30 mL)	40-75 mg
Espresso, restaurant-style, decaffeinated	1 oz. (30 mL)	0-15 mg
Generic brewed	8 oz. (240 mL)	95-200 mg
Generic brewed, decaffeinated	8 oz. (240 mL)	2-12 mg
Generic instant	8 oz. (240 mL)	27-173 mg
Generic instant, decaffeinated	8 oz. (240 mL)	2-12 mg
McDonald's brewed	16 oz. (480 mL)	100 mg
McDonald's Mocha Frappe	16 oz. (480 mL)	125 mg
Starbucks Latte	16 oz. (480 mL)	150 mg
Starbucks Pike Place brewed	16 oz. (480 mL)	330 mg
Starbucks Pike Place brewed, decaffeinated	16 oz. (480 mL)	25 mg
<p>Adapted from Journal of Food Science, 2010; Pediatrics, 2011; USDA National Nutrient Database for Standard Reference, Release 23, 2010; Journal of Analytical Toxicology, 2006; Starbucks, 2011; McDonald's, 2011</p>		
<p>*Sizes are listed in fluid ounces (oz.) and milliliters (mL).</p>		
<p>**Caffeine is listed in milligrams (mg).</p>		