To work out the mean Ability of our Single Espresso Group:

Ability = Intercept + β 1(Double Espresso) + β 2(Single Espresso) + ε

Ability =
$$4.82 + 4.2(0) + 1.87(1) + \varepsilon$$

Ability =
$$4.82 + 1.87 + \varepsilon$$

Ability =
$$6.69 + \varepsilon$$

Which are the exact same means generated by the ANOVA...

Water mean = 4.82 Double Espresso mean = 9.02 Single Espresso mean = 6.69

