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

Ability = Intercept + $\beta 1$(Double Espresso) + $\beta 2$(Single Espresso) + ε

Ability = 4.82 + 4.2(1) + 1.87(0) + ε

Ability = 4.82 + 4.2 + ε

Ability = 9.02 + ε

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

Ability = Intercept + $\beta 1$(Double Espresso) + $\beta 2$(Single Espresso) + ε

Ability = 4.82 + 4.2(0) + 1.87(1) + ε

Ability = 4.82 + 1.87 + ε

Ability = 6.69 + ε