

Spilling *the* Beans

Good workplace culture starts with great coffee.

ISSUE 05

HIGH QUALITY OFFICE COFFEE

We've curated
the perfect blends for
the workplace.

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BEST BARISTA BLENDS FOR YOU

Discover the best
ways to enjoy our
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crossword with your
next cuppa.

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All your kitchen
consumables in one
delivery - simple!

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The favourite office coffee

Our best coffee blends are
bursting with distinctive
flavours and sourced
from Rainforest Alliance
certified farms.



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Coffee & consumables price list

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Issue 05 is here

Hello, and welcome to Spilling The Beans number 5! I hope that you're enjoying a fantastic year so far.

Let's talk about coffee. This issue we want to highlight our premium whole bean blends, as we've put a lot of thought into curating the perfect coffees for the workplace.

Flip over to page 4 to find a quick run through of our Rainforest Alliance certified premium coffee blends. Turn over to page 6 and you can find the drinks we recommend to make with each.

And finally, before you get to the price list, we've made up a coffee themed crossword puzzle. How quick can you complete it?

As always, if you need help or want to get in touch with the team about anything, just give us a call or send an email. We're always happy to help.

Scott Barnes

Head of Sales
scott.barnes@freshground.co.uk

FreshGround premium *coffee blends*

We're incredibly proud of our coffee blends here at FreshGround, all of which have been carefully curated with the workplace in mind. Each has its own unique flavours and characteristics to enjoy.

Not only that, but all of our premium coffee blends are sourced from Rainforest Alliance certified farms too. This ensures that sustainable and ethical farming practices are supported at every step of the journey, from farm to cup. Read more about our blends below.

● **Brazilian Santos**

With a smooth, light, chocolatey taste that lingers on the palate, Brazilian Santos works really well when paired with milk and sugar to taste.

● **Guatemala Antigua**

You can really taste the fruity notes of green apples with every sip of Guatemala Antigua! It's a lighter coffee that's surprisingly refreshing.

● **Santa Barbara**

Our bestselling whole bean blend and a real crowd pleaser. Santa Barbara is a balanced coffee with hints of dark chocolate and cedar.

● **Mount Elgon**

If you like your coffee bold, then Mount Elgon is the blend for you. With tasting notes of cocoa and dark caramel, it's sure to leave you buzzed.

① **Blend origins**

Coffee grows best in hot climates, so it's no surprise that most of our beans are sourced from countries close to the equator. Check out the map opposite to see where our coffee comes from.



Barista *blends*

Of course, all of our coffee blends can be used to make whatever coffee you fancy, but some of them have characteristics that lend themselves better to certain drinks. Check out our recommendations below.

Best for espresso:

● Guatemala Antigua

With its sharp and fruity flavours, we think you'll get the most from Guatemala Antigua when it's served as an espresso.

Best for americano:

● Santa Barbara

The richness of Santa Barbara is best enjoyed as a simple americano, allowing its fantastic flavours to really come through in your cup.

Best for latte:

● Brazilian Santos

We think the lighter tasting notes of Brazilian Santos make a fab latte, especially when paired with sugar, sweeteners or syrup to taste.

Best for cappuccino:

● Mount Elgon

With its bold flavours and stronger taste, Mount Elgon makes a fantastic base for an aromatic and enjoyable cappuccino.



See page 14
for products
and prices

Best for latte

● Brazilian Santos

Best for cappuccino

● Mount Elgon

Best for espresso

● Guatemala Antigua

Best for americano

● Santa Barbara



A5 Egro Touch Coffee Machine

Filter-style fresh bean black coffees for the serious coffee lover.



Serious about filter-style coffee?

The A5 is a dedicated black coffee machine that dispenses the very best filter-style coffee by the cup. Load the four bean hoppers with a selection of blends to open up a range of coffee options for your team.

Key features:

- Serves up to 200 people
- Dedicated black coffee machine
- Four bean hoppers offer choice
- Intuitive touch screen interface
- Simple, automated cleaning cycle

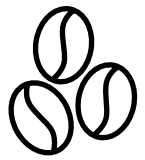


Contact us today to book your A5 demo

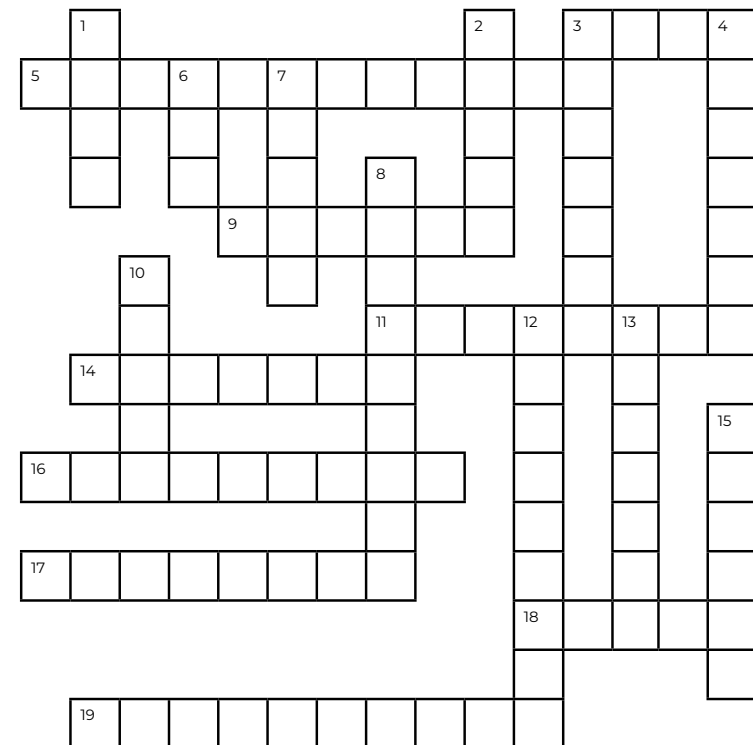
Call 020 7553 7900 or email hello@freshground.co.uk



Time for a coffee break



Fancy taking some time out of your day to enjoy something different? Take a stab at our coffee themed crossword.



Down

- Place where you buy and drink coffee.
- Espresso, steamed milk, topped with milk foam.
- Person who makes coffee professionally.
- Type of coffee bean with a smoother, sweeter taste.
- Popular alternative to coffee.
- What you grind up to make coffee.
- Shorter, more intense form of espresso drink.
- Milky coffee drink with chocolate flavouring.
- Espresso topped with a very small amount of milk.
- Type of coffee bean with a stronger, more bitter taste.
- Different name for pour-over coffee.

Across

- Another name for bubble tea.
- Name of the blend we recommend served as an americano.
- Coffee cherries that aren't ready to be picked.
- Coffee-flavoured spirit, popular in espresso martinis.
- Month when you would enjoy a pumpkin spice latte.
- Espresso, topped up with steamed milk.
- Concentrated shot of coffee, and the base of many drinks.
- Nectar from this plant is a popular sweetener alternative.
- Espresso, with equal steam milk and foam.

About our coffee

At FreshGround, we know that coffee isn't just coffee. It's making sure there's a vibrant blend to welcome your guests with, or something mellow for easy sipping in the staff area. The right kind of fresh ground coffee at the right time is one of the little things in the life of a busy office that can make all the difference. Breaking for coffee really means stepping back from the conference table, taking some time to think things over and spending valuable getting-to-know-you time with clients and colleagues alike.

We've made our range easy to understand, so you can select the bean or ground coffee that's best for you. From a light, refreshing, fruity blend to our more robust, smoky and bold coffees, you can choose from a selection graded for their intensity and complexity.

Our Premium Blend coffees are from Rainforest Alliance Certified™ farms, meaning you can enjoy your brew in the knowledge that you're helping to support coffee growers and their communities. Look out for the logo next to our Premium Blend coffees.



Coffee & consumable price list

Helping you choose a blend

Our strengths

Serene

Full of light, fruity flavours, the Serene family of coffees features delicate floral and acidic citrus notes. Enjoy without milk to truly appreciate the variety of subtle flavours showcased in these blends.

Refreshed

These bright, aromatic blends will lift your day, including fresh notes such as sharp green apples and ripe berries. Perfect as a lively, long black drink, Refreshed blends make for a seriously vibrant Americano or filter coffee.

Choosing a coffee shouldn't just be a shot in the dark, based on a name. That's why we devised our strength families to help you select a coffee that you, your colleagues and your clients will love.

Our range goes from light, floral flavours, through fruity, chocolates and nutty, all the way up to smoky and intense.

Energised

Rich milk chocolate, ripe cherries and toffee flavours feature in our warming Energised collection of coffees. Smooth and balanced, these blends are superb with or without milk, and are great at keeping the whole office happy.

Buzzed

Take it up a notch with our Buzzed collection. These charismatic coffees deliver rich, bold notes such as dark chocolate, caramel and roasted nuts, and balance perfectly in milky drinks such as lattes and flat whites.

Hyper

These bold blends deliver full-bodied intensity with a hint of bitterness. Smoky, spicy and with notes of caramel and molasses, our dark-roasted Hyper blends are a wake-up call for even the most serious of coffee drinkers.



Are you Buzzed?

Take the quiz to find out which blend suits your personality! freshground.co.uk/are-you-buzzed

Whole Bean Coffee



Code	Description	Range	Quantity	Price
10 x 454g Premium Coffee Beans				
C111	Brazilian Santos	● ● Premium Blend	10 x 454g	£160.00
C112	Guatemala Antigua	● ● Premium Blend	10 x 454g	£167.60
C113	Santa Barbara	● ● Premium Blend	10 x 454g	£138.40
C114	Mount Elgon	● ● Premium Blend	10 x 454g	£140.20

4 x 454g Premium Coffee Beans

C121	Brazilian Santos	● ● Premium Blend	4 x 454g	£71.20
C122	Guatemala Antigua	● ● Premium Blend	4 x 454g	£75.50
C123	Santa Barbara	● ● Premium Blend	4 x 454g	£62.80
C124	Mount Elgon	● ● Premium Blend	4 x 454g	£65.90
C125	Premium Selection Pack (one sachet of each of the above blends)	● ● Premium Blend	4 x 454g	£76.00

Whole Bean Coffee



Code	Description	Range	Quantity	Price
4 x 454g Free-Loan Coffee Beans - for free-loan coffee machine packages				
C131	Brazilian Santos	● ● Premium Blend	4 x 454g	£84.90
C132	Guatemala Antigua	● ● Premium Blend	4 x 454g	£84.90
C133	Santa Barbara	● ● Premium Blend	4 x 454g	£84.90
C134	Mount Elgon	● ● Premium Blend	4 x 454g	£84.90
C135	Premium Selection Pack (one sachet of each of the above blends)	● ● Premium Blend	4 x 454g	£84.90



Code	Description	Range	Quantity	Price
12 x 454g Business Blend Coffee Beans				
C003	Morning Rise (Decaf)	● Business Blend	12 x 454g	£172.80
C009	Rendezvous	● Business Blend	12 x 454g	£144.70
C001	Rush Hour	● Business Blend	12 x 454g	£138.80
C005	Fast Jazz	● Business Blend	12 x 454g	£133.30
C008	Storm	● Business Blend	12 x 454g	£108.60

Filter Coffee



Code	Description	Range	Quantity	Price
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5l Premium Bulk-Brew Filter Coffee (255g sachets)

see right for K004 filter papers

A323	Blue Mountain	  Premium Blend	24 sachets	£185.90
A325	Colombia Altura	  Premium Blend	24 sachets	£183.20
A327	Brasilia Forte	  Premium Blend	24 sachets	£189.80

2.5l Premium Half Bulk-Brew Filter Coffee (130g sachets)

see right for K009 filter papers

A322	Ethiopian Sidamo	  Premium Blend	36 sachets	£173.50
A324	Blue Mountain	  Premium Blend	36 sachets	£150.30
A326	Colombia Altura	  Premium Blend	36 sachets	£157.00
A328	Brasilia Forte	  Premium Blend	36 sachets	£166.80
A332	Premium Selection Pack (9 sachets of each of the above blends)	 Premium Blend	36 sachets	£170.70

12-Cup Filter Coffee (56/60g sachets) - includes filter papers

A208	Cool Breeze (Decaf)	 Business Blend	48 sachets	£92.70
A201	Kenya	 Business Blend	48 sachets	£99.90
A204	Blue Mountain	 Business Blend	48 sachets	£74.10
A210	Pure Colombian	 Business Blend	48 sachets	£79.50
A205	City Sprint	 Business Blend	48 sachets	£66.80
A207	Calypso	 Business Blend	48 sachets	£67.70
A209	Business Blend Selection Pack (3x Cool Breeze, 9x Kenya, 9x Blue Mountain, 9x Pure Colombian, 9x City Sprint, 9x Calypso)	Business Blend	48 sachets	£94.20

Coffee Brewers, Papers & Kits



Coffee Brewers & Filter Papers

Code C210	V60 Filter Coffee Brewer 1 Cup	£10.40
Code C211	Glass Cafetiere 2 Cup	£16.40
Code C212	Black Spoon Clip	£2.90
Code C213	V60 Filter Papers	40 Papers £6.50
Code K001	12-Cup Fluted Filter Papers for P1 Mondo	100 Papers £9.90
Code K004	5l Large Filter Papers for P3 ICB	100 Papers £13.80
Code K009	2.5l Gourmet Filter Papers for P2 Bunn Smartwave	100 Papers £15.50



Cafetiere Coffee Lovers Kit

This kit includes:

1x Colombia Altura, 1x Brasilia Forte,
1x Blue Mountain, 1x Ethiopian Sidamo
1x Cafetiere
1x Measuring Spoon

£47.10 · Code C215



V6o Coffee Lovers Kit

This kit includes:

1x Colombia Altura, 1x Brasilia Forte,
1x Blue Mountain, 1x Ethiopian Sidamo
1x V60 Dripper
1x V60 Coffee Filter Papers
1x Measuring Spoon

£38.30 · Code C214

Office Teapoint Starter Packs

Six classic combination packs with everything you need to create delicious hot and cold drinks.



Bean-to-Cup Starter Pack with Chocolate & Granulated Milk

This kit includes:

Premium Coffee Beans Selection Pack, Van Houten Hot Chocolate (10 x 1kg), Mook Granulated Milk (10 x 500g) Coffee Machine Cleaning Kit

SAVE 20% ~~£98.00~~ £158.10

Code START/B2C_POWDER



Filter Coffee Starter Pack

This kit includes:

Premium Filter Coffee Selection Pack, Filter Papers (P2 or P3), Coffee Cleaning Tablets

SAVE 20% ~~£78.00~~ £142.20

Code START/FILTER_P2
START/FILTER_P3



Bean-to-Cup Starter Pack

This kit includes:

Premium Coffee Beans Selection Pack, Coffee Machine Cleaning Kit

SAVE 20% ~~£89.00~~ £71.10

Code START/B2C



Cold Tap Starter Pack

This kit includes:

FG Single-Wall Cups (1000) Sweetbird, Peach Iced Tea Syrup, Sweetbird Watermelon Iced Green Tea Syrup, Sweetbird Passionfruit Lemon Iced Tea Syrup

SAVE 20% ~~£112.00~~ £89.50

Code START/WATER



Bean-to-Cup Starter Pack with Chocolate

This kit includes:

Premium Coffee Beans Selection Pack, Van Houten Hot Chocolate (10 x 1kg), Coffee Machine Cleaning Kit

SAVE 20% ~~£145.00~~ £115.70

Code START/B2C_CHOCOLATE



Consumables Starter Pack

This kit includes:

FG White Sugar Sticks(1000), FG Brown Sugar Sticks (1000), Candere Red Sweetener Sticks (500), FG Double-Wall Cups 8oz (1000), Lids for Paper Cups 8oz (1000), Lotus Caramelised Biscuits (300), Newby English Breakfast, Newby Peppermint, Newby Strawberry & Mango, Wooden Stirrers (1000)

SAVE 20% ~~£217.00~~ £172.90

Code START/CONSUMABLES

Premium Tea



Premium Tea



Jasmine Blossom - Green Tea

£5.00 · 25 tagged and enveloped bags · Code F130



Green Lemon - Green Tea

£5.00 · 25 tagged and enveloped bags · Code F131



Moroccan Mint - Green Tea

£5.00 · 25 tagged and enveloped bags · Code F132



English Breakfast - Black Tea

£5.00 · 25 tagged and enveloped bags · Code F124



Earl Grey - Black Tea

£5.00 · 25 tagged and enveloped bags · Code F125



Pride of Africa - Black Tea

£5.00 · 25 tagged and enveloped bags · Code F126



Oriental Sencha - Green Tea

£6.60 · 25 tagged and enveloped bags · Code F133



Peppermint - Herbal Tisane

£6.60 · 25 tagged and enveloped bags · Code F134



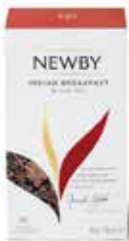
Rooibos Orange - Herbal Tisane

£6.60 · 25 tagged and enveloped bags · Code F135



Assam - Black Tea

£5.00 · 25 tagged and enveloped bags · Code F127



Indian Breakfast - Black Tea

£5.00 · 25 tagged and enveloped bags · Code F128



Black Tea & Thyme - Black Tea

£5.00 · 25 tagged and enveloped bags · Code F129



Rosehip & Hibiscus - Fruit Tisane

£6.60 · 25 tagged and enveloped bags · Code F136



Strawberry & Mango - Fruit Tisane

£6.60 · 25 tagged and enveloped bags · Code F137

Everyday Teas – Black Tea



**Twinings
English Breakfast**

£12.10 · 100 tagged bags ·
Code F001



**Twinings
Earl Grey**

£11.70 · 100 tagged bags ·
Code F002



**Twinings Traditional
English Decaffeinated**

£17.70 · 100 tagged bags ·
Code F005



**Twinings Everyday
Catering Tea**

£53.00 · 1200 Bags ·
Code F006



**Twinings
Traditional English**

£7.10 · 50 tagged and
enveloped bags · Code F010



**Twinings
Earl Grey**

£7.70 · 50 tagged and
enveloped bags · Code F011



**PG Tips Catering
Tea Bags**

£33.20 · 1100 bags ·
Code F041



**Tetley
Catering Tea**

£54.80 · 1100 bags ·
Code F032

Everyday Teas – Green & Herbal



**Twinings
Pure Camomile**

£46.20 · 12 x 20 bags ·
Code F021



**Twinings
Pure Peppermint**

£46.20 · 12 x 20 bags ·
Code F022



**Twinings
Lemon & Ginger**

£46.20 · 12 x 20 bags ·
Code F024



**Twinings
Cranberry & Raspberry**

£46.20 · 12 x 20 bags ·
Code F026



**Twinings
Pure Green Tea**

£46.20 · 12 x 20 bags ·
Code F028



**Twinings Herbal
Variety Pack**

£24.70 · 6 x 20 bags ·
Code F029



**Twinings
Red Bush Tea**

£14.50 · 4 x 20 bags ·
Code F031



**Twinings 4 Compartment
Wooden Box**

£25.60 · Code K124



**Twinings 12 Compartment
Wooden Box**

£49.50 · Code K126

Hot Chocolate

Galaxy Hot Chocolate Tin

£13.00 · 1kg ·
Code E030



Van Houten Hot Chocolate Vending

£62.10 · 10 x 1kg ·
Code D004



Galaxy Hot Chocolate Vending

£53.30 · 10 x 750g ·
Code D006



Galaxy Hot Chocolate Sachets (28g)

£18.60 · 50 sachets ·
Code E031



Cadbury No. 1 Vending Hot Chocolate

£104.30 · 10 x 1kg ·
Code E035



Cadbury Instant Hot Chocolate

£17.70 · 1kg ·
Code E036



Cadbury Hot Chocolate Sachets

£24.70 · 50 sachets ·
Code E037

Instant Coffee & Milk



Nescafé Gold Blend Catering Tin

£40.30 · 750g ·
Code E001



Nescafé Gold Blend Decaff Catering Tin

£38.30 · 500g ·
Code E004



Nescafé Gold Blend Stick Sachets

£37.80 · 200 sachets ·
Code E013



Nescafé Gold Blend Decaff Stick Sachets

£40.70 · 200 sachets ·
Code E014



Minor Figures Oat Milk

£13.10 · 6 x 1l ·
Code D012



Minor Figures Oat Milk Powder

£182.40 · 12 x 1kg ·
Code D011



Mook Granulated Milk

£57.90 · 10 x 500g ·
Code D010



Semi-Skimmed Milk Portions

£8.70 · 120 portions ·
Code E054

Syrups, Sugar & Sweetener

Sweetbird Syrups

Caramel Syrup
£13.90 · 1 Litre · Code E081
Hazelnut Syrup
£13.90 · 1 Litre · Code E083
Vanilla Syrup
£13.90 · 1 Litre · Code E084
Syrup Pump
£4.70 · Code E086



Silver Spoon
Granulated Sugar
£3.20 · 1kg ·
Code E070



Silver Spoon
White Sugar Cubes
£23.20 · 10 x 500g ·
Code E072



FreshGround
White Sugar Sticks
£17.90 · 800 sticks ·
Code E073



FreshGround
Brown Sugar Sticks
£17.90 · 800 sticks ·
Code E078



Canderel Red
Sweetener Sticks
£27.40 · 1000 sticks ·
Code E088

Biscuits



Border Biscuits
Variety Pack
£39.90 · 100 packs · Code E133



Daelman's
Caramel Wafers
£16.60 · 36 x Individually wrapped · Code E135



Walkers Deluxe
Mini Pack Variety
£34.30 · 100 packs · Code E124



Lotus Biscoff
Caramelised Biscuits
£23.90 · 300 biscuits · Code E115

Cups & Disposables



Code K105	Premium Blue Drinking Water Cups	1000 x 7oz	•	£21.70
Code K106	Premium Blue Drinking Water Cups	2000 x 9oz	•	£48.90
Code K107	Favourite White Drinking Water Cups	2000 x 7oz	•	£36.90
Code K109	Paper Cones	5000 x 4oz	•	£88.20



Code K110	FreshGround Single-Wall Cups	1000 x 4oz	•	£41.90
Code K111	FreshGround Single-Wall Cups	1000 x 8oz	•	£55.10
Code K112	FreshGround Single-Wall Cups	1000 x 12oz	•	£68.50
Code K120	FreshGround Double-Wall Cups	500 x 8oz	•	£67.70
Code K121	FreshGround Double-Wall Cups	500 x 12oz	•	£87.20
Code K113	Recyclable Paper Cup	2000 x 7oz	•	£56.00



Lids for Paper Cups			
Code K116	1000 x 8oz Cups	•	£35.60
Code K119	1000 x 12oz Cups	•	£40.50
Wooden Stirrers			
Code K152	1000	•	£8.30

Flasks & Jugs



A true Danish design icon.

The EM77 vacuum jug with the unique rocker stopper was created by the Danish designer Erik Magnussen in 1977. EM77 is a classic vacuum jug with a glass insert that will keep your coffee or tea warm for hours. All parts can be replaced in case of breakage. This provides the vacuum jug with a longer lifespan, making it both money saving and better for the environment. EM77 is still Made in Denmark.

Stelton EM77 Vacuum Flask

Code I020	Black 1Ltr	£69.30 Each	Code I024	Black 0.5 Ltr	£57.80 Each
Code I021	Red 1Ltr	£69.30 Each	Code I025	Red 0.5 Ltr	£57.80 Each
Code I022	White 1Ltr	£69.30 Each	Code I026	White 0.5 Ltr	£57.80 Each
Code I023	Stainless Steel 1Ltr	£115.50 Each	Code I027	Stainless Steel 0.5 Ltr	£98.20 Each



Machine Cleaning & CO2 Cartridges



Milk Frother Cleaner

£15.50 · 1 litre · Code K207



Coffee Machine Cleaning Tablets

£23.10 · 100 tablets · Code K208



Milk Frother Cleaning Brush Set

£9.30 · Set of 5 · Code Q110



Coffee Machine Cleaning Kit

£31.50 · Code K210



Jura Milk System Cleaning Container

£21.40 · 1st generation machines · Code K225



Jura Milk System Cleaning Container

£21.40 · 2nd generation machines · Code K226



CO2 Cartridge

£37.60 · 600g · Code J011



CO2 Cartridge

£68.00 · 1300g · Code J010

Water Filters & Descaling



Claris Blue Water Filter Cartridges

£58.30 · for F1 Jura Coffee Machines · Code J019



Claris Smart Water Filter Cartridges

£61.80 · for F1 Jura Coffee Machines · Code J021



Claris Pro Blue Water Filter Cartridges

£53.30 Each · for Jura Coffee Machines · Code J018



Claris Pro Smart Filter WE8 + Gen 2 GIGA

£50.30 · Code J028



CalCare 16 Water Filter

£97.20 · Code J014



CalCare 38 Water Filter

£125.80 · Code J016



Descaling Kit for Hot Water Boilers

£9.80 · 2 x 100g · Code K202



Descaling Kit for Hot Water Boilers

£32.70 · 8 x 100g · Code K203



Jura Descaling Tablets

£53.90 · 36pc · Code K211

Placing your order

It's so easy to place your order in any of the following ways:

On our webshop: **freshground.co.uk/store**

By email: **sales@freshground.co.uk**

Or by telephone: **020 7553 7900**

Alternatively, if it's more convenient, we can arrange for your usual order to be automatically sent out on a schedule that works for you. That way, you'll never risk running out of supplies. Simply contact the team for more information on how to do this.

Delivery Options



Order
by 3pm



Get delivery
tomorrow

We provide next-day delivery as standard on all orders placed before 3pm, for a flat rate of £10.95.

Timed delivery options, including same-day delivery, are also available. Call or email us for more information.



FreshGround

Delivering happiness *by the cup* since 1982

All prices quoted exclude VAT at the current rate applicable to that item. Errors and omissions excepted. Requests to return unused items or items without fault where the customer has changed their mind are subject to a restocking charge of 10%.