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# Spilling *the* Beans

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THE BEST COFFEE MAGAZINE FOR YOUR WORKPLACE

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## Hot chocolate

Try new white chocolate & oat chocolate drinks.

PAGES 4 & 5

## Café favourites

Matcha, chai & superfood lattes, from your machine.

PAGES 6 & 7

## Keep your sparkle

Recharge your sparkling taps – it's quick & easy!

PAGE 11

## Your store

All your kitchen consumables in one delivery. Simple.

PAGE 21

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4.94



**Leave us a review today!**

Based on 417 customer reviews from the last 12 months.

## **Hot chocolate.**

Try new white chocolate & oat chocolate drinks.

**PAGES  
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## **Café favourites.**

Matcha, chai, & superfood lattes, from your machine.

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## **Your store.**

Next day delivery on your coffee beans and tea point essentials.

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# Welcome to *Spilling the Beans*: Issue 10

## Meet James and Doyle from the FreshGround consumables team.

They are coffee bean connoisseurs and all-round problem solvers, dedicated to all things coffee, tea, and kitchen essentials. 'Consumables' is the term they use to cover everything needed to keep a coffee machine running smoothly.

James and Doyle proactively check in with customers to make sure they have everything they need. So if FreshGround calls about your coffee,

now you can put names to faces. Enjoy this edition of *Spilling the Beans*. As usual, the updated price list can be found on **pages 21–32**. Thanks for reading!



James Cowley and Doyle Brown  
**Consumables Team**

[customerservice@freshground.co.uk](mailto:customerservice@freshground.co.uk)



Van Houten  
Dark Chocolate

£79.10 | 10 x 1kg  
Code D004

Van Houten  
White Chocolate

£105.60 | 10 x 1kg  
Code D021

Van Houten  
Oat & Vegan Chocolate

£112.50 | 10 x 750g  
Code D020

Engineered for office coffee machines with high-quality,  
responsibly sourced cocoa.

SINCE  1828  
**VAN HOUTEN**  
CACAO PIONEERS

For warming hot chocolates and mochas...

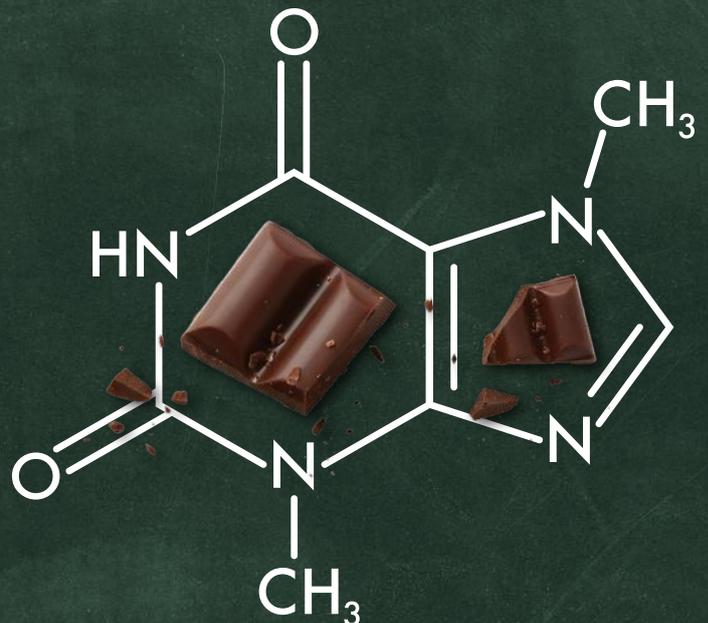
# make your match today.



## Have you heard of Theobromine?

Theobromine is a compound found in chocolate (and coffee) that relaxes the body and releases dopamine, one of the feel-good chemicals in the brain.

It also gives chocolate its moreish 'bitter' flavour.





One & Only  
Pink Superfood

£106.90 | 6 x 1kg  
Code D024

Why stop at

coffee?

**Introducing the new range of specialised drink powders for office coffee machines.**

Give your team more options with Matcha, Chai and Pink Superfood blends for your office

coffee machine. Prepare them hot, iced or dairy-free, however you like it.

Rethink office drinks by giving your team better choices with real benefits. **Buy yours on page 23.**

Vending powders are specially formulated ingredients designed for use in instant or vending coffee machines. These powders are hydrolysed – meaning they dissolve easily in hot water.

Most commonly, the powder hoppers are used for milk. Offices choose powdered milk because it's low risk and low maintenance. It doesn't spoil like fresh milk and does not need constant topping up throughout the day.



Introducing the new range of  
**specialised drink powders**  
for office coffee machines.



## The challenges with supermarket coffee:



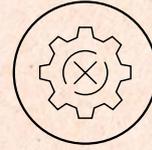
Long time between roasting and opening.



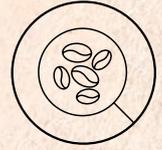
Blends with mass-appeal.



Limited sourcing information.



Inconsistent quality.



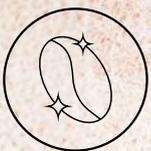
Higher robusta content to keep cost down.

# Supermarket coffee beans VS Specialist coffee roasters



Watch our video here!

## How specialist roasters are different:



Freshly roasted in small batches.



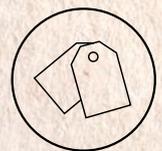
Traceable sourcing.



Consistent, complex flavours.



Ethically and sustainably sourced.



Higher price.

## Market price

Coffee is a commodity traded globally. The commodity market sets a baseline price for Arabica beans which fluctuates based on supply, demand, weather and geopolitical factors.

## Coffee bean certifications

Beans that are certified as Fairtrade, Organic or Rainforest Alliance often cost more due to having to meet the criteria for certification.

## Blends versus single origin

Blends combine beans from multiple origins and are generally more affordable. Single origin beans come from one region or farm, offering unique flavour profiles at a premium.

## Arabica versus Robusta

Arabica is smoother and more aromatic and typically costs more. Robusta is stronger and often cheaper and is commonly used in espresso blends.

# How is coffee priced?



## Average cost of coffee beans

**£12 to £25** per kilo for blends and **£20 to £40+** per kilo for single origin or specialty grade beans.

## How is coffee priced?

Coffee is typically priced per kilo or per bag, depending on the supplier and packaging format. Bags often come in standard sizes, commonly 1kg or 250g, and pricing is usually quoted per kilo to simplify comparisons.

## Why per kilo?

Most commercial roasters and suppliers use kilo pricing for consistency. Businesses often buy in bulk, making kilo pricing more practical. It allows for easier cost per cup calculations.

## INGREDIENTS

- Lime
- Frozen cherries
- Vanilla syrup
- Plenty of ice
- Sparkling water

## INSTRUCTIONS

1. Drop your frozen cherries into a tall glass.
2. Squeeze lime juice into the fruit.
3. Add two pumps of vanilla syrup.
4. Muddle with a spoon.
5. Add your ice cubes.
6. Pour sparkling water to top up the glass.
7. Garnish with a wedge of lime.



# Sour cherry soda

Scan here to  
see more of  
our recipes.



We love this summery drink year-round in our office.  
It's a tart and fruity way to hydrate, and provides a  
delicious sweet treat to liven up your day.



### CO2 refills for your office water dispenser.

- Universal CO2 canisters for all sparkling water dispensers.
- Shipped in bulk to help reduce packaging.
- Perfect carbonation for a crisp, high-quality sparkling water experience.
- Ask us about our recycling scheme!



Almost out?  
Reorder CO<sub>2</sub>.

### CO2 Cartridges Box of 4

£312.30 | 1300g  
Code L037

### CO2 Cartridges Box of 6

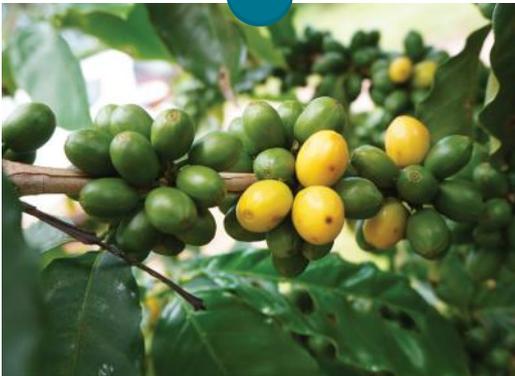
£251.60 | 600g  
Code L038



# Don't lose... your sparkle!



# THE LATEST FROM THE FARM!



**Growing is well under way as we hit the peak of the rainy season.** Our team reports that the young coffee cherries are plentiful, and that this year's harvest is looking to be a great one.



**We are making great progress on our EcoVadis journey, and working towards the Gold certification.**

It's part of our commitment to building a future-focused business that does the right thing at every level of the supply chain, from the farm to the office kitchen. FreshGround started as a family-run coffee machine retailer in the 1980s. We've grown and evolved, but like many long-standing businesses, we're now facing a brand new and exciting challenge. **Scan the QR code below to learn more about our journey.**



# Our journey towards... **ecovadis<sup>®</sup> gold certification.**

## **Three months on... where we are now.**

*It's been three months since we started our EcoVadis journey and we're making real progress.*

The initial assessment gave us a clear roadmap and we've been working hard to put the right systems in place. Our focus will be to build a stronger process for tracking impact, reporting on progress and setting measurable goals.

Now we're taking the next step by setting clear targets that will help us go further. This is about making sustainability part of our everyday decisions, not just a statement on paper.

## **Why this matters.**

Sustainability isn't just our challenge. It's yours too. Many of the businesses we work with need to show progress on ESG goals. By choosing FreshGround, you are partnering with a supplier that's committed to structure, transparency and continuous improvement.

Together, we're building a supply chain that reflects shared values around sustainability, wellbeing and quality.

*Because your office coffee should be as thoughtful as the rest of your business.*

# WHATEVER YOUR TASTE IN COFFEE, IT'S IN THE BAG.



£161.20 | 10 x 454g  
Code C110



£146.70 | 10 x 454g  
Code C210



£153.20 | 10 x 454g  
Code C310



**Expect bright, floral, fruity or herbal notes.** Lighter roasts are heated for less time, so they hold more moisture and show off the natural flavours of the coffee cherry. They're more acidic and often feel more delicate.



**These strike a balance.** Medium roasts are slightly sweeter, with a rounded body and mild acidity. You might lose some of the florals, but you'll get complexity, richness and just enough bitterness to keep things interesting.



**Dark roasts are both bold and intense.** They're roasted longer, so the sugars caramelize more deeply and the natural flavours take a back seat. You'll taste chocolate, spice, nuts or tobacco. Big body, strong finish, no fuss.

## INCLUSIVE COFFEE EXPERIENCES FROM BEAN TO CUP.



£181.25 | 10 x 454g  
Code C610



£158.60 | 10 x 454g  
Code C710



£154.80 | 10 x 454g  
Code C410



**Great decaf coffee is all about how the beans are treated.** While the caffeine removal process can affect flavour, modern methods and careful sourcing mean you don't need to compromise. Our decaf is proof that you can enjoy the full taste of coffee without the buzz.



**This flavoured roast is infused with rich, velvety chocolate aromas.** The profile is smooth with dark cocoa notes and a caramelised toffee finish. It's particularly well suited to mochas, lattes and other milk based drinks where it adds extra depth.



**Medium body with flavour notes of marzipan, spiced caramel and citrus.** The finish is both clean and slightly zesty, making it a well-rounded choice for black coffees and milk based drinks alike. The coffee bean is grown in the Alta Mogiana region of Brazil.

# What does...

# micron rating mean in a water filter?

## What is a micron?

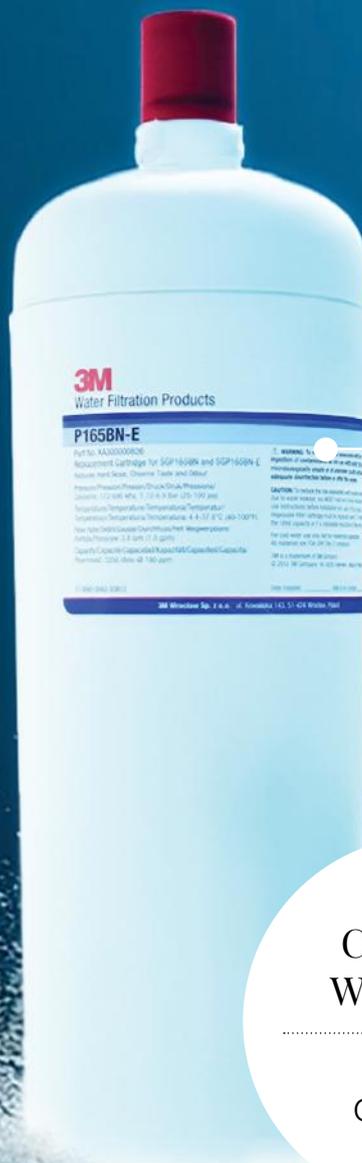
A micron is a unit of measurement, equal to one millionth of a metre. The micron rating on a water filter tells you the size of the particles it can block.

A 50 micron filter will catch things like grit, while a 1 micron water filter removes much smaller particles that you can't see with the naked eye.

## As a rule of thumb:

- **50 micron = removes sand, rust flakes**
- **5 micron = removes fine sediment**
- **1 micron = removes very fine particles**

The smallest micron water filter products can go below 1 micron but these are typically only used in healthcare or lab environments. For example, a 0.2 micron filter would only really be used in an operating theatre.



**CalCare 16  
Water Filter**

**£171.50**  
Code J014

# BORDER



## MADE FOR A HIGHER BISCUIT PURPOSE

**BORDER**



Border Biscuits  
Variety Pack

£45.80 | 100 packs  
Code E133

## English Breakfast



### THE RELIABLE COLLEAGUE

Always the steady hand. This is the person who keeps things moving, spots problems early and never misses a deadline. When things get noisy, they bring things back to centre without fuss.

## Earl Grey



### THE POLISHED PROFESSIONAL

Presentations are sharp, emails are well written and nothing feels rushed. If something can be refined, they will spot it before anyone else does.

## Green Tea



### THE WELLNESS ADVOCATE

They remember to drink water, suggest walking meetings and know where to get a decent lunch that is not beige.

## Mint & Herbal

### Tea time

### THE CREATIVE SPARK

Ideas tend to follow them around. They are the one who sees the solution for a dull brief or asks the question that shifts the whole conversation in a better direction.

What your favourite tea

# says about you.

## Chamomile



### THE OFFICE THERAPIST

Calm, reassuring and generous with their time. When deadlines loom, they are the person people quietly seek out. Conversations feel lighter after a chat with them.

## Lemon & Ginger



### THE MOTIVATOR

They bring momentum. Challenges energise them and they are quick to turn pressure into progress. If the team needs a push, they are already halfway there.

## Fruity Infusions



### THE SOCIAL CONNECTOR

They know everyone. Not just names, but birthdays and who needs an extra cup of tea on a Monday morning. Offices run better when they are around.

## Rooibos



### THE COMFORT CONSTANT

Warm, dependable and quietly thoughtful. They remember the small things and make the office feel more human. The kind of person who makes work feel manageable.



### ENGLISH BREAKFAST BLACK TEA

Supports heart health and circulation through antioxidant activity.

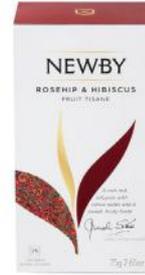
**£5.80** | 25 tagged and enveloped bags  
 Code F124



### EARL GREY BLACK TEA

May help lower LDL cholesterol due to compounds in bergamot.

**£5.80** | 25 tagged and enveloped bags  
 Code F125



### ROSEHIP AND HIBISCUS TISANE

Clinically shown to help lower blood pressure and support cardiovascular health.

**£7.50** | 25 tagged and enveloped bags  
 Code F136



### INDIAN BREAKFAST BLACK TEA

Contains caffeine and antioxidants that support alertness and focus.

**£5.80** | 25 tagged and enveloped bags  
 Code F128



### ROOIBOS ORANGE TISANE

Rich in antioxidants and naturally caffeine-free.

**£7.50** | 25 tagged and enveloped bags  
 Code F135



### JASMINE BLOSSOM GREEN TEA

Delivers green tea antioxidants that help protect cells from damage.

**£7.50** | 25 tagged and enveloped bags  
 Code F130



### GREEN LEMON GREEN TEA

Green tea contains catechins, which support metabolic health.

**£5.80** | 25 tagged and enveloped bags  
 Code F131



### PEPPERMINT HERBAL TISANE

Helps relieve indigestion and soothe the digestive tract.

**£7.50** | 25 tagged and enveloped bags  
 Code F134



### ORIENTAL SENCHA GREEN TEA

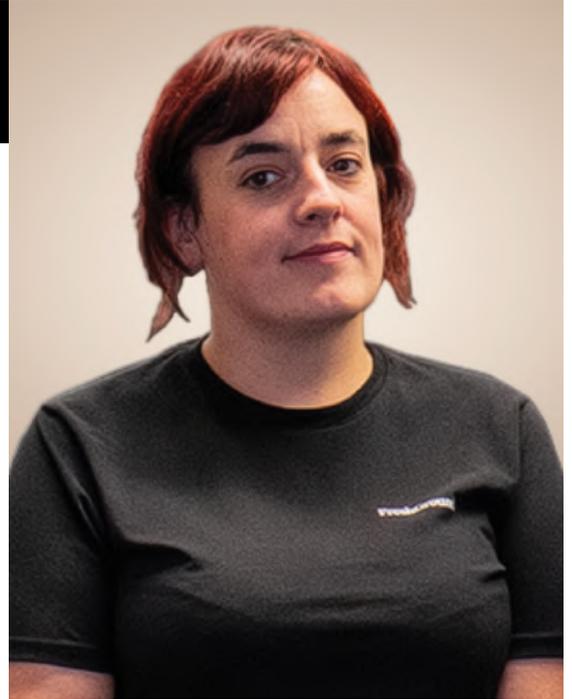
This variety provides catechins and vitamin C for immune and metabolic support.

**£7.50** | 25 tagged and enveloped bags  
 Code F133

## MEET THE TEAM

# Catherine Crawford

## FIELD SERVICE TECHNICIAN



**Catherine is one of FreshGround's standout field service technicians, known for her efficiency and cheerfulness.**

She has earned a very loyal following among our long-standing customers, who always praise her expertise and friendliness. A glance at our Reviews.io page will confirm it: pages of glowing reviews reflect

the consistently excellent service she delivers. She is often commended for her ability to explain detailed concepts in simple terms, and for helping customers broaden their own knowledge.

Her colleagues value her technical skill and her collaborative spirit. She brings huge amounts of positive energy to every job, making her an essential part of the team and a reassuring presence for our customers when maintenance issues arise.

### **FUN FACT:**

In her spare time Catherine enjoys taking part in quizzes, with everyone in the team making sure we're on her side due to her excellent knowledge and competitive edge.

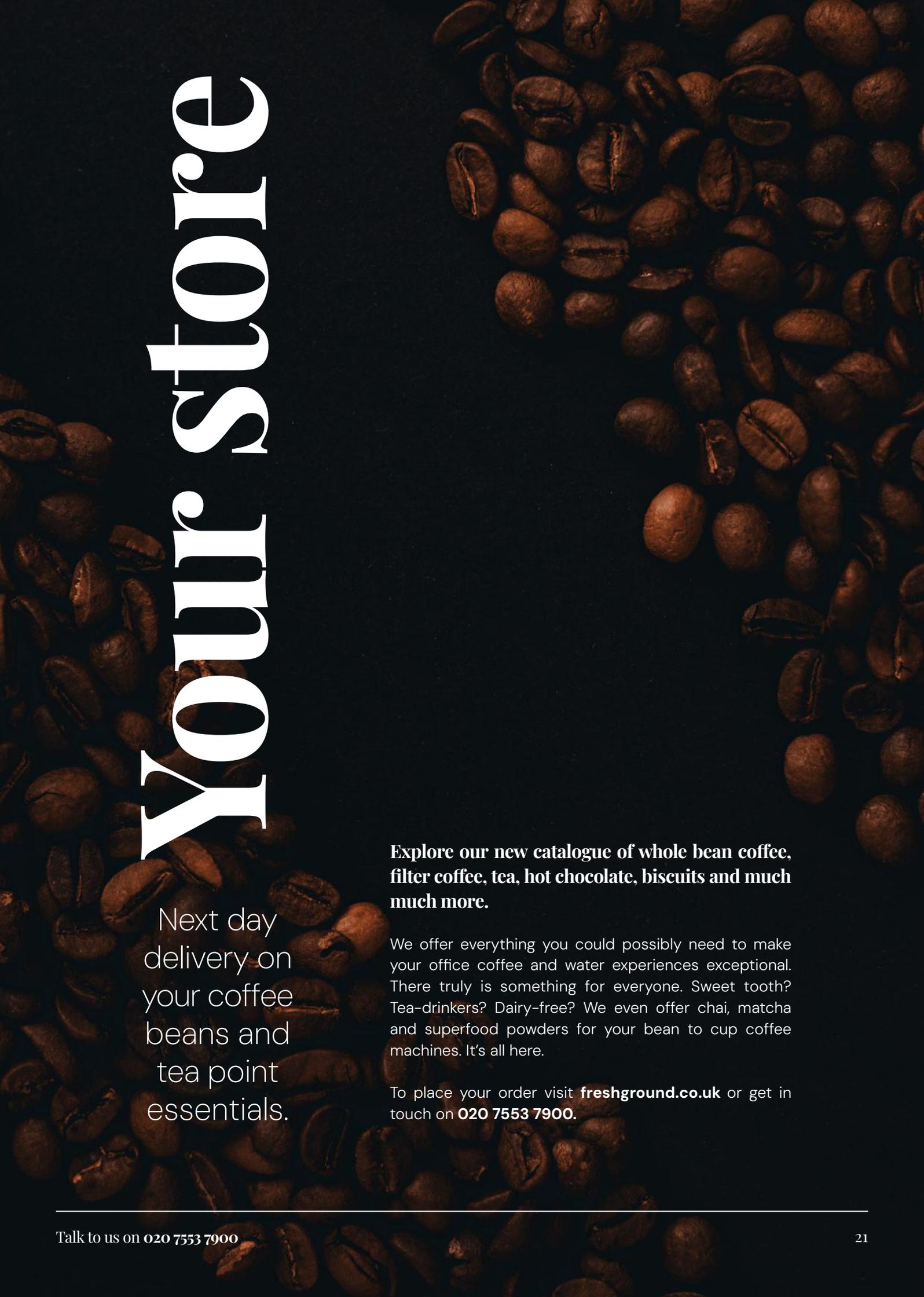
### **FAVOURITE COFFEE BLEND:**

Single Origin Brazil

### **TIME AT FRESHGROUND:**

Three years





# YOUR STORE

Next day  
delivery on  
your coffee  
beans and  
tea point  
essentials.

**Explore our new catalogue of whole bean coffee, filter coffee, tea, hot chocolate, biscuits and much much more.**

We offer everything you could possibly need to make your office coffee and water experiences exceptional. There truly is something for everyone. Sweet tooth? Tea-drinkers? Dairy-free? We even offer chai, matcha and superfood powders for your bean to cup coffee machines. It's all here.

To place your order visit **[freshground.co.uk](https://www.freshground.co.uk)** or get in touch on **020 7553 7900**.

# WHOLE BEAN AND FILTER COFFEE



**House Light Roast**

**£161.20** | 10 x 454g  
Code C110



**House Medium Roast**

**£146.70** | 10 x 454g  
Code C210



**House Dark Roast**

**£153.20** | 10 x 454g  
Code C310



**House Decaf Roast**

**£181.25** | 10 x 454g  
Code C610



**Single Origin Brazil**

**£154.80** | 10 x 454g  
Code C410



**Edition Cacao Roast**

**£158.60** | 10 x 454g  
Code C710



**House Medium Roast (Filter)**

<b>£222.00</b> 24 x 255g Code A224	<b>£171.00</b> 36 x 130g Code A236	<b>£108.50</b> 48 x 60g Code A248
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**House Decaf Roast (Filter)**

**£128.00** | 48 x 60g  
Code A648



**Single Origin Brazil (Filter)**

<b>£232.55</b> 24 x 255g Code A424	<b>£179.50</b> 36 x 130g Code A436	<b>£113.10</b> 48 x 60g Code A448
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# CAFÉ FAVOURITES



**Van Houten Dark Chocolate**

**£79.10** | 10 x 1kg  
Code D004



**Van Houten White Chocolate**

**£105.60** | 10 x 1kg  
Code D021



**Van Houten Oat & Vegan Chocolate**

**£112.50** | 10 x 750g  
Code D020



**Galaxy Hot Chocolate Vending**

**£61.20** | 10 x 750g  
Code D006



**Mook Granulated Milk**

**£66.50** | 10 x 500g  
Code D010



**Caprimo Oat Milk Powder**

**£104.65** | 10 x 500g  
Code D011



**One & Only Matcha Latte**

**£147.70** | 6 x 1kg  
Code D022



**One & Only Pink Superfood**

**£106.90** | 6 x 1kg  
Code D024



**One & Only Original Spiced Chai**

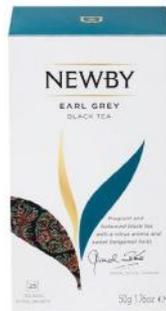
**£106.90** | 6 x 1kg  
Code D023

# TEA



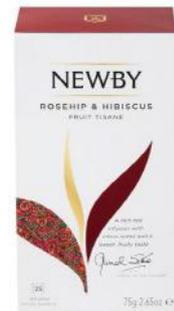
## English Breakfast - Black Tea

£5.80 | 25 tagged and enveloped bags  
Code F124



## Earl Grey - Black Tea

£5.80 | 25 tagged and enveloped bags  
Code F125



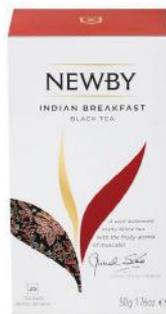
## Rosehip & Hibiscus - Fruit Tisane

£7.50 | 25 tagged and enveloped bags  
Code F136



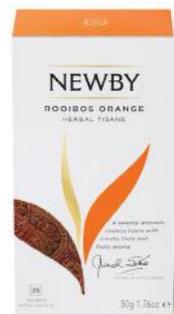
## Strawberry & Mango - Fruit Tisane

£7.50 | 25 tagged and enveloped bags  
Code F137



## Indian Breakfast - Black Tea

£5.80 | 25 tagged and enveloped bags  
Code F128



## Rooibos Orange - Herbal Tisane

£7.50 | 25 tagged and enveloped bags  
Code F135



## Jasmine Blossom - Green Tea

£7.50 | 25 tagged and enveloped bags  
Code F130



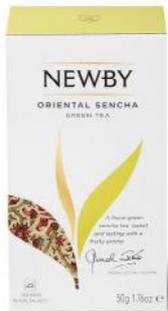
## Green Lemon - Green Tea

£5.80 | 25 tagged and enveloped bags  
Code F131



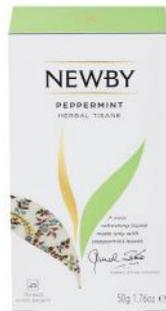
## Moroccan Mint - Green Tea

£5.80 | 25 tagged and enveloped bags  
Code F132



**Oriental Sencha - Green Tea**

**£7.50** | 25 tagged and enveloped bags  
Code F133



**Peppermint - Herbal Tisane**

**£7.50** | 25 tagged and enveloped bags  
Code F134



**Twinings English Breakfast**

**£17.90** | 100 tagged bags  
Code F001

**£24.50 (Decaf)**  
100 tagged bags  
Code F005



**Twinings Earl Grey**

**£14.00** | 100 tagged bags  
Code F002



**Twinings Everyday Catering Tea**

**£60.80** | 1200 bags  
Code F006



**Twinings Traditional English**

**£8.10** | 50 tagged and enveloped bags  
Code F010



**Twinings Earl Grey**

**£8.90** | 50 tagged and enveloped bags  
Code F011



**PG Tips Catering Tea Bags**

**£37.10** | 1100 bags  
Code F041



**Tetley Catering Tea**

**£37.10** | 1100 bags  
Code F032

# TEA



**Twinings Pure Camomile**

**£53.10** | 12 x 20 bags  
Code F021



**Twinings Pure Peppermint**

**£53.10** | 12 x 20 bags  
Code F022



**Twinings Lemon & Ginger**

**£53.10** | 12 x 20 bags  
Code F024



**Twinings Cranberry & Raspberry**

**£53.10** | 12 x 20 bags  
Code F026



**Twinings Pure Green Tea**

**£53.10** | 12 x 20 bags  
Code F028



**Twinings Herbal Variety Pack**

**£28.40** | 6 x 20 bags  
Code F029



**Twinings Red Bush Teabags**

**£17.00** | 4 x 20 bags | Code F031



**Twinings 4 Compartment Wooden Box**

**£53.10** | Code K124



**Twinings 12 Compartment Wooden Box**

**£63.70** | Code K126

# SWEETENERS



**MONIN Syrup - Caramel**

**£15.50** | 1 Litre  
Code E081



**MONIN Syrup - Hazelnut**

**£15.50** | 1 Litre  
Code E083



**MONIN Syrup - Vanilla**

**£15.50** | 1 Litre  
Code E084



**MONIN Syrup Pump**

**£6.10**  
Code E086



**Silver Spoon Granulated Sugar**

**£3.70** | 1kg  
Code E070



**Candarel Red Sweetener Sticks**

**£31.50** | 1000 sticks  
Code E088



**FreshGround White Sugar Sticks**

**£20.50** | 800 sticks  
Code E073



**FreshGround Brown Sugar Sticks**

**£20.50** | 800 sticks  
Code E078

# BISCUITS



## Border Biscuits Variety Pack

£45.80 | 100 packs  
Code E133



## Daelman's Stroopwafels

£33.10 | 36 x individually wrapped  
Code E135



## Walkers Deluxe Mini Variety Pack

£42.40 | 100 packs  
Code E124



## Lotus Biscoff Caramelised Biscuits

£27.50 | 300 biscuits  
Code E115

Want to win £50?  
Scan below to  
get started!



What's your favourite biscuit?  
Tell us for a chance to win!

We all love biscuits (seriously, who doesn't!?) But there are definitely some that are better than others. Rank your favourites by scanning the QR code on the left.

At the end of the year, we'll select one random entry to win a £50 gift voucher.

# INSTANT DRINKS AND MILK



**Nescafé Gold Blend Catering**

**£48.60** | 750g  
Code E001



**Nescafé Gold Blend Catering (Decaf)**

**£44.50** | 500g  
Code E004



**Nescafé Gold Blend Sticks**

**£43.40** | 200 sachets  
Code E013



**Nescafé Gold Blend Sticks (Decaf)**

**£46.70** | 200 sachets  
Code E014



**Single Origin Brazil Coffee Bags**

**£39.10** | 100 x 10g  
Code E010



**Galaxy Hot Chocolate Tin**

**£15.00** | 1kg  
Code E030



**Galaxy Hot Chocolate Sachets**

**£21.30** | 50 x 28g sachets  
Code E031



**Minor Figures Oat Milk**

**£15.10** | 6 x 1L bags  
Code G012



**Semi-Skimmed Milk Portions**

**£9.90** | 120 portions  
Code E054

# CO2 AND WATER FILTERS



**CO2 Cartridges - Box of 4**

**£312.30** | 1300g  
Code L037



**CO2 Cartridges - Box of 6**

**£251.60** | 600g  
Code L038



**CalCare 16 Water Filter**

**£171.50**  
Code J014



**CalCare 38 Water Filter**

**£144.35**  
Code J016



**Claris Pro Smart Filter Cartridges**

**£45.40** | For WE8 Jura Coffee Machines  
Code J028



**Claris Pro Blue Filter Cartridges**

**£61.20** | For F3 Jura Coffee Machines  
Code J018

## Remember... Don't lose your sparkle.

If you have a sparkling water tap, then CO2 is absolutely essential. After all, it's what makes your sparkling water sparkle!

Turn to pages 10 & 11 for more details, and an amazing mocktail recipe you can make in the office.



# MACHINE & CLEANING ESSENTIALS



**Jura Descaling Tablets**

**£61.90** | 36 Tablets  
Code K211



**Coffee Machine Cleaning Kit**

**£36.20**  
Code K210



**Urn and Brew Cleaning Powder**

**£14.40**  
Code K215



**Descaling Kit for Hot Water Boilers**

**£11.20**  
2 x 100g  
Code K202

**£37.60**  
8 x 100g  
Code K203



**Coffee Machine Cleaning Tablets**

**£26.60** | 100 Tablets  
Code K208



**Milk Frother Cleaning Brush Set**

**£10.40** | Set of 5  
Code K110



**Milk Frother Cleaner**

**£17.80** | 1 Litre  
Code K207



**Filter Papers for P2 Bunn (2.5L), P3 Bunn (5L), P1 Mondo (12-Cup)**

**£17.80** | 100 papers  
(2.5L) Code I009

**£15.90** | 100 papers  
(5L) Code I004

**£11.30** | 100 papers  
(12-Cup) Code I001

# TEA POINT SUPPLIES



**FreshGround Single-Wall Cups**

**£48.10** | 1000 x 4oz  
Code H110



**FreshGround Single-Wall Cups**

**£63.30** | 1000 x 8oz  
Code H111



**FreshGround Single-Wall Cups**

**£78.60** | 1000 x 12oz  
Code H112



**Wooden Stirrers**

**£9.50** | 1000  
Code H152



**Lids for Paper Cups**

**£44.10** | 1000 x 8oz  
Code H116



**Lids for Paper Cups**

**£46.40** | 1000 x 12oz  
Code H119

**Need help with your order?  
Talk to the team today.**

Got a question about your coffee? Or just want to chat about what a great workplace experience looks like? Contact the team today.

**020 7553 7900**  
**customerservice@freshground.co.uk**



## Start earning today!

Scan here for more information on how to redeem your points.



# Online orders = rewards

Earn **gift cards** or **donate to charity** with our **exclusive** loyalty and reward scheme, **CoffeeClub**.



Earn points with every purchase made.



Redeem your points for vouchers for all your high-street favourites.



Or, choose to donate to one of our chosen charity partners.

Earn cards to spend at these and many other stores:

**schuh**

**halfords**

**ASOS**

**Tikmax**

**YD!**

**NEXT**

**GREGGS**

*Paul Smith*



**Spotify**

**wilko**

**NEW LOOK**

Or donate to one of our charity partners:



**rrt** RAPID RELIEF TEAM

Pour over a new...

# word search

M	O	C	T	A	F	G	M	E	V	A	N	H	O	U	T	E	N	R	Z
E	A	M	U	Y	I	O	C	B	E	X	Y	O	L	A	G	V	I	M	O
F	E	D	G	A	C	N	O	U	B	A	G	T	C	O	R	R	X	S	J
F	K	F	Q	H	S	V	F	E	M	N	O	C	A	C	I	E	H	S	D
R	L	T	A	F	P	D	I	R	T	Y	C	H	A	I	C	V	D	T	F
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G	A	L	A	X	Y	E	I	P	L	D	R	E	E	F	F	O	C	M	O

Border Biscuits

Carbon Dioxide

Cherry Soda

Coffee

Dirty Chai

Filter

Fresh Milk

Galaxy

Hot Chocolate

Lotus

Matcha

Mocha

Newby

Ricco Fabio

Rooibos

Sparkling Water

Superfood

Tea

Twinings

Van Houten

					2	2	2			1	1	1	1	4	2	2				7	5	5	3	3	1	1	1		
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# Or maybe try your hand at a... nonogram?

Use logic to shade in the grid and reveal a hidden picture based on the numbers listed at the top of each column and the side of each row. Each number represents a **continuous block of filled squares**; for example, a clue of "3 2" means there is a block of three filled squares followed by a block of two, with at least **one empty space between them**. The order of the numbers matches the order of the blocks in that row or column.

- Tips:**
- Start with the biggest number, usually one that spans the width of the entire row.
  - Mark empty spaces with a dot or cross – knowing what isn't shaded is just as important.
  - Numbers bigger than half the grid size overlap in the middle. *For example, if there are 15 in a row, the middle five blocks will always be shaded.*



Tasting sessions at our

# CoffeeCafé

in Moorgate, London

### CoffeeCafe tasting sessions

A bean-to-cup machine delivers fresh coffee by grinding beans on demand, and tasting sessions help you explore flavours your team will love. Our sessions let you sample blends, compare features, and choose a new coffee that fits your taste, budget, and team.

### Where are we located?

Our CoffeeCafé can be found at Moorgate in the heart of London's city centre. We are on the **4<sup>th</sup> floor** so just press the buzzer and a member of the team will let you in.

Visit us at **FreshGround, 4<sup>th</sup> Floor**  
**141 Moorgate, London, EC2M 6TX.**

Scan here to  
learn more  
about our  
sessions:









Life at...  
**FreshGround.**

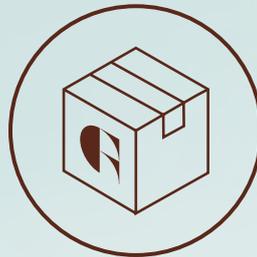


## Earn CoffeeClub points online

Enjoy exclusive gift card rewards to spend at your favourite high street and online stores, just by shopping online with FreshGround. Learn more at: [freshground.co.uk/coffeeclub](https://freshground.co.uk/coffeeclub)



**Order  
by 3pm**



**Get delivery  
tomorrow**

We provide **next-day delivery** as standard on all orders placed before 3pm. To place your order please visit our webshop at: [freshground.co.uk/store](https://freshground.co.uk/store)

# 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 20%.

[freshground.co.uk/store](https://freshground.co.uk/store) | [customerservice@freshground.co.uk](mailto:customerservice@freshground.co.uk) | 020 7553 7900