



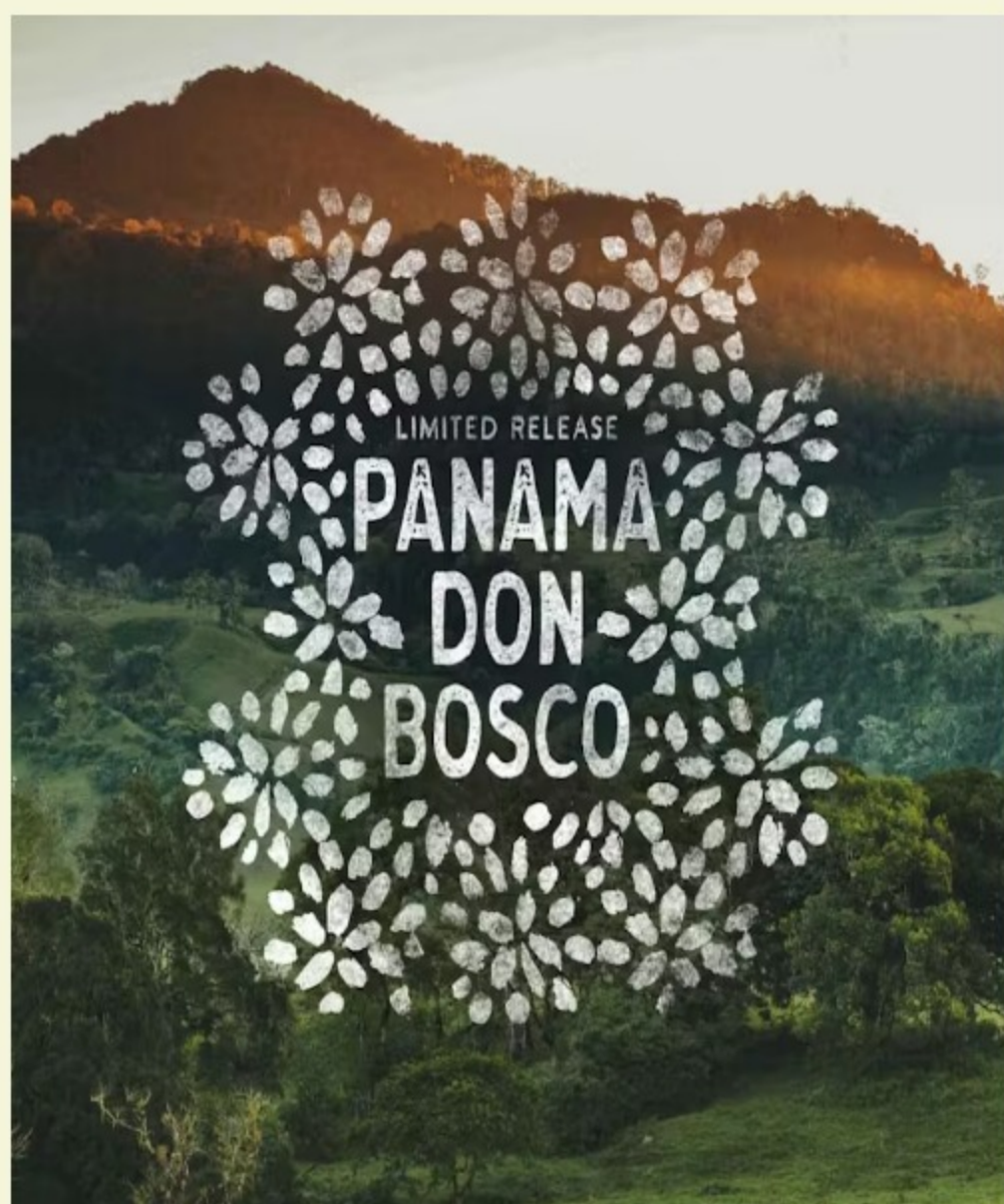
Coffee tastes better when it is strong! Do you agree?



A 2017 review of clinical trials found that drinking coffee is generally safe within usual levels of intake and is more likely to improve health outcomes than to cause harm at doses of 3 or 4 cups of coffee daily. Exceptions include possible increased risk in women having bone fractures, and a possible increased risk in pregnant women of fetal loss or decreased birth weight. Results were complicated by poor study quality, and differences in age, gender, health status, and serving size.

[Buy a Coffee](#)

TYPES



Coffee beans are the seeds of a fruit called a coffee cherry. Coffee cherries grow on coffee trees from a genus of plants called Coffea. There are a wide variety of species of coffee plants, ranging from shrubs to trees.

- Type of bean.** There are two main types of coffee species, Arabica and Robusta. Arabica originates from Ethiopia and produces a mild, flavorful tasting coffee. It is the most popular type worldwide. However, it is expensive to grow because the Arabica plant is sensitive to the environment, requiring shade, humidity, and steady temperatures between 60-75 degrees Fahrenheit. The Robusta coffee plant is more economical to grow because it is resistant to disease and survives in a wider range of temperatures between 65-97 degrees Fahrenheit. It can also withstand harsh climate changes such as variations in rainfall and strong sunlight.
- Type of roast.** Coffee beans start out green. They are roasted at a high heat to produce a chemical change that releases the rich aroma and flavor that we associate with coffee. They are then cooled and ground for brewing. Roasting levels range from light to medium to dark. The lighter the roast, the lighter the color and roasted flavor and the higher its acidity. Dark roasts produce a black bean with little acidity and a bitter roasted flavor. The popular French roast is medium-dark.
- Type of grind.** A medium grind is the most common and used for automatic drip coffee makers. A fine grind is used for deeper flavors like espresso, which releases the oils, and a coarse grind is used in coffee presses.

Decaffeinated coffee. This is an option for those who experience unpleasant side effects from caffeine. The two most common methods used to remove caffeine from coffee is to apply chemical solvents (methylene chloride or ethyl acetate) or carbon dioxide gas. Both are applied to steamed or soaked beans, which are then allowed to dry. The solvents bind to caffeine and both evaporate when the beans are rinsed and/or dried. According to U.S. regulations, at least 97% of the caffeine must be removed to carry the decaffeinated label, so there may be trace residual amounts of caffeine. Both methods may cause some loss of flavor as other naturally occurring chemicals in coffee beans that impart their unique flavor and scent may be destroyed during processing.

TOP BRANDS

1. Starbucks



Doughnuts

Dunkin' is not as big a brand as Starbucks but they are second in line in the number of stores. But yes, the coffee Dunkin' offers is surely somewhat superior to Starbucks. For instance, Dunkin' does not have the signature burnt taste in coffee as Starbucks does. The coffee is also cheaper.

2. Dunkin'



3. Costa Coffee



Costa coffee is one of the largest coffee chains in Britain. Having its presence in more than 31 countries worldwide, it has more than 3000 outlets serving coffee with around 18 thousand branches in the whole world.

4. McCafé

Owned by McDonald's, McCafé is one of the leading coffee chains in countries like Australia and New Zealand. McCafé enjoys the benefit of having a vast presence (Because let's face it, McDonald's is everywhere!) As McDonald's expands worldwide, there is a decent chance of McCafé doing the same.



5. Peet's Coffee



Peet's coffee is said to be fairly stronger than the coffee Starbucks serves so it might not be for everyone. Peet's has a long history of serving darker roasted Arabica coffee. The coffee supposedly has a variety of flavours .



To keep inspiring the world to love great coffee, we must respect the planet and ensure we reduce our environmental footprint, at every step. We don't just make great tasting coffee, we also source it responsibly.

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we're just as committed to our communities, the people we serve and the world we live in as we are about serving great coffee. We are always working on crafting more sustainable coffee – from bean to cup.

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Our iconic Signature Blends are slow roasted for the perfect balance of rich flavour and smooth taste. We guarantee you the freshest taste and finest ingredients, every time. Check out our full range of drinks, snacks and meals and discover your favourites.

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