

# ESPRESSO DAY



**kaffe**  
coffee



**fika**  
a Swedish style coffee  
break (see page 5 for  
more about **fika**)



**kanelbulle**  
Swedish  
cinnamon roll



**latte**  
latte 😊



**princesstårta**  
a layered sponge cake  
with whipped cream  
and fruit preserves



**pepparkakor**  
Swedish gingerbread  
cookies - trust me,  
they're very delicious!



**chokladbollar**  
bite-sized  
chocolate balls



**filterkaffe**  
filter coffee



**kaffekvarn**  
coffee grinder



**presskaffe**  
French press coffee



**kafé**  
coffee shop



**kaffeböner**  
coffee beans



**att rosta kaffe**  
to roast coffee



**att mala**  
to grind (coffee)



**att brygga kaffe**  
to brew coffee



**Turkisk kaffe**  
Turkish coffee



**kaffebryggare**  
coffee maker  
(for drip coffee)



**kaffecup**  
coffee cup



# How do you like your coffee?

<b>starkt</b>	strong
<b>svagt</b>	mild
<b>svart</b>	black (as in no cream or sugar)
<b>frisk</b>	fresh
<b>varmt</b>	hot
<b>iskaffe</b>	iced coffee
<b>påtar</b>	refill
<b>grädde</b>	cream
<b>socker</b>	sugar
<b>mjök</b>	milk



# Useful phrases



En kopp kaffe, tack.	A cup of coffee, please.
Hur vill du ha ditt kaffe?	How do you take your coffee? (milk, sugar, etc.)
En påtår, tack.	Can I get a refill?
Har ni några mjölkfria alternativ?	Do you have any non-dairy milk options?
Tack för kaffet.	Thanks for the coffee.



# Discover the Cozy World of Swedish Fika 😊

Are you ready to indulge in a beloved Swedish tradition? Say hello to "Fika" (pronounced "fee-kah"), Sweden's cherished coffee culture!

## What is Fika?

Fika is more than just a coffee break; it's an essential part of Swedish daily life. This social phenomenon encourages friends, family, and colleagues to pause, recharge and bond over coffee and sweet treats. Most fika moments are at the workplace or at home when friends come over, but occasionally fika can be experience at a cafe with friends and/or family.

## The Fika Experience

- Cozy Atmosphere: Invite warmth and comfort with soft lighting, cozy textiles and rustic decor.
- Coffee and Treats: Savor traditional Swedish coffee, accompanied by pastries like kanelbulle (cinnamon rolls), cardamom-infused baked goods or delicious princess cake (prinsesstårta).
- Social Connection: Share laughter, stories and conversations with loved ones, fostering meaningful relationships.

## Fika Etiquette

1. Be Present : Leave work or daily tasks behind.
2. Take a Break : Engage fully with others.
3. Slow Down: Enjoy the moment.

## Join the Fika Movement!

### Embrace Swedish coziness:

1. Host your own fika gatherings.
2. Visit Swedish cafes.
3. Share fika moments on social media!

## Fun Facts

1. Fika is a twice-daily tradition in many Swedish workplaces.
2. Sweden ranks among the top coffee consumers globally.

