ESPRESSO DAY



kaffe coffee



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



kanelbulle Swedish cinnamon roll



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



presskaffeFrench press coffee



kafé coffee shop



kaffebönor coffee beans



att rosta kaffe to roast coffee



att mala to grind (coffee)



att brygga kaffe to brew coffee



Turkisk kaffe Turkish coffee



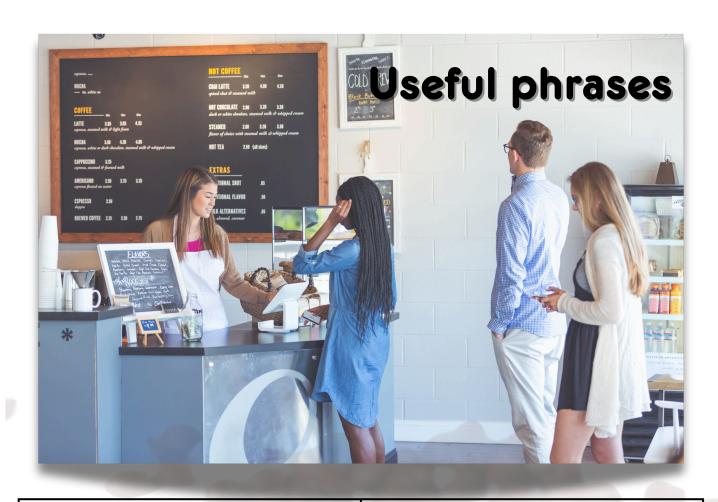
kaffebryggare coffee maker (for drip coffee)



kaffecup coffee cup



| starkt | strong |
|---------|---------------------------------|
| svagt | mild |
| svart | black (as in no cream or sugar) |
| frisk | fresh |
| varmt | hot |
| iskaffe | iced coffee |
| påtår | refill |
| grädde | cream |
| socker | sugar |
| mjölk | milk |



| 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 for 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.