



## HOW TO MAKE THE PERFECT PARKS CUP EVEN MORE PERFECT

### 1. GOLD CUP STANDARD

To achieve the Gold Cup Standard, the correct water-to-coffee ratio is 20:1. That's 8.25 grams of coffee to 150 milliliters of water, or 2 tablespoons of ground coffee for every 6 ounces of fresh, cold water. From there, you can adjust to taste. More is typically better. Too little coffee produces a more bitter, not weaker brew. We offer convenient pre-measured options in single-cup pods and frac-packs to brew a full 60 ounce pot.

### 2. BREWING COFFEE

Any conventional coffee maker will work. For special occasions and coffee cuppings, we recommend a French Press to produce a more intense, rich cup. Parks supplies a wide variety of commercial-grade brewing equipment from single-cup to air pot to help you and your employees brew the perfect cup. All of our equipment is fully tested and we stand behind every piece we rent or sell.

Ask your Parks Coffee Routeman for brewer information sheets and How to Brew cards.

### 3. STORING COFFEE

The largest myth in coffee is storing beans or grounds in the freezer. Do not refrigerate or freeze your coffee. Contact with moisture will cause it to deteriorate. Once roasted, coffee begins to lose its flavor due to exposure to air, light and moisture. We recommend storing your coffee in an airtight glass or ceramic container, or in its original unopened packaging.

### 4. TIPS & TRICKS

Use clean, filtered water for brewing. Your cup is 98% water and 2% bean, use the good stuff or allow Parks to supply a filtered watering system. Be sure your equipment is clean. Leftover residue can impart a bitter flavor to future cups of coffee. Your Parks dedicated routeman can deliver cleaned airpots and carafes at every visit.

**PARKSCOFFEE.COM**  
**800.889.7827**

## COFFEE & NUTRITION

If your cup of coffee were required to carry a nutritional product label, it would have a lot of zeros. On its own, brewed coffee has almost no calories or fats, no carbohydrates, no sodium and no cholesterol because it has no nutritive value. Coffee does offer a small amount of trace minerals (thiamin, niacin, folate, phosphorous, magnesium, manganese) and is a good source of potassium, pantothenic acid and riboflavin. A 6 ounce cup of brewed coffee contains 2 to 4 milligrams of sodium, mostly from the water used to brew it.

## GLUTEN & ALLERGENS

All Parks Coffees are gluten and gluten byproduct free. Likewise, all syrups used in our flavored coffees are manufactured in facilities that are contaminant free of the “Big 8” food allergens: nuts, tree nuts, milk, wheat, eggs, soy, fish and shellfish.

## FAT, SUGAR & CALORIES

Parks Coffees do not contain fat or sugar. Natural and artificial flavorings added to coffee do not add any significant nutritional value. A cup of regular black coffee will contain approximately 2 to 4 calories (less than 1 gram carbohydrates) and 0 fats. Flavored coffees will add 0.8 calories, 0.3 grams carbohydrates and 0 fats.

The Dietary Guidelines for Americans, published in a joint effort every five years by the U.S. Departments of Health and Human Services and Agriculture since 1980, recommends limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories a day. These limits may be higher or lower depending on individual daily calorie needs.

Nutrition information is calculated with information provided by the suppliers of goods for Parks Coffee, and variations may exist due to period changes in formulations, and Parks Coffee attempts to provide product information that is as complete as possible.

## FLAVORED COFFEE

Our flavored coffees are free of calories and carbohydrates. Our flavored coffees have no additional nutritional impact. We add no sugars or sweeteners of any kind. So while our flavors may taste indulgent, they’re absolutely guilt-free.

## ADDITIVES

While coffee itself has virtually no nutritional impact, the things you might add to our coffee will dial up those numbers. Especially if you’re adding a little bit of coffee to a large cup of steamed milk (with a few tablespoons of flavored syrups on top) the results can be pretty dramatic.

## CAFFEINE CONTENT

Caffeine information is approximate, and may vary based on many factors, including brew methods and the variety of beans. The numbers below are based on limited analytical data.

Nutritional Overview	Brewed Coffee (6 fl oz)	Espresso (1 fl oz)
Calories	5	5
Calories from Fat	0	0
Total Fat (g)	0	0
Saturated Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	4	0
Total Carbohydrates (g)	0	1
Dietary Fiber (g)	0	0
Sugars (g)	0	0
Protein (g)	0	0
Vitamin A (% DV)	0	0
Vitamin C (% DV)	0	0
Calcium (% DV)	0	0
Iron (% DV)	0	0
Caffeine (mg)	120	75