

Spilling *the* Beans

THE BEST COFFEE MAGAZINE FOR YOUR WORKPLACE



Matcha in your office

Your coffee machine
does more than
you know.

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Coffee in the UK

Is the UK coffee
market growing?
Find out now.

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Convenience and quality

7 reasons to choose
powdered milk
for coffee.

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Your store

All your kitchen
consumables in one
delivery. Simple.

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Leave us a review today!

Based on 1221 customer reviews (as of July 2026).

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Welcome to *Spilling the Beans*: Issue 11

This issue we're talking about matcha! It's a hugely popular take on green tea that we're excited to bring to the office coffee machine world. Learn all about it on pages 4-7.

Going back to coffee, we've got a fascinating set of insights into the UK coffee market on **pages 8-9**, and a deep dive into powdered milk for coffee machines on **pages 12-13**.

And don't forget, your handy price list of coffee and kitchen essentials can be found from **page 21** onwards.

Enjoy this latest edition of *Spilling the Beans*, and if you do have any issues or questions, please don't hesitate to get in touch via the email below!



James Cowley and Doyle Brown

Consumables Team

customerservice@freshground.co.uk

One & Only
Matcha Latte

£159.50 | 6 x 1kg
Code D022

If you have spent any time in the city or the West End recently, you will have noticed a distinct shift in the morning rush.

The familiar queues for a double espresso now compete with those for a vibrant green alternative. From the pale-green minimalist counters of Blank Street and Jenki to the coffee stalwarts turned fruity-matcha vendors like Black Sheep Coffee and Caffé Nero, matcha is in the mainstream.

So why not add it to your office?

Matcha from your...
coffee machine.



Why is matcha so popular?

A cup of matcha averages at around 70mg of caffeine, compared to the 125mg normally found in a latte. This, combined with its slow release gives a much calmer drinking experience than coffee, contributing to its popularity.

For decades, the corporate world relied on a high-intensity lifestyle supported by high-acidity coffee and quick fixes. However, a new generation of trend-savvy business owners and high performers has started seeking a more balanced approach to success.

They have discovered that sustained energy is more valuable than a short-term buzz. This philosophy has propelled matcha into the mainstream.

It is now a staple in every major London coffee chain because it meets the demands of a demographic that wants to feel sharp without the jitters.

And it's not going anywhere. At the time of writing, the matcha market is projected to be valued at just under \$8bn in 2033.

Beyond the mental clarity provided by the caffeine and L-theanine pairing, a growing body of research suggests several physical health benefits that could support a busy team:

- *Research suggests that the high concentration of catechins, specifically EGCG, may help support healthy cholesterol levels.*
- *The combination of caffeine and antioxidants in matcha may help to support a healthy metabolic rate and increase fat oxidation.*
- *Due to its high chlorophyll and polyphenol content, regular consumption has been studied for its potential to help protect skin cells.*
- *Evidence suggests that the alkaline nature of matcha is significantly gentler on the digestive system.*
- *Some studies into the amino acid L-theanine suggest it may help to reduce a number of physiological stress responses.*

By diversifying your machine's drink menu, you cater to colleagues who may be looking to reduce their coffee intake or those who simply prefer a functional beverage that aligns with their lifestyle.

Providing these potential health benefits on-tap is an extremely cost-effective way to bolster a corporate wellness programme without the need for expensive external consultants.



How does matcha benefit your team?

Join the matcha revolution!



Traditionally, preparing matcha involved bamboo whisks, specific temperatures, and a fair amount of mess. In a fast-paced office environment, this simply is not practical. The good news is that technology has caught up with the trend.

At FreshGround, we provide high-quality soluble powders that operate in a similar way to granulated milk or hot chocolate.

We've now included a new matcha option that can be added to your coffee machine and used without hassle.

With this, a barista-style matcha drink is available at the touch of a button, keeping your kitchen area clean and your maintenance routine simple. It is a high-impact addition that requires zero extra time from your team.

If you thought the UK had already hit “peak coffee,” think again.

Brits are now sipping their way through 98 million cups of coffee a day, the highest level recorded in recent years. Back in 2008, daily consumption was closer to 70 million cups, showing clear long-run growth. Lets breakdown the key stats:

- **98 million** cups consumed daily.
- **£6.1 billion** coffee shop market.
- **12.6 million** UK households own pod machines.
- Market projected to reach **£7 billion** by 2030.

Is the UK coffee market... growing?

COSTA
COFFEE

STARBUCKS®



CAFFÈ
NERO

Chains like Costa and Starbucks remain the biggest players, but independents are making their mark.

The coffee shop sector generated £6.1 billion in sales in 2024/25 and continued to grow, with branded outlets exceeding 10,900 locations nationwide. Coffee shops have also evolved into remote offices and social hubs where people go to work, connect, and feel inspired.

And workplaces are waking up to the power of good coffee. A survey by Nespresso Professional found that 75% of employees feel more valued when quality coffee is provided, and 68% would recommend their workplace if it offered great coffee.

It's not just a perk anymore. It's a productivity and retention tool.

The overall UK coffee market is projected to reach
£7 billion by 2030



Here's where things are headed:

- The overall UK coffee market is projected to reach **£7 billion by 2030**.
- Branded coffee shop outlets are forecast to grow to over **13,200 locations by 2030**.
- At-home coffee, especially pods, is set to rise from £899 million in 2025 to **£1.15 billion in 2030**.
- In other words, growth is far from over. It just continues to diversify.
- The specialty and premium segment could push the market as high as **£9 billion**, supported by consumer trade-up and brand storytelling.

INGREDIENTS

- 1 apple, thinly sliced
- Handful of fresh mint leaves
- 750ml chilled sparkling water
- 150ml cloudy apple juice
- 15-30ml elderflower cordial
- Ice

MAKE YOUR OWN

1. Lightly bruise the mint leaves to release the oils.
2. Add apple slices and mint to a jug.
3. Pour in the apple juice and elderflower cordial.
4. Fill with ice.
5. Top with sparkling water and stir gently.

Apple, mint *and* elderflower Sparkler





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 CO₂.

CO2 Cartridges Box of 4

£337.30 | 1300g
Code L037

CO2 Cartridges Box of 6

£271.70 | 600g
Code L038



Don't lose...
your sparkle!

Is granulated milk right for you and your office?

It isn't for everyone. If your office has a dedicated barista, stick to fresh milk. But if you're running a busy office and

you want consistently high-quality coffee with a slightly more 'hands-off' approach, this is the move.



But isn't granulated milk... a bit rubbish?

No, it really isn't rubbish at all!

Historically, granulated (or powdered) milk has had a bad rep. But innovations have vastly improved the

taste and texture of the powdered milks that you can find in commercial coffee machines. So here are **7 honest reasons** why powdered milk works so well for busy offices.

01

It cuts your daily cleaning time by 75%.

No daily deep clean - powdered milk machines require fewer cleans.



02

The quality is better than the misconception.

Our Mook range is simply 100% skimmed milk with the water removed.



03

It's the greener choice for your ESG goals.

No refrigeration, more efficient to transport, and doesn't require plastic milk bottles.



04

You stop pouring money down the drain.

Only use what you drink, so no need to pour away expired liquid milk.



05

No more smells or spillages.

No sour smells, no slip hazards, and a higher standard of hygiene.



06

The 9:00am coffee tastes like the 4:00pm coffee.

Engineered for consistency, the foam density and temperature are the same every single time.



07

You finally get your office fridge back.

By storing your coffee milk in the cupboard, you free up fridge space for your team.



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



£174.10 | 10 x 454g
Code C110



£158.40 | 10 x 454g
Code C210



£165.50 | 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 caramelise 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.



£195.80 | 10 x 454g
Code C610



£171.30 | 10 x 454g
Code C710



£167.20 | 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.

Your feedback improves our services for you.

Scan the QR code below to leave a review on our reviews.io page.

What do you think of **FreshGround?**
Tell us!



Scan here:



REVIEWS.io

4.87



REVIEWS.io

Based on 1221 customer reviews (as of July 2026).

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



Van Houten
Dark Chocolate

£85.40 | 10 x 1kg
Code D004



Van Houten
White Chocolate

£114.00 | 10 x 750g
Code D021



Van Houten
Oat & Vegan Chocolate

£121.50 | 10 x 1kg
Code D020

SINCE  1828
VAN HOUTEN
CACAO PIONEERS

INGREDIENTS

- Double espresso
- Honey
- 100ml double cream (or whipping cream)
- Orange zest
- 25ml fresh orange juice
- Nutmeg and cinnamon powder
- Ice

MAKE YOUR OWN

1. Dispense a double espresso.
2. Stir half a teaspoon of honey into the coffee.
3. Whisk together the cream, teaspoon of honey, orange zest and orange juice, until foamy.
4. Add ice to your glass, pour in the double espresso, and spoon the cream over the top.
5. Garnish with a sprinkle of nutmeg, cinnamon, and a fresh grating of orange zest.



Preparing your

Mont Blanc

citrus coffee



**ingredients from
natural origins**

vegan



**no colours or
added flavours**

Lotus
Biscoff®

Lotus Biscoff Caramelised Biscuits

£29.70 | 300 biscuits | Code E115



MEET THE TEAM

Anthony Groombridge

SALES DIRECTOR



Anthony joined FreshGround at the start of 2026, bringing with him a wealth of industry experience.

He's part of the senior leadership team and directly oversees the sales arm of the business, nurturing our business development and account managers to be their best.

Ant has a real passion for training and upskilling people, finding their potential and bringing it to the surface.

Not only that, but he always has time to talk with our customers. His door is always open, both for the FreshGround team, and for the people who just love a great cup of coffee.

FUN FACT:

In his spare time, Anthony loves to grow vegetables - the more unusual the better!

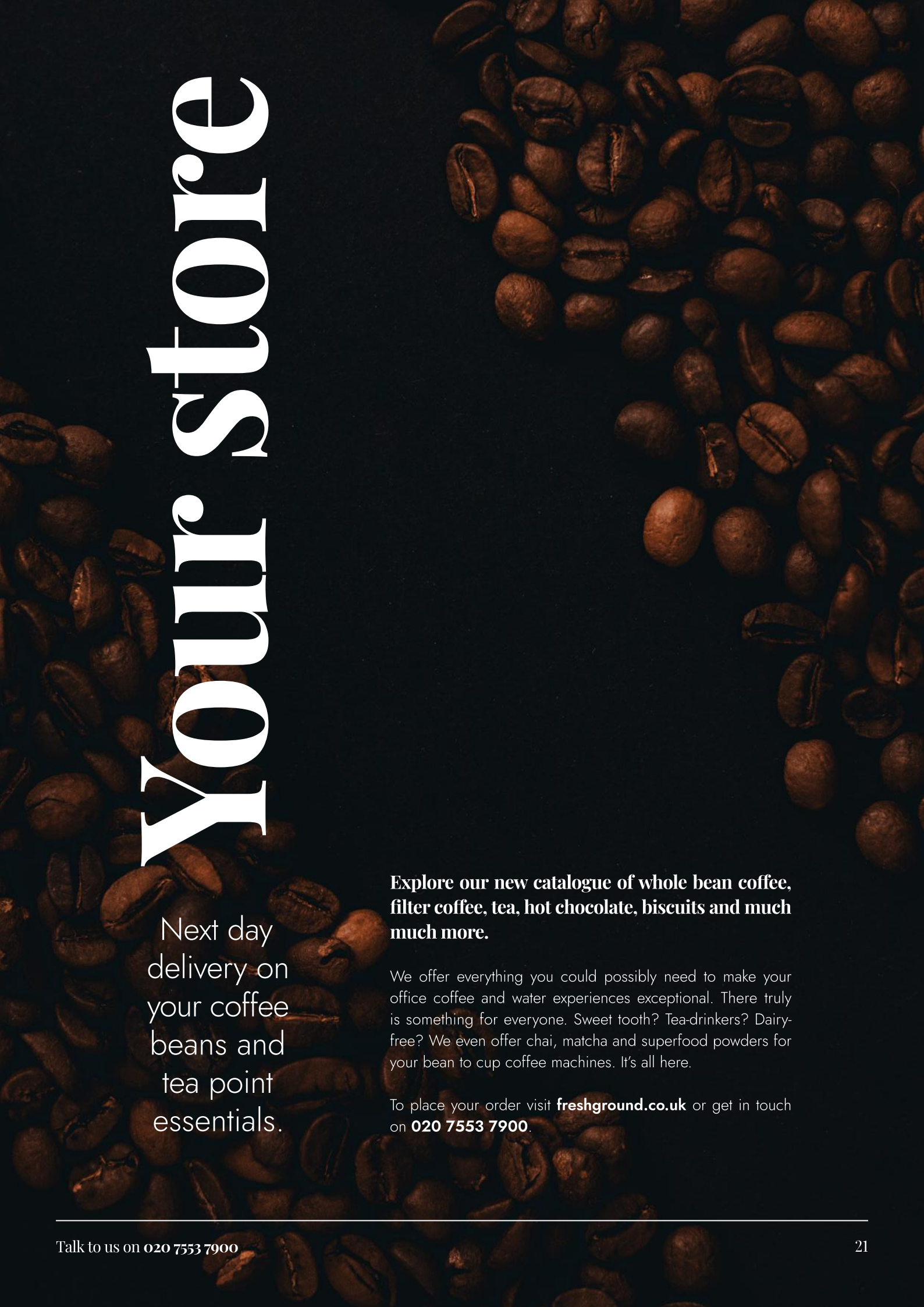
FAVOURITE COFFEE BLEND:

House Dark Roast

YEAR STARTED:

2026





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** or get in touch on **020 7553 7900**.

WHOLE BEAN AND FILTER COFFEE



House Light Roast

£174.10 | 10 x 454g
Code C110



House Medium Roast

£158.40 | 10 x 454g
Code C210



House Dark Roast

£165.50 | 10 x 454g
Code C310



House Decaf Roast

£195.80 | 10 x 454g
Code C610



Single Origin Brazil

£167.20 | 10 x 454g
Code C410



Edition Cacao Roast

£171.30 | 10 x 454g
Code C710



House Medium Roast (Filter)

£117.20	£184.70	£239.80
48 x 60g	36 x 130g	24 x 255g
Code A248	Code A236	Code A224



House Decaf Roast (Filter)

£138.20 | 48 x 60g
Code A648



Single Origin Brazil (Filter)

£122.10	£193.90	£251.20
48 x 60g	36 x 130g	24 x 255g
Code A448	Code A436	Code A424

CAFÉ FAVOURITES



Van Houten Dark Chocolate

£85.40 | 10 x 1kg
Code D004



Van Houten White Chocolate

£114.00 | 10 x 750g
Code D021



Van Houten Oat & Vegan Chocolate

£121.50 | 10 x 1kg
Code D020



Galaxy Hot Chocolate Vending

£66.10 | 10 x 750g
Code D006



Mook Granulated Milk

£71.80 | 10 x 500g
Code D010



Caprimo Oat Milk Powder

£113.00 | 10 x 500g
Code D011



One & Only Matcha Latte

£159.50 | 6 x 1kg
Code D022



One & Only Pink Superfood

£115.50 | 6 x 1kg
Code D024



One & Only Original Spiced Chai

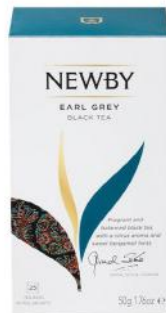
£115.50 | 6 x 1kg
Code D023

TEA



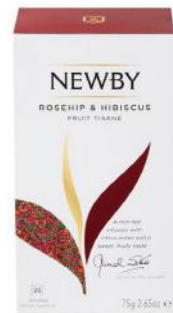
English Breakfast - Black Tea

£6.30 | 25 tagged and enveloped bags
Code F124



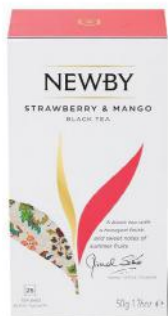
Earl Grey - Black Tea

£6.30 | 25 tagged and enveloped bags
Code F125



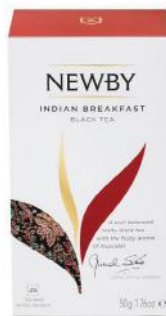
Rosehip & Hibiscus - Fruit Tisane

£8.10 | 25 tagged and enveloped bags
Code F136



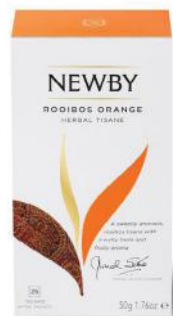
Strawberry & Mango - Fruit Tisane

£8.10 | 25 tagged and enveloped bags
Code F137



Indian Breakfast - Black Tea

£6.30 | 25 tagged and enveloped bags
Code F128



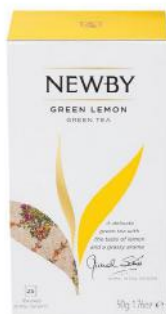
Rooibos Orange - Herbal Tisane

£8.10 | 25 tagged and enveloped bags
Code F135



Jasmine Blossom - Green Tea

£8.10 | 25 tagged and enveloped bags
Code F130



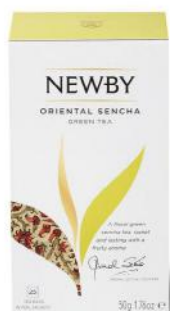
Green Lemon - Green Tea

£6.30 | 25 tagged and enveloped bags
Code F131



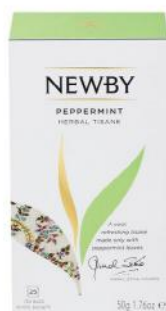
Moroccan Mint - Green Tea

£6.30 | 25 tagged and enveloped bags
Code F132



Oriental Sencha - Green Tea

£8.10 | 25 tagged and enveloped bags
Code F133



Peppermint - Herbal Tisane

£8.10 | 25 tagged and enveloped bags
Code F134



Twinings English Breakfast

£19.30 | 100 tagged bags
Code F001

£26.50 (Decaf) | 100 tagged bags
Code F005



Twinings Earl Grey

£15.10 | 100 tagged bags
Code F002



Twinings Everyday Catering Tea

£65.70 | 1200 bags
Code F006



Twinings Traditional English

£8.70 | 50 tagged and enveloped bags
Code F010



Twinings Earl Grey

£9.60 | 50 tagged and enveloped bags
Code F011



PG Tips Catering Tea Bags

£40.10 | 1100 bags
Code F041



Tetley Catering Tea

£40.10 | 1100 bags
Code F032

TEA



Twinings Pure Camomile

£57.30 | 12 x 20 bags
Code F021



Twinings Pure Peppermint

£57.30 | 12 x 20 bags
Code F022



Twinings Lemon & Ginger

£57.30 | 12 x 20 bags
Code F024



Twinings Cranberry & Raspberry

£57.30 | 12 x 20 bags
Code F026



Twinings Pure Green Tea

£57.30 | 12 x 20 bags
Code F028



Twinings Herbal Variety Pack

£30.70 | 6 x 20 bags
Code F029



Twinings Red Bush Teabags

£18.40 | 4 x 20 bags | Code F031



Twinings 4 Compartment Wooden Box

£57.30 | Code K124



Twinings 12 Compartment Wooden Box

£68.80 | Code K126

SWEETENERS



MONIN Syrup - Caramel

£16.70 | 1 Litre
Code E081



MONIN Syrup - Hazelnut

£16.70 | 1 Litre
Code E083



MONIN Syrup - Vanilla

£16.70 | 1 Litre
Code E084



MONIN Syrup Pump

£6.60
Code E086



Silver Spoon Granulated Sugar

£4.00 | 1kg
Code E070



Canderel Red Sweetener Sticks

£34.00 | 1000 sticks
Code E088



FreshGround White Sugar Sticks

£22.10 | 800 sticks
Code E073



FreshGround Brown Sugar Sticks

£22.10 | 800 sticks
Code E078

BISCUITS



Border Biscuits Variety Pack

£49.50 | 100 packs
Code E133



Daelman's Stroopwafels

£35.70 | 36 x individually wrapped
Code E135



Walkers Deluxe Mini Variety Pack

£45.80 | 100 packs
Code E124



Lotus Biscoff Caramelised Biscuits

£29.70 | 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

£52.50 | 750g
Code E001



Nescafé Gold Blend Catering (Decaf)

£48.10 | 500g
Code E004



Nescafé Gold Blend Sticks

£46.90 | 200 sachets
Code E013



Nescafé Gold Blend Sticks (Decaf)

£50.40 | 200 sachets
Code E014



Single Origin Brazil Coffee Bags

£42.20 | 100 x 10g
Code E010



Galaxy Hot Chocolate Tin

£16.20 | 1kg
Code E030



Galaxy Hot Chocolate Sachets

£23.00 | 50 x 28g sachets
Code E031



Minor Figures Oat Milk

£16.30 | 6 x 1L cartons
Code G012



Semi-Skimmed Milk Portions

£10.70 | 120 portions
Code E054

CO2 AND WATER FILTERS



CO2 Cartridges - Box of 4

£337.30 | 1300g
Code L037



CO2 Cartridges - Box of 6

£271.70 | 600g
Code L038



IEN-3000 Filter

£155.90
Code J042



Claris Pro Smart Filter Cartridges

£49.00 | For WE8 Jura Coffee Machines
Code J028



Claris Pro Blue Filter Cartridges

£66.10 | 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

£66.90 | 36 Tablets
Code K211



Coffee Machine Cleaning Kit

£39.10
Code K210



Urn and Brew Cleaning Powder

£15.60
Code K215



Descaling Kit for Hot Water Boilers

£12.10
2 x 100g
Code K202

£40.60
8 x 100g
Code K203



Coffee Machine Cleaning Tablets

£28.70 | 100 Tablets
Code K208



Milk Frother Cleaning Brush Set

£11.20 | Set of 5
Code K110



Milk Frother Cleaner

£19.20 | 1 Litre
Code K207



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

£19.20 | 100 papers
(2.5L) Code I009

£17.20 | 100 papers
(5L) Code I004

£12.20 | 100 papers
(12-Cup) Code I001

TEA POINT SUPPLIES



FreshGround Single-Wall Cups

£51.90 | 1000 x 4oz
Code H110



FreshGround Single-Wall Cups

£68.40 | 1000 x 8oz
Code H111



FreshGround Single-Wall Cups

£84.90 | 1000 x 12oz
Code H112



Wooden Stirrers

£10.30 | 1000
Code H152



Lids for Paper Cups

£47.60 | 1000 x 8oz
Code H116



Lids for Paper Cups

£50.10 | 1000 x 12oz
Code H119

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

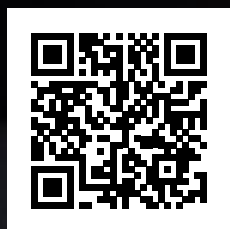
Got a question about your coffee? Or just want to chat about what a great workplace experience looks like? Contact the team today.

020 7553 7900
customerservice@freshground.co.uk



Start earning today!

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



Order online & collect rewards

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



1. Earn points with every purchase made.



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



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

Earn cards to spend at these and many other stores:

schuh

halfords

ASOS

TKmaxx

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

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

Matcha Latte

Green Tea

Tea Leaves

Steeping

Brewing

Infusion

Catechin

L Theanine

Digestion

Zen

Cortado

Single Origin

Mont Blanc

Iced Coffee

Apple Mint Sparkler

Market Conditions

Powdered Milk

Reviews

Biscoff

Your Store

B	E	A	N
B	R	E	W

To strike something repeatedly

An impressive or notable act

A smooth or even surface

An imperfection

One over the cuckoo's nest

To direct a current of air

Time to solve our word ladder

Starting with the word at the top, change one letter at a time to create a new word on each row.

Use the clues to help you work your way towards the final word in the box at the bottom.

Tasting sessions at our

CoffeeCafé

in Moorgate, London



CoffeeCafé tasting sessions

A bean-to-cup machine delivers fresh coffee by grinding beans on demand, and tasting sessions help you explore flavours both you and 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 4th floor so just press the buzzer and a member of the team will let you in.

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

Scan here to
learn more
about our
sessions:



Answers

How did you do on the latest puzzles in this issue?

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

B	E	A	N
B	E	A	T
F	E	A	T
F	L	A	T
F	L	A	W
F	L	E	W
B	L	E	W
B	R	E	W

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