

Grind Smooth Barista Blend Craft Instant: What the Label Tells You

From the teas.co.uk wiki

Grind Smooth Barista Blend Craft Instant: What the Label Tells You, in summary: A 90g soluble coffee whose label lists Arabica instant plus 15% Arabica ground coffee. It is a smooth medium roast for black or milky mugs; use water just off the boil and a generous spoon.

Last reviewed by the teas.co.uk team in September 2026.

Craft instant is a positioning phrase with no official standard behind it, so the ingredient list is where this pack has to prove itself. Grind's answer is two kinds of Arabica: instant coffee, with ground coffee making up 15% of the contents.

Instant and ground in one pack

Every instant coffee begins life as brewed coffee. Roasted beans are ground and extracted at scale, then the water is driven off, leaving a dry coffee that turns back into a drink when the kettle meets it. How that water is removed matters: spray drying works fast but sacrifices aroma, while freeze drying treats the coffee more gently and holds on to more of its smell. Check the pack for which. What this label does spell out is the second ingredient, Arabica ground coffee at 15%.

The words barista blend are Grind's, not an industry grade, and in practice they describe a house-style blend meant to drink black and to sit under milk. The roast is medium rather than dark, and a medium roast is less likely to taste burnt as the mug cools. Expect a warm, biscuity roast note on the first sniff and rounded edges with no sharp acidity, rather than the dry, bitter tail that put many people off instant.

Making a better mug

Use water just off the boil. Give the kettle half a minute to settle after it switches off, or put a splash of cold water in the mug first; boiling water poured straight on scorches the coffee and dulls the aroma a better instant is supposed to deliver. Then judge the dose by eye. That is instant's real advantage: one mug at a time, made as strong as you like, without committing to a whole pot or a pod.

For planning, a rounded 2g spoonful in a 200ml cup gives roughly 45 mugs from the 90g pack; take it strong and you will get nearer 30. Those figures are ours, worked out at that dose, not printed on the pack. With milk, heap the spoon. Gentle medium roasts vanish under milk much faster than dark, harsh instants, so the extra coffee is what keeps a milky mug tasting of anything at all.

Where the instant fits in Grind's range

Grind is a London coffee company and has been a certified B Corp since April 2024. The instant is the least fussy way into its range: no grinder, no cafetière and no machine. We see it as the office-drawer coffee, or the one for mornings when setting up a pot feels like too much work. Freshly ground coffee will always smell better, but that is a limit of soluble coffee in general, not a failing of this one.

This is the caffeinated half of a pair, and the Smooth Barista Blend Craft Instant [Decaf](#) is the same idea for the evening. If you have a cafetière and a few spare minutes, the House Blend Ground bag gives a fuller, more aromatic cup, and with a grinder the whole beans go further still. For a capsule machine, Grind's House Blend pods are made for original-style Nespresso machines.

The packs we stock

- [Grind Smooth Barista Blend Craft Instant Coffee, 90g](#) (barcode 5060574956818)

What the label says

The published ingredient list for Grind Smooth Barista Blend Craft Instant Coffee, 90g names none of the 14 major allergens. Allergen advice and formulations may be revised, so check the current pack of this craft instant before purchase.

Ingredients, as published: Arabica Instant Coffee, Arabica Ground Coffee (15%).

Ingredient and nutrition information for this product, as published on the manufacturer's label. The Grind Smooth label, not this page, settles it.

What to eat with it

- [McVitie's Milk Chocolate Digestives Biscuits, 266g](#): A milky mug and a milk [chocolate](#) digestive make the classic office break, just with coffee in the cup.
- [Royal Dansk Danish Butter Cookies, 340g](#): Buttery cookies suit the smooth, biscuity roast without adding any bitterness of their own.
- [Lu Le Petit Cookie with Chunky Rich Chocolate Chips, 184g](#): Le Petit Cookie's rich chocolate chips give a black mug of this something substantial to meet.
- [Border Classic Biscuit Sharing Pack, 400g](#): A sharing pack for the office, which is where a pack of instant usually ends up living.

Elsewhere in the Grind range

- [Grind House Blend Coffee Biodegradable & Sustainable, 10 Pods 52g](#)

- [Grind House Blend Ground Coffee, 200 grams](#)
- [Grind House Blend Whole Bean Coffee, 200g](#)
- [Grind House Decaf Ground Coffee, 200g](#)
- [Grind Single Origin Colombia Ground Coffee, 200g](#)
- [Grind Smooth Barista Blend Craft Instant Decaf, 90g](#)

The full range is on the [Grind brand page](#).

FAQ

What does craft instant mean? It is a description Grind use for positioning, and no standard defines it. The label, which lists Arabica instant and 15% Arabica ground coffee, tells you more.

What is in Grind Smooth Barista Blend instant? The published ingredients are Arabica instant coffee and Arabica ground coffee at 15%, and the list names none of the major allergens.

How many mugs does a 90g pack make? About 45 at a rounded 2g spoon in a 200ml cup, or nearer 30 if you like it strong. That is our own arithmetic.

What water temperature is best for instant coffee? Just off the boil. Boiling water poured straight on scorches the coffee and flattens its aroma.

Is it good with milk? Yes, it is built for it; just heap the spoon so the coffee is not lost.

Curator's note: Keep a pack in the desk drawer and heap the spoon. It makes a better mug than most people expect from instant, as long as the kettle has had a moment to settle first. Lee, teas.co.uk, Tunbridge Wells.

In short: Grind Smooth Barista Blend Craft Instant: What the Label Tells You

Field	Detail
Brand	Grind
Packs we stock	90g
Category	Instant Coffee
Allergens (as published)	Among the published ingredients of Grind Smooth Barista Blend Craft Instant, none of the 14 major allergens appears.
Caffeine	caffeinated
Dose	A rounded spoon black, heaped with milk
Water	Just off the boil
Suits	The office or a rushed morning

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- [Tea for Coffee Drinkers: Where to Start](#)
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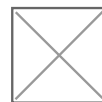
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