

Lavazza A Modo Mio Dek: decaf capsules explained

From the teas.co.uk wiki

Lavazza A Modo Mio Dek: decaf capsules explained, in summary: Dek means decaffeinated. These sixteen Eco Caps fit Lavazza A Modo Mio machines only and make a dark, cocoa-edged decaf espresso with a short, clean finish, softer and lighter in body than the caffeinated capsules.

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

Dek is simply Italian shorthand for decaffeinato, and on this box it marks the [decaf](#) capsule in Lavazza's own A Modo Mio system. It is meant to share a rack with the caffeinated capsules and satisfy the same drinker, a harder brief than decaf was traditionally given.

Check the machine before the coffee

A Modo Mio is Lavazza's own capsule system, and these capsules are made for its machines and will not fit anything else. If yours is a Nespresso Original machine, you need Lavazza's Nespresso-compatible range instead, which includes a decaf of its own. Getting this right first saves a wasted box, because nothing about the coffee matters if the capsule will not go in.

A box holds sixteen single-serve capsules, 120g in all, and each capsule makes one coffee. Eco Caps is the name Lavazza gives this format, and it refers to the capsule itself rather than the coffee. Follow the disposal instructions on your box and your local council's guidance, since what one district accepts, the next may not.

A decaf that tastes like espresso

Decaf earned a reputation for being thin, papery and a little sour, partly because careless decaffeination strips aroma along with the [caffeine](#). The roast here is properly dark by decaf standards, with a toasted, faintly cocoa note of the kind Italian espresso relies on, and a short, tidy finish free of that papery aftertaste. Its bitterness is restrained, gentler than Lavazza's caffeinated capsules.

The body is rounded rather than heavy. There is crema on top, but the coffee sits lighter in the mouth than a full caffeinated shot, and anyone switching straight across from the caffeinated capsules will notice. Warm the cup first and keep fresh water in the tank, because decaf has slightly less aroma to spare, and drink it promptly while the toasted notes are strongest.

Not caffeine free, and decaf for other machines

Decaffeination takes out most of the caffeine but leaves a trace behind. If caffeine is something you must avoid entirely, go by the current UK pack rather than the name on the front. For most people this is the capsule for after dinner, for the second espresso of the evening, or for a guest who fancies a coffee late at night.

If your machine is not an A Modo Mio, Lavazza's decaf comes in other forms we also stock: Decaf Classico as beans or ground, and Decaf Intenso as beans. Beans suit a bean-to-cup machine and ground coffee a moka pot or cafetiere. The published ingredient list for this capsule is a single line, decaffeinated roasted ground coffee, and names none of the major allergens.

The packs we stock

- [Lavazza A Modo Mio Dek, Decaf Eco Caps, 16 Capsules 120g](#) (barcode 8000070037397)

What the label says

The published ingredient list for Lavazza A Modo Mio Dek, Decaf Eco Caps, 16 Capsules 120g (barcode 8000070037397) names none of the 14 major allergens. Read the current box of Dek capsules, as Lavazza may change this decaf's recipe and allergen advice.

Ingredients, as published: Decaffeinated roasted ground coffee.

Typical values per 100g Per 100g

Energy	0 kcal
Fat	0g
of which saturates	0g
Carbohydrate	0g
of which sugars	0g
Fibre	0g
Protein	0g
Salt	0g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. Your box of Dek capsules has the final word.

What to eat with it

- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): An oaty, crunchy biscuit with enough body to stand next to a dark, cocoa-edged espresso.
- [McVitie's Hobnobs Milk Chocolate Biscuits, 262g](#): [Chocolate](#) over oats, a sweet counterweight to a short, restrained decaf after dinner.
- [Lotus Biscoff Caramelised Biscuits, 250g](#): A crisp caramelised biscuit whose toasted sweetness sits well beside the roast.

- [Border Classic Biscuit Sharing Pack, 400g](#): A sharing pack to put out when evening guests say yes to a decaf.

Elsewhere in the Lavazza range

- [Lavazza A Modo Mio Lungo Dolce Coffee, 16 Capsules](#)
- [Lavazza A Modo Mio Passionale Coffee, 16 Capsules](#)
- [Lavazza A Modo Mio Qualita Rossa Coffee, 16 Capsules 120g](#)
- [Lavazza Crema e Gusto Classico Coffee Beans, 1kg](#)
- [Lavazza Crema E Gusto Classico Ground Roasted Coffee, 500g](#)
- [Lavazza Crema e Gusto Dolce Ground Coffee, 250g](#)

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

FAQ

What does Dek mean on Lavazza coffee? It is Italian shorthand for decaffeinato, meaning decaffeinated. Lavazza uses it to label the decaf version of a coffee.

Will Lavazza A Modo Mio Dek fit a Nespresso machine? No. These capsules fit Lavazza's own A Modo Mio machines only. For a Nespresso Original machine, look to Lavazza's Nespresso-compatible range.

Is decaffeinated coffee caffeine free? No. Decaffeination leaves a small residual amount, so go by the pack if you must avoid caffeine completely.

What are Eco Caps? Lavazza's name for this capsule format. The name is about the capsule, not what is inside it, and recycling or composting rules depend on your local authority.

How many coffees are in a box? Sixteen, one from each single-serve capsule.

Curator's note: Keep a box beside the caffeinated capsules for the late-evening yes. Pull it short into a warmed cup and it holds its own. Lee, teas.co.uk, Tunbridge Wells.

In short: Lavazza A Modo Mio Dek: decaf capsules explained

Field	Detail
Brand	Lavazza
Packs we stock	Decaf Eco Caps, 16 Capsules 120g
Category	Decaffeinated Coffee
Allergens (as published)	Lavazza publishes the Dek ingredients, and the 14 major allergens are absent from them.
Caffeine	decaffeinated
Machine	Lavazza A Modo Mio only
Best with	An oat biscuit or a caramelised biscuit
Occasion	After dinner and late guests

More from the tea wiki

- [Tea vs Coffee: Taste, Caffeine and Switching](#)
- [Caffeine in Tea](#)
- [Tea vs Coffee](#)
- [Tea for Coffee Drinkers: Where to Start](#)
- [Chai vs Coffee](#)
- [Decaf Tea](#)
- [Chai Without the Caffeine](#)

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

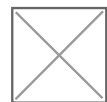
Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/