

L'Or Espresso Lungo Profondo: Built for the Long Button

From the teas.co.uk wiki

L'Or Espresso Lungo Profondo: Built for the Long Button, in summary: Lungo Profondo is dosed and ground for a long pour of about 110ml, so it keeps its body where an espresso capsule run long goes thin. Forty capsules of cocoa and toasted grain with very little acidity.

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

Whether a long capsule coffee tastes full or watery is decided before the capsule leaves the factory. Lungo Profondo is set up for the long button from the start, and everything about using it well follows from that.

Why a long cup needs its own capsule

Every capsule holds a fixed dose, and all the machine can do is push water through it. An espresso capsule is dosed and ground for a short shot, so when you run it long the water keeps flowing after the coffee has little left to give, and the end of the mug tastes hollow. L'Or builds Lungo Profondo the other way round, for roughly 110ml from the outset, so the extraction still carries flavour when the cup is full.

Divide the box weight by the count and each of the forty capsules carries about 5.2g of coffee, a proper espresso-sized dose, which is what gives the long cup its weight. Intensity 8 is L'Or's own marker of roast depth within its range, not a [caffeine](#) figure and not comparable with other brands' numbers. It places Lungo Profondo below Supremo at 10 and Ristretto at 11, on a scale that runs to 13.

Cocoa, toasted grain and a soft finish

Expect depth rather than brightness. The aroma is roasted cocoa and toasted grain with a hint of dark sugar, the body stays full and slightly syrupy to the bottom of the cup, and the bitterness is the soft, cocoa kind that clears rather than lingering. Acidity is low, so anyone hoping for fruit or a sharp, lively edge in a morning coffee will find this too mellow.

That profile makes it a sound base for milk: a splash of cold milk or a spoon of frothed milk leaves the cocoa character in place, where a lighter capsule would vanish. The one practical tip worth knowing concerns heat. A long pour lands in a big, cold mug that drains the warmth from it, so run the machine once with no

capsule, tip the water away, then brew.

A carton for the everyday mug

A carton of forty only makes sense for a coffee you already know you like. If a deep, low-acid long cup is your daily mug, the box means far fewer reorders and more than a month of mornings at one cup a day. If you are still choosing between styles, the rest of L'Or's capsules, from Supremo to the Ristretto [Decaf](#), sit alongside it in our range.

The capsules are aluminium and made for Nespresso Original machines. L'Or excludes some Original models, and they will not run in a Vertuo, a Dolce Gusto or a Tassimo, so check the pack against your machine first. When the box is finished, the empties can go through Podback, the UK pod recycling scheme L'Or has signed up to; the carton and your council have the details.

The packs we stock

- [L'Or Espresso Lungo Profondo Intensity 8 Coffee, 40 Pods 208g](#) (barcode 8711000390313)

What to eat with it

- [McVitie's Digestives Dark Chocolate Biscuits, 433g](#): Dark [chocolate](#) on a digestive echoes the roasted cocoa in the cup, and a long mug leaves time for a slow [dunk](#).
- [Lotus Biscoff Snack Pack, 248g](#): A crisp, caramel-toned biscuit gives a low-acid, cocoa-led coffee a little sweetness to play against.
- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): Ginger warmth and dark chocolate give a mellow long cup something lively to push against.

Elsewhere in the L'Or range

- [L'Or Artiste Vigoroso Intensity 8 Instant Coffee, 95g](#)
- [L'Or Classique Instant Coffee, 150g](#)
- [L'Or Espresso Colombia Intensity 8, Aluminium Coffee, 10 Capsules](#)
- [L'Or Espresso Destinations Santorini 10 x Intensity Coffee, 52g](#)
- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#)
- [L'Or Espresso Ristretto Decaf, Intensity 9, Aluminium Coffee, 10 Capsules 52g](#)

The full range is on the [L'Or brand page](#).

FAQ

Why does an espresso capsule taste hollow as a long cup? It is dosed for a short shot, so the water keeps running after the coffee has little left to give. Lungo Profondo is dosed and ground for about 110ml instead.

Is intensity 8 a measure of caffeine? No. It is L'Or's own scale for roast depth and perceived strength within its range, and it does not line up with other brands' numbers.

How much coffee is in each capsule? About 5.2g, which is the 208g box weight divided across forty capsules.

Where does Lungo Profondo sit in the L'Or capsule range? At intensity 8, below Supremo at 10 and Ristretto at 11, and it is the one of the three built for a long cup rather than a short shot.

Why does my long capsule coffee arrive lukewarm? A cold mug is usually to blame. Warm it by running the machine once without a capsule and pouring that water away before you brew.

Curator's note: This is the capsule for the second coffee of the morning, the one you actually sit down with. Warm the mug first; it makes more difference than people expect. Lee, teas.co.uk, Tunbridge Wells.

In short: L'Or Espresso Lungo Profondo: Built for the Long Button

Field	Detail
Brand	L'Or
Packs we stock	40 Pods 208g
Category	Coffee Pods & Capsules
Caffeine	caffeinated
Button	Lungo, about 110ml
Best with	A splash of milk and a dark chocolate digestive
Occasion	The sit-down morning mug

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