

L'Or Espresso Supremo Capsules: Reading Intensity 10

From the teas.co.uk wiki

L'Or Espresso Supremo Capsules: Reading Intensity 10, in summary: Supremo is a strong, full-bodied capsule for Nespresso Original machines, never Vertuo. Its intensity 10 rates body and roast weight, not caffeine, and it is the L'Or capsule we point milk drinkers towards.

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

An intensity number on a capsule box describes how heavy and roasty the cup will taste, and nothing more. Read that way, Supremo's 10, on a L'Or scale that tops out at 13, tells you exactly where it sits and who it is for.

Where 10 sits on the L'Or scale

L'Or numbers its espresso capsules so you can move along the range without guessing. The scale runs to 13, and the capsules we stock span Lungo Profondo and Colombia at 8, the Ristretto [Decaf](#) at 9, Supremo at 10 and Ristretto at 11. Each step up trades some brightness for more body and a firmer bitter edge, and Supremo is the point where that trade becomes obvious in the cup.

What the number does not measure is [caffeine](#). Intensity is a flavour rating each brand sets for its own range, so a L'Or 10 cannot be compared with a 10 from anyone else, and a bigger number says nothing about how much caffeine is in the cup. Anyone cutting down should pick the decaf Ristretto, not hunt for a smaller figure on the box.

Which machines, and which box

These are cone-shaped aluminium capsules for the Nespresso Original line. They will not go into a Vertuo, which takes a larger disc. L'Or also lists some Original-line models bought after 25 July 2016 as exceptions, including the U, Expert and Prodigio families, so owners of those machines should check first. Each capsule is sealed on its own, which keeps the last capsule in the carton as lively as the first.

This carton holds ten capsules with 5.2g of coffee in each, 52g in all, and it is the smallest way into Supremo. We also stock it as a 40-pod box of 208g under the same name and intensity. Start with the ten while you find out whether the weight suits you, and move to the forty once it has become the morning

default. L'Or takes part in Podback, the UK coffee pod recycling scheme, for the empties.

Supremo with milk, and taken black

This is the capsule to choose when a gentler coffee keeps disappearing into the milk. At 10 it stays clearly present through around 180ml of steamed milk, where a mid-range capsule turns flat and beige. Heat the milk to 60 to 65 degrees; beyond 70 it starts to taste scalded, which muddies the coffee as badly as a weak capsule would.

Taken black as a short espresso, Supremo is heavy and deliberate, its bitterness intended rather than accidental, and the finish lingers after the cup is down. Anyone who wants brightness and lift will find it severe, and for them the Colombia at 8 is the better L'Or choice. Beside it, a plain or caramel-edged biscuit works better than anything heavily flavoured, so the coffee keeps the lead.

The packs we stock

- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#) (barcode 8711000362594)

What to eat with it

- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): an oaty, sturdy biscuit that holds its own beside a strong milky Supremo.
- [Lotus Biscoff Caramelised Biscuits, 250g](#): caramelised sweetness against the bitter edge; take the coffee unsweetened and let the biscuit supply the sugar.
- [Border Classic Biscuit Sharing Pack, 400g](#): a sharing pack of classic [biscuits](#) for the days the capsule machine is making coffee for guests.

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 Lungo Profondo Intensity 8 Coffee, 40 Pods 208g](#)
- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#)

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

FAQ

Will L'Or Supremo capsules fit a Nespresso Vertuo? No. They are made for the Nespresso Original line, and a Vertuo takes a larger disc. L'Or also lists some Original models bought after 25 July 2016, such as the U, Expert and Prodigio, as exceptions.

Does intensity 10 mean more caffeine? No. The number rates body and roast character within L'Or's own range. For less caffeine, choose the Ristretto Decaf rather than a capsule with a smaller number.

How much coffee is in each capsule? 5.2g, so the carton of ten holds 52g and makes ten espressos.

Is Supremo good for a latte or cappuccino? Yes, that is its strongest case. It has the body to stay clear through a large milk drink, where milder capsules fade.

Who makes L'Or coffee? L'Or was founded in France in 1992 and is now one of the three global brands of JDE Peet's, the group behind Douwe Egberts and Kenco.

Curator's note: If your flat white tastes of warm milk and little else, change the capsule before you blame the machine. This is the one to try first. Lee, teas.co.uk, Tunbridge Wells.

In short: L'Or Espresso Supremo Capsules: Reading Intensity 10

Field	Detail
Brand	L'Or
Packs we stock	10 Capsules
Category	Coffee Sachets & Mixes
Caffeine	caffeinated
Machine	Nespresso Original line, never Vertuo
Best as	A milk drink, or a short black after lunch
Next step up	Ristretto at 11

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