

Bahlsen PiCK UP! Milk Chocolate 5x28g: A Biscuit Bar for the Bag

From the teas.co.uk wiki

Bahlsen PiCK UP! Milk Chocolate 5x28g: A Biscuit Bar for the Bag, in summary: Five sealed 28g bars, each a thin dry biscuit either side of mild milk chocolate. Built to ride in a bag, happiest a little cool, hopeless in a mug. Pack a flask of strong tea or black coffee beside it.

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

Most [biscuits](#) are bought for the kitchen table; this one is bought for everywhere else. A sealed wrapper, a dry outside and a clean snap make it one of the few [chocolate](#) biscuits that reach lunchtime looking as they did at breakfast.

What makes it travel

The PiCK UP! reverses the usual chocolate biscuit. Instead of a coating on the outside, a slab of milk chocolate is enclosed by two thin, dry biscuit halves, so the surface stays matt and nothing comes off on your hands. The shell is baked dry for a reason: moisture left in the crumb would creep into the chocolate and dull it, so the biscuit is kept plain and crisp.

Each of the five bars has its own wrapper, which is the other half of the design. You break one seal at a time and the rest stay as they were, with no open sleeve going soft in a cupboard. For different flavours with the same carrying qualities, the family on our shelf also has a cocoa-biscuit Choco & Milk, a Salted Caramel bar and the ten-bar Minis.

Heat, cold and the snap

Warmth is the one thing it handles badly. On a hot day the chocolate softens inside its shell, so what should snap starts to bend, and the bar tastes sweeter and flatter. It will not smear over the wrapper the way a coated bar would, but it is still worth keeping the bag out of direct sun and away from a radiator or a car dashboard.

Cool beats warm, and a short chill beats both. About twenty minutes in the fridge before you set off firms the centre and sharpens the snap, because this bar carries more chocolate than a coated biscuit does. There is no need to go further; the aim is firm, not frozen.

What goes in the flask

The chocolate here is mild, nearer to sweetened milk than to dark cocoa, so the drink should bring the backbone. A flask of strong [black tea](#) with a splash of milk, or a black coffee, gives the sweetness something to push against. A weak or sugary drink leaves you with two soft, sweet things and nothing to tell them apart. Keep the bar out of the cup itself. The thin halves soften quickly, the solid centre slides free and it usually ends up at the bottom of the mug. Eat it alongside, a bite between sips. It is a pocket bar at heart, better on a walk or at a desk than resting on a saucer.

The packs we stock

- [Bahlsen Pick Up! Milk Chocolate Biscuit Bars 5x28g](#) (barcode 4017100283154)

What the label says

The published ingredient list for Bahlsen Pick Up! Milk Chocolate Biscuit Bars 5x28g says it contains wheat (gluten), milk and nuts (hazelnuts). Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat Flour, Sugar, Cocoa Butter, Cocoa Mass, Palm Oil, Whole Milk Powder, Glucose Syrup, Skimmed Milk Powder, Clarified Butter, Salt, Whey Products (Milk), Raising Agents: Sodium Carbonates, Diphosphates, Emulsifier: Lecithins, Flavourings, Ground Hazelnuts, Starch (Wheat), Acid: Citric Acid.

Typical values per 100g Per 100g

Energy	511 kcal
Fat	26g
of which saturates	15g
Carbohydrate	61g
of which sugars	35g
Fibre	2,8g
Protein	6,9g
Salt	0,49g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to drink with it

- [Nescafe Gold Blend Intense Instant Coffee, 190g](#): an instant coffee that goes into a flask or a desk mug in seconds and brings the bitterness the mild chocolate lacks.
- [Glengettie Welsh Breakfast Tea, 80 Tea Bags 250g](#): a strong breakfast bag that suits a flask with milk, ready for a bar at the halfway point of a walk.
- [Yorkshire Tea Gold Blend Loose Leaf Tea, 250g](#): for the days the bar stays at home: a full weekend pot, with a bar straight from the fridge.
- [Tetley Redbush Vanilla, 40 Tea Bags 100g](#): a soft vanilla cup for later in the day that sits beside a sweet bar without competing.

Elsewhere in the Bahlsen range

- [Bahlsen Choco Leibniz Caramel Flavour, 111g](#)
- [Bahlsen Choco Leibniz Dark Chocolate Biscuits, 111g](#)
- [Bahlsen Choco Leibniz Milk Chocolate Biscuits, 111g](#)
- [Bahlsen Choco Leibniz Orange, 111g](#)
- [Bahlsen Hazelnut Cream and Choc, 100g](#)
- [Bahlsen Pick Up! Choco & Milk Chocolate Biscuit Bars Multipack, 5 Pack 140g](#)

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

FAQ

Will a PiCK UP! melt in a lunchbox? It copes far better than a coated biscuit because the chocolate is enclosed by biscuit. On a hot day the centre still softens, so keep the bag out of the sun.

How many bars are in the pack? Five, each 28g and wrapped separately, which makes 140g in the pack.

What does the manufacturer's label list? The published ingredient list for this product includes wheat (gluten), milk and ground hazelnuts. Check the current UK pack before buying, as recipes and allergen advice can change.

Can I dunk it in tea? We would not. The thin biscuit gives way fast and the chocolate centre tends to drop into the tea.

Is a PiCK UP! better cold? A little cooler than room temperature, yes. Twenty minutes in the fridge firms the centre and gives a cleaner break.

Curator's note: Put one in the fridge the night before and it goes into the bag with a proper snap. It is a pocket bar first and a biscuit second, and it is good at being both. Lee, teas.co.uk, Tunbridge Wells.

In short: Bahlsen PiCK UP! Milk Chocolate 5x28g: A Biscuit Bar for the Bag

Field	Detail
Brand	Bahlsen
Packs we stock	Bahlsen Pick Up! Milk Chocolate Biscuit Bars 5x28g
Category	Chocolate Biscuits

Field	Detail
Allergens (as published)	It contains wheat (gluten), milk and nuts (hazelnuts).
Dunkable	No, eat it alongside
Travels	Well, if kept out of the heat
Best with	A flask of strong tea or black coffee

More from the tea wiki

- [Tea and Biscuits](#)
- [Biscuit Dunking Physics: The Real Science](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
- [Tea and Food Pairing: The Five Principles](#)
- [Tea with Chocolate: Pair by Cocoa Percentage](#)
- [Tea and Chocolate Pairing](#)

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