

Bahlsen PiCK UP! Minis: The Two-Bite Bar

From the teas.co.uk wiki

Bahlsen PiCK UP! Minis: The Two-Bite Bar, in summary: Ten small wrapped bars built like the full-size PiCK UP!, milk chocolate inside two biscuits. Two bites each, made for lunchboxes. Keep them in a cool cupboard, not the fridge, and never in the tea.

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

PiCK UP! Minis is the same inside-out idea as the full bar, cut down to a size a parent can agree to without a debate. Ten bars come in the box where the standard multipack has five, and each one is smaller.

Half the bar, twice the count

The standard PiCK UP! multipack holds five bars; Minis holds ten, and the bars are smaller to match. The build does not change. A slab of milk [chocolate](#) sits between two dry biscuit faces instead of being poured over the top, so the biscuit meets your fingers first and the chocolate stays sheltered in the middle.

Two bites is about the whole event, and the sweetness turns up late because the biscuit reaches your tongue before the chocolate does. That has a side effect worth knowing: anyone eating them for the chocolate will be through a few before they feel they have had any. Ten sealed bars suit a week of lunchboxes better than an afternoon on the sofa.

Reading the label before the lunchbox

Per the published ingredient list for this barcode, Minis contains wheat (gluten), milk, egg, soya and hazelnuts. The egg comes from egg yolk powder near the end of the list, and the hazelnuts are ground. That matters for anything heading into a school bag or a shared lunch, so read the current UK pack each time you buy; formulations and allergen advice can change.

Beyond the allergens, the practical case for the format is the wrapper. Each bar has its own, so only the bar you open meets the air, and one forgotten in a drawer since half term is much the same bar that went in. The chocolate is protected on both sides, which is why a warm bag troubles it less than it would a coated biscuit.

Cupboard, not fridge

Store the box in a cool, dry cupboard rather than the fridge. Days in the cold leave the chocolate brittle and dull in flavour, and a biscuit that has lived in the fridge seems stale even when it is not. Room temperature,

on the cool side, is where they eat best, which is also where a lunchbox spends most of its morning.

They are no good for [dunking](#). With the chocolate inside, hot tea goes straight to the part that melts and the bar falls apart. For children, a glass of cold milk is the natural partner. For the adult at the table, a strong cup of tea or a short black coffee gives the sweetness something to lean against.

The packs we stock

- [Bahlsen PiCK UP! Minis Milk Chocolate Biscuit Bars, 10 Pack](#) (barcode 4017100407567)

What the label says

The published ingredient list for Bahlsen PiCK UP! Minis Milk Chocolate Biscuit Bars, 10 Pack (barcode 4017100407567) says it contains wheat (gluten), milk, egg, soya and nuts (hazelnuts). Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: wheat flour, sugar, cocoa butter, palm oil, cocoa mass whole milk powder, glucose syrup, skimmed milk powder, clarified butter, raising agents: sodium carbonates, diphosphates, salt, emulsifier: lecithins (soya), whey products (milk), flavourings (milk), starch (wheat), ground hazelnuts, acid: citric acid, egg yolk powder.

Typical values per 100g Per 100g

Energy	510 kcal
Fat	25g
of which saturates	14g
Carbohydrate	63g
of which sugars	36g
Protein	6.6g
Salt	0.5g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a full, malty tea for the grown-up that stands up to milk and to a sweet little bar.
- [L'Or Espresso Supremo Coffee Intensity 10, 40 Pods 208g](#): a short black coffee whose bitterness balances two quick bites of milk chocolate.
- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): a soft vanilla cup for the after-school table, gentle alongside a small sweet bar.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): a decaffeinated [English Breakfast](#) for a later cup with a bar from the box.

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

How are PiCK UP! Minis different from the standard bar? Size and count. The standard multipack has five bars; Minis has ten smaller ones, built the same way with the chocolate inside.

What allergens does the Minis label list? Per the published ingredient list for this barcode: wheat (gluten), milk, egg, soya and hazelnuts. Always check the current UK pack.

Should PiCK UP! Minis be stored in the fridge? No. Kept cold, the chocolate turns brittle and its flavour dulls; a cool, dry cupboard is the better home.

Can Minis be dunked? No. Hot tea reaches the chocolate centre first and the bar comes apart.

Are they a sensible size for children? That is what the format is for: a two-bite bar in its own wrapper that can be handed over without opening a whole packet.

Curator's note: One of these is an easy yes; the whole box is a negotiation. Keep it at the back of the cupboard and pour yourself a strong cup. Lee, teas.co.uk, Tunbridge Wells.

In short: Bahlsen PiCK UP! Minis: The Two-Bite Bar

Field	Detail
Brand	Bahlsen
Packs we stock	10 Pack
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), milk, egg, soya and nuts (hazelnuts).
Dunkable	No
Storage	Cool, dry cupboard, not the fridge
Occasion	Lunchboxes and after school

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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