

Bahlsen PiCK UP! Salted Caramel: What the Salt Does

From the teas.co.uk wiki

Bahlsen PiCK UP! Salted Caramel: What the Salt Does, in summary: The salt is not there to taste salty. Worked through the caramel centre, it tempers the sweetness and stretches the finish, so the bar grows less cloying as you eat. Serve it after dinner with black, unsweetened coffee.

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

Salt in a caramel works against the sugar rather than piling on more, and that is what sets this PiCK UP! apart from the rest of the family. It is the one bar in the range we would happily put on a plate at the end of a meal.

Salt as a counterweight

Salted caramel earns its place for two practical reasons. Salt dampens how sweet a filling seems, so a sugary centre stops reading as sugary, and it spreads flavour across the palate so the taste lingers. Neither effect is about saltiness. Done well, the salt is barely noticeable as salt at all, and the caramel simply tastes deeper and lasts longer.

Here the salt is mixed into the filling itself, with no crystals sitting on top, which is how sweet-aisle bars usually show it off. So it is quieter than some buyers expect. What it has instead is shape: the sweetness builds, the salt arrives a beat behind and checks it, and the finish becomes the most interesting part of each bite.

How it sits in the PiCK UP! family

The construction matches the plain milk [chocolate](#) PiCK UP!: the filling is enclosed by two firm, dry [biscuits](#), so nothing melts onto fingers or sticks to the wrapper when the bag gets warm. Five bars of 28g come in the box, each sealed on its own. What changes is the centre, and that single change alters the character of the whole bar.

The plain shell matters more here than in the milk version. A salted centre needs something neutral around it to be noticed against, and a dry biscuit supplies exactly that, where a coating would hit the tongue first and swamp the effect. For a child the plain milk bar is the better pick; this one suits someone who has quietly gone off plain milk chocolate.

After dinner, with black coffee

Roast coffee and salted caramel sit in the same register, so a plain, unsweetened black coffee and the bar taste like a single idea. Strong tea comes a close second. The one real mistake is sugar in the cup, which undoes the salt's work, so leave the syrups and sweet lattes for another biscuit.

Serve it on a plate at the end of a meal, where a sweeter bar would feel like too much. A short spell in the fridge sharpens the snap, because a cold, firm filling inside two dry biscuits breaks cleanly instead of bending. Do not [dunk](#) it: the biscuit halves hold for a moment, but the centre softens and the bar gives way from the inside.

The packs we stock

- [Bahlsen PiCK UP! Salted Caramel Biscuit Bars, 5 Pack](#) (barcode 4017100284410)

What to drink with it

- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): a Nespresso-compatible espresso, taken short and unsweetened, whose roast meets the caramel on the same note.
- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): the strong-tea option: full and malty enough to sit beside a salted centre, with milk if you like it.
- [Yorkshire Tea Bedtime Brew, 40 Tea Bags 100g](#): a gentler evening cup for anyone who wants the bar after dinner without another coffee.
- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): a vanilla [rooibos](#), unsweetened, that echoes the caramel for a coffee-free end to the day.

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

Does the salted caramel PiCK UP! taste salty? Not really, and it is not meant to. The salt is there to temper the sweetness and lengthen the finish, not to be tasted as salt.

How is it different from the milk chocolate PiCK UP!? Same construction, a centre enclosed by two dry biscuits, but the salted caramel filling makes it less sweet in effect and more grown-up in character.

What coffee goes with salted caramel biscuits? Black and unsweetened. Roast and caramel meet on the same note, and sugar in the cup would undo the work the salt is doing.

How many bars are in the pack? Five, each 28g and sealed separately, so the box spreads across a week of occasions rather than one afternoon.

Does it work as an after-dinner biscuit? Better than the rest of the PiCK UP! range. The salt stops the sweetness building, so one bar on a plate with a small black coffee feels finished rather than heavy.

Curator's note: Give this to the friend who says they do not really like sweet things. After dinner, with a small black coffee, it is the most grown-up bar in the PiCK UP! line. Lee, teas.co.uk, Tunbridge Wells.

In short: Bahlsen PiCK UP! Salted Caramel: What the Salt Does

Field	Detail
Brand	Bahlsen
Packs we stock	5 Pack
Category	Chocolate Biscuits
Dunkable	No
Best with	Black, unsweetened coffee
Occasion	After dinner, on a plate

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