

Britannia Good Day Cashew Cookies: the chai biscuit explained

From the teas.co.uk wiki

Britannia Good Day Cashew Cookies: the chai biscuit explained, in summary: A crunchy butter cookie with cashew worked right through the dough. The nut adds oil, depth and a longer finish, which is why it holds its own beside strong, milky, spiced chai where a plain sweet biscuit fades.

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

Spiced, milky [chai](#) flattens most sweet [biscuits](#), and a cashew cookie is one of the few that stands up to it. Britannia has been baking since 1892, and its Good Day line, which the company calls India's original cookie, is made for exactly that cup.

What the cashew changes

Good Day comes in two versions, butter and cashew, and we stock both in the same 216g pack. The cashew one is not simply the butter cookie with nuts scattered over the top. The pieces are mixed into the dough, so the roasted nut arrives at the same moment as the butter rather than ahead of it, and the two read as one rounder flavour.

Cashew is a gentle, rich nut, which is why it suits this job better than almond or hazelnut would. It rounds out the butter rather than competing with it. The extra oil also alters the bite: the crumb feels a little heavier, a fragment interrupts it here and there, and the taste stays on the palate well after a plain cookie would have cleared.

Butter or cashew: picking your Good Day

Choose the butter cookie for a family tin that has to please everyone; it is cleaner and quieter. Choose the cashew when the tea is strong and you want a biscuit with some weight behind it. Because the nut carries so much of the flavour, two of these tend to satisfy where you might reach for three of the butter ones.

The label settles the allergen question: the published ingredient list for this barcode includes wheat, milk, soya and cashews, so ask before the plate goes round. Britannia marks the Good Day line as vegetarian.

Once the pack is open, keep it tightly closed and away from the kettle, because nut oil goes stale in warm air faster than butter does.

Chai first, then Assam, then coffee

Masala chai is the natural partner. The spice and the nut sit side by side instead of fighting, and the oil keeps the cookie tasting of something under all that milk and sugar. A long-brewed [Assam](#) with plenty of milk is the next best cup. For a lighter, quieter mid-morning, an everyday [Ceylon](#) with a splash of milk does the job well.

[Dunk](#) briefly, for about three seconds. The short crumb does not sag slowly; it holds, then gives way all at once, and the rest ends up at the bottom of the mug. Coffee works too, better than with the butter version, because roasted nut meets roasted bean. A strong instant with a pinch of cardamom is a good match, while a short espresso is too dark and too brief.

The packs we stock

- [Britannia Good Day Cashew Cookies, 216g](#) (barcode 6291007907872)

What the label says

The published ingredient list for Britannia Good Day Cashew Cookies, 216g (barcode 6291007907872) says it contains wheat (gluten), milk, soya and nuts (cashews). Check the current UK pack before purchase; formulations and allergen advice can change.

Typical values per 100g Per 100g

Energy	484 kcal
Fat	24g
of which saturates	21g
Carbohydrate	60g
of which sugars	21g
Protein	7g
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

- [Twinings Scotland's Ceylon Tea \(International Blend\), 20 Tea Bags 40g](#): a brisk everyday [black tea](#) that takes milk well and lets the butter and cashew come through on a quieter morning.
- [Nescafe Gold Blend Intense Instant Coffee, 190g](#): a strong instant coffee whose roast meets the roasted cashew, and it takes a pinch of cardamom happily.
- [Teapigs Rooibos Creme Caramel, 15 Tea Bags, 37.5g](#): a [rooibos](#) with a caramel note for the afternoon, which picks up the butter in the cookie rather than the spice.

Elsewhere in the Britannia range

- [Britannia Good Day Butter Cookies, 216g](#)

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

FAQ

Do Good Day Cashew Cookies contain nuts? Yes. The published ingredient list for this barcode includes cashews, along with wheat, milk and soya, so check before sharing a plate.

Are Good Day cookies vegetarian? Britannia marks the Good Day line as 100% vegetarian. The pack in your hand is the final word on the current recipe.

How long can you dunk a Good Day cookie? About three seconds. The crumb gives way suddenly rather than softening slowly, so lift it out a moment before you think you need to.

What is the difference between the cashew and butter versions? Both come in 216g packs. The cashew adds oil and a roasted note that make it richer with a longer finish; the butter version is cleaner and easier for a mixed group.

Who makes Good Day? Britannia, which began as a biscuit business in a small house in Calcutta in 1892 and has been controlled by the Wadia Group since 1993. It says Good Day has been a favourite in India since 1986.

Curator's note: Make the chai properly strong, sweet and milky, and put two of these beside it rather than a handful. The cashew does more work than you would expect. Lee, teas.co.uk, Tunbridge Wells.

In short: Britannia Good Day Cashew Cookies: the chai biscuit explained

Field	Detail
Brand	Britannia
Packs we stock	216g
Category	Cookies
Allergens (as published)	It contains wheat (gluten), milk, soya and nuts (cashews).
Dunkable	Briefly, about three seconds
Best with	Masala chai, or a long-brewed Assam with milk
Occasion	A quiet mid-morning cup

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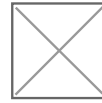
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