

Cadbury Timeout: the wafer bar and why its coating matters

From the teas.co.uk wiki

Cadbury Timeout: the wafer bar and why its coating matters, in summary: Light wafer and a smooth filling sealed in Cadbury milk chocolate, five wrapped 18g bars to the pack. The coating keeps the wafer crisp, so keep bars intact and unsquashed, never dunk them, and pour plain black tea or coffee.

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

In a Timeout the milk [chocolate](#) does two jobs at once: it carries nearly all of the flavour, and it seals the wafer away from the damp air that would turn it leathery. Understand that second job and you know how to store, pack and serve the bars.

Wafer, filling, coat

A wafer is a thin sheet of baked batter that is mostly air, so a Timeout looks bigger than its 18g would suggest. Between the wafer layers sits a smooth, fat-based filling that binds them and softens the break, so the bar collapses with a light shatter instead of crumbling. Around all of it goes Cadbury milk chocolate, which softens as it warms in the mouth and supplies most of what you taste.

The published ingredient list is led by sugar and wheat flour, then palm oil, cocoa butter, cocoa mass and skimmed milk powder, with wheat starch and potato starch further down. Per that label it contains wheat, milk and soya and may contain nuts. Sweetness is high, but the bar is so slight that it clears the palate quickly.

The chocolate is also the packaging

Wafer is thirsty stuff. It pulls damp out of kitchen air, and a wafer that has soaked up even a little turns leathery for good. An unbroken chocolate shell keeps that damp out, because its fat acts as a barrier to moisture, and each wrapper adds a second line of defence around the shell. That is why an intact, sealed bar keeps its crispness for weeks on a cupboard shelf.

It also means a cracked or chipped bar is genuinely worse rather than just untidy. The seal is broken, so that one will go soft while its neighbours stay crisp; eat any damaged bar first. In a lunchbox, pack the bars where they cannot be crushed, because a light, hollow wafer gives way under a heavier tub far sooner than a solid biscuit would.

Serving a Timeout well

Keep the pack at room temperature, in a cool cupboard rather than on a sunny windowsill. The fridge firms the chocolate and takes away the soft melt that makes a coated wafer enjoyable, while real warmth smears the coating long before the wafer inside suffers. And do not [dunk](#): in hot tea the chocolate gives way and the wafer caves in within a second or so, leaving nothing to lift out.

The quick finish is the useful part at the table. Because the sweetness does not linger, the next sip of tea still tastes of itself, so a Timeout can sit beside a good cup without spoiling it. Any decent [black tea](#), medium or strong, or a black coffee will do, provided neither has been sugared, which makes it an easy mid-morning or afternoon bar.

The packs we stock

- [Cadbury Timeout Milk Chocolate Wafer Biscuit Bars Multipack, 5 x 18g](#) (barcode 7622202333347)

What the label says

The published ingredient list for Cadbury Timeout Milk Chocolate Wafer Biscuit Bars Multipack, 5 x 18g says it contains wheat (gluten), milk and soya, and it may contain nuts. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: sugar, WHEAT flour, palm oil, cocoa butter, cocoa mass, skimmed MILK powder, whey permeate (from MILK), WHEAT starch, MILK fat, fat reduced cocoa powder, emulsifiers (E442, E476, SOYA lecithins), rapeseed oil, potato starch, salt, raising agents (sodium carbonates, ammonium carbonates), flavouring.

Typical values per 100g Per 100g

Energy	517 kcal
Fat	26.00g
of which saturates	14.00g
Carbohydrate	64.00g
of which sugars	44.00g
Fibre	2.20g
Protein	5.30g
Salt	0.23g

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

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): an everyday black tea, brewed strong and left unsugared, that leaves the palate clean once the wafer has gone.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): an [English breakfast](#) without the [caffeine](#), for a Timeout eaten later in the day.
- [L'Or Espresso Supremo Coffee Intensity 10, 40 Pods 208g](#): a strong espresso pod whose bitterness meets the sweet coating head on.

Elsewhere in the Cadbury range

- [Cadbury Animals Multipack Mini Chocolate Biscuits, 5 Biscuits 99.5g](#)
- [Cadbury Dairy Milk Fingers Milk Chocolate Biscuits Tray, 189g](#)
- [Cadbury Dairy Milk Fingers Milk Chocolate Covered Biscuits, 114g](#)
- [Cadbury Dairy Milk Fingers Salted Caramel Flavour Biscuits, 114g](#)
- [Cadbury Fingers White Chocolate Covered Biscuits, 114g](#)
- [Cadbury Mini Fingers Multipack Chocolate Biscuits, 5 Biscuits 96.5g](#)

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

FAQ

Why does the chocolate matter so much on a wafer bar? Because it seals the wafer. Wafer soaks up moisture from the air and goes leathery, and the coating is what keeps it crisp.

Will a Timeout survive a dunk? No. Both the chocolate and the wafer fail in hot tea within about a second, so there is nothing left to lift out of the cup.

What if a bar arrives cracked? Eat that one first. A crack breaches the chocolate seal, so it will soften sooner than the intact bars.

What should I drink with a Timeout? Plain black tea or black coffee, without sugar. The sweetness clears quickly, so the cup does not need to fight it.

How many bars are in the multipack? Five individually wrapped 18g bars, 90g in total.

Curator's note: This is the bar I put beside a really good cup, because it is gone in a few bites and takes its sweetness with it. Keep the pack away from the windowsill and the last bar will be as crisp as the first. Lee, teas.co.uk, Tunbridge Wells.

In short: Cadbury Timeout: the wafer bar and why its coating matters

Field	Detail
Brand	Cadbury
Packs we stock	5 x 18g
Category	Wafers

Field	Detail
Allergens (as published)	It contains wheat (gluten), milk and soya, and it may contain nuts.
Dunkable	No, it collapses at once
Best with	Plain black tea or coffee, unsweetened
Store	Cool cupboard, never squashed

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](#)
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