

Lotus Biscoff Snack Pack: The Coffee Biscuit in Twos

From the teas.co.uk wiki

Lotus Biscoff Snack Pack: The Coffee Biscuit in Twos, in summary: The same thin, hard caramelised Biscoff as the carton, sealed in twos for a bag, a car or a desk drawer. Dunk it briefly, keep it out of the fridge and give it a strong cup to meet.

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

Biscoff is a biscuit most people are handed rather than one they buy, usually on a saucer beside a coffee. The Snack Pack wraps it in pairs so that habit can travel to wherever the kettle happens to be.

Same biscuit, different wrapping

Inside each wrapper is the biscuit behind the Belgian family firm Jan Boone Sr. founded in Lembeke, East Flanders, in 1932: a Flemish-style speculoos whose flavour comes from candy sugar syrup and cinnamon rather than a coating. The published ingredient list is short, led by wheat flour, sugar, palm and soya oils and candy sugar syrup, and it ends with cinnamon.

By that list it contains wheat (gluten) and soya. Lotus describes the original biscuit as vegan, though its own advice carries may-contain warnings that include milk and nuts. The 248g Snack Pack seals the [biscuits](#) two to a wrapper; the 250g carton suits a household tin, and the Sandwich Cream is a richer eat altogether. Choose the Snack Pack if the biscuits leave the house, the carton if they stay home.

A short dunk, one end at a time

Biscoff is thin and very hard, which makes it a better dunker than it looks, though not one to leave in the cup. The dry bake takes up tea slowly at first, but there is so little depth to it that once it starts to soften it goes quickly. Give it a few seconds, one end only, then eat the dry half. Better still, take the first of the pair without [dunking](#), since the loud, clean break is most of the point.

Keep the pack out of the fridge. Cold dulls the cinnamon noticeably, and the individual wrappers help keep off damp air, which is the real enemy of a crisp bake. A cool, dry cupboard away from light is all it needs, and once a pair has been opened it is better finished than left on the side.

Give it something to meet

On its own, Biscoff has less to say than its reputation suggests; work through a pair dry and alone and you get only half of it. Lotus introduced it to the trade in 1956 as the biscuit to serve with coffee, and the Biscoff name, which arrived with its move to America in the 1980s, simply runs biscuit and coffee together. A medium-dark roast meets the caramel and cinnamon head on.

With tea, go strong: a brisk black breakfast blend with a splash of milk works well, while a delicate green or white tea disappears against caramel and spice and a floral [Earl Grey](#) argues with it. At a desk, a strong instant coffee is a fair partner, and a decaffeinated breakfast tea carries the same habit on into the evening.

The packs we stock

- [Lotus Biscoff Snack Pack, 248g](#) (barcode 5410126676037)

What the label says

The published ingredient list for Lotus Biscoff Snack Pack, 248g (barcode 5410126676037) says it contains wheat (gluten) and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat flour, sugar, vegetable oils (palm, soya), candy sugar syrup, raising agent (sodium hydrogen carbonate), soya flour, salt, cinnamon.

Typical values per 100g Per 100g

Energy	484 kcal
Fat	19g
of which saturates	8g
Carbohydrate	72.6g
of which sugars	38.1g
Fibre	1.3g
Protein	4.9g
Salt	0.9g

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

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): a brisk everyday [black tea](#) that takes milk and still has the grip for caramel and spice.
- [Nescafe Gold Blend Intense Instant Coffee, 190g](#): a strong instant for the office kettle, which is where a Snack Pack does most of its work.
- [Twinings English Breakfast Decaffeinated, 80 Tea Bags 218g](#): the same breakfast-tea pairing for later in the day, decaffeinated.

Elsewhere in the Lotus Biscoff range

- [Lotus Biscoff Caramelised Biscuits, 250g](#)
- [Lotus Biscoff Sandwich Cream Biscuits, 150g](#)

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

FAQ

Is the Snack Pack the same biscuit as the Biscoff carton? Yes, the same thin caramelised biscuit. The difference is the packing: the Snack Pack seals them in twos, while the 250g carton is the one for a tin at home.

How many biscuits are in each wrapper? Two. The pack is portioned in pairs, which is why it travels so well.

Is Lotus Biscoff vegan? Lotus describes the original biscuit as vegan. The label lists wheat (gluten) and soya, and the brand's may-contain advice includes milk and nuts, so check the pack if that matters to you.

How long can you dunk a Biscoff? A few seconds, one end at a time. It is thin, so once it starts to soften there is little left to hold it together.

Should Biscoff be kept in the fridge? No. Cold dulls the spice. A cool, dry, dark cupboard keeps it at its best.

Curator's note: Keep a pair in the drawer at work and save it for the afternoon coffee. It makes far more sense with a cup than without one. Lee, teas.co.uk, Tunbridge Wells.

In short: Lotus Biscoff Snack Pack: The Coffee Biscuit in Twos

Field	Detail
Brand	Lotus Biscoff
Packs we stock	248g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten) and soya.
Dunkable	Briefly, a few seconds
Best with	A medium-dark coffee or a brisk breakfast tea
Occasion	Desk drawer, car or bag

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 \(If You Get It Right\)](#)
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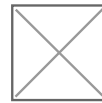
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