

Lotus Biscoff Caramelised Biscuits: A Speculoos Explained

From the teas.co.uk wiki

Lotus Biscoff Caramelised Biscuits: A Speculoos Explained, in summary: Biscoff is a Belgian speculoos, a thin, hard biscuit whose caramel is baked in rather than added on. Store it airtight, judge freshness by the snap, and serve it with black coffee or a strong black tea.

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

There is no caramel layer on a Biscoff; the flavour comes from sugar caramelised in the bake. That is why it snaps, why it keeps well once opened and why it copes with a hot drink better than most [biscuits](#).

From Sint Niklaas to the coffee saucer

Speculoos is the thin, spiced, caramelised biscuit of Flanders, traditionally given to children on Sint Niklaas Day. Lotus Bakeries, founded by Jan Boone Sr. in Lembeke, East Flanders, in 1932, modelled its biscuit on that tradition and named the company after the lotus flower. It is still family-owned and still works from its original hometown.

In 1956 Lotus introduced the biscuit to the trade as the one to serve with a coffee, which is how it came to be a saucer biscuit. The Biscoff name, joining biscuit and coffee, came in the 1980s when it reached America, where it was served on many flights. The name remains the best guide to what to pour.

What caramelised means on the label

The published ingredient list is short: wheat flour, sugar, palm and soya oils, candy sugar syrup, a raising agent, soya flour, salt and cinnamon. Candy sugar syrup and cinnamon carry the flavour. Because the sugar caramelises during baking rather than being poured on afterwards, there is nothing to melt or smear, and the taste is released as the biscuit breaks rather than as a coating softens.

Lotus says it uses palm oil from sustainable, certified plantations and no artificial colours, flavours or preservatives, and it describes the original biscuit as vegan. The label's allergens are wheat (gluten) and soya, and the brand's may-contain advice includes milk and nuts. For anyone avoiding those, the carton in

hand is always the final word.

Airtight, and trust the snap

A low-moisture biscuit pulls damp out of the air, so an airtight tin matters far more than temperature, and the fridge adds nothing. Listen to it: a fresh one breaks with a clean crack, while a bendy one has sat unsealed for too long and will not recover. Kept sealed, though, an opened carton lasts much better than a packet of digestives, because there is so little moisture in it to begin with.

For [dunking](#), the hard, dry structure takes up tea slowly and softens from the rim inwards instead of breaking in the middle, so a few seconds is safe; it is thin, so do not push much past that. Leave the sugar out of the cup; the biscuit has plenty. Black coffee is its natural partner and a strong [black tea](#) works for the same reason, while a milky builder's mug gives it less to push against.

The packs we stock

- [Lotus Biscoff Caramelised Biscuits, 250g](#) (barcode 5410126716016)

What the label says

The published ingredient list for Lotus Biscoff Caramelised Biscuits, 250g 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	19.0g
of which saturates	8.0g
Carbohydrate	72.6g
of which sugars	38.1g
Fibre	1.3g
Protein	4.9g
Salt	0.92g

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

- [Lavazza Espresso Maestro Intenso Nespresso Compatible, 10 Capsules](#): an intense, unsweetened espresso whose bitterness gives the caramel something to push against.
- [Glengettie Welsh Breakfast Tea, 80 Tea Bags 250g](#): a strong black breakfast tea that keeps its grip on caramel and spice; go light on the milk.

- [Twinings English Breakfast Loose Tea, 125g](#): brewed strong in a pot, a breakfast tea with the body to match a hard, sweet biscuit when the carton comes out for guests.
- [Teapigs Rooibos Creme Caramel, 15 Tea Bags, 37.5g](#): a caramel [rooibos](#) for the evening, caramel on caramel for anyone with a sweet tooth.

Elsewhere in the Lotus Biscoff range

- [Lotus Biscoff Snack Pack, 248g](#)
- [Lotus Biscoff Sandwich Cream Biscuits, 150g](#)

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

FAQ

What is a speculoos biscuit? The thin, spiced, caramelised biscuit of Flanders, traditionally given to children on Sint Niklaas Day. Lotus Biscoff is modelled on it.

What does the name Biscoff mean? It joins biscuit and coffee. The name was introduced in the 1980s, when the biscuit reached America.

What gives Biscoff its flavour? Candy sugar syrup and cinnamon, with the sugar caramelised in the bake. There is no coating and no filling.

Why has my Biscoff gone soft? It has taken moisture from the air. Store it airtight, because once a caramelised biscuit bends its snap does not come back.

Can you dunk Lotus Biscoff? Yes, for a few seconds. It softens from the edges inwards rather than snapping off into the cup.

Curator's note: The cinnamon is the part nobody credits. Try one after a savoury lunch with an unsweetened black coffee and you will see why it earned its place on the saucer. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Lotus Biscoff Caramelised Biscuits: A Speculoos Explained

Field	Detail
Brand	Lotus Biscoff
Packs we stock	250g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten) and soya.
Dunkable	Yes, a few seconds
Store	Airtight tin, not the fridge
Best with	Unsweetened black coffee or a strong black tea

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- [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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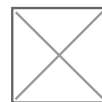
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