

Lotus Biscoff Sandwich Cream: How It Differs from the Original

From the teas.co.uk wiki

Lotus Biscoff Sandwich Cream: How It Differs from the Original, in summary: Two caramelised Biscoff biscuits with a cream filling between them: richer, softer in the middle and much sweeter than the plain biscuit. Eat one at a time, skip the dunk and pour something strong and unsweetened.

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

The sandwich is not simply more Biscoff; the filling changes what the biscuit is for. The plain round is a one-bite companion to a coffee, while this one stands on its own as a small sweet.

What the filling changes

A plain Biscoff is thin, hard and gone in a bite, which suits it to riding along with a strong cup. Put a soft, sweet cream between two of them and the texture runs crisp, soft, crisp, the sweetness stays on the palate for much longer, and the inner faces of the [biscuits](#) soften against the filling. It behaves more like a little confection than a saucer biscuit.

The biscuit on either side is the same idea Lotus has baked since 1932, flavoured with candy sugar syrup and cinnamon, and that cinnamon warmth still sits quietly under the sugar. What recedes is the snap: the outer faces still break, but the middle gives. If the snap is what you love about Biscoff, the plain carton or the wrapped Snack Pack is the better choice.

Allergens and the vegan question

By the published ingredient list for this barcode, the allergens in the Sandwich Cream are wheat (gluten) and soya, with a may-contain warning for milk. Candy sugar syrup and cinnamon, the two ingredients behind the Biscoff flavour, both appear on it. Lotus's vegan statement is made for its original biscuit rather than this line, so do not assume it carries over; the pack in your hand is the authority.

One practical note on keeping it. Left open, the pack draws in damp over a few days, and it is the outer biscuits that go soft first, so a limp Sandwich Cream has usually been left unsealed rather than badly made.

At 150g the pack is small enough to finish while it is at its best; keep it closed and cool until then.

One at a time, with something plain

Do not [dunk](#) it. Warm cream has nowhere to escape, so the sandwich slumps and parts company in the cup instead of soaking up the tea. Eat it dry, beside the drink. And eat one, not three: sweet biscuit, sweet cream and sweet biscuit again leave nothing on the plate to cut the sugar, so the cup has to do it.

That makes the drink matter more than usual. A strong black coffee is the natural partner, since the whole Biscoff idea was built around that cup, and a strong unsweetened [black tea](#) does the same work. Avoid anything sweetened or syrup-flavoured. A mug of instant is fine at a desk; so is a brisk everyday tea with only a little milk.

The packs we stock

- [Lotus Biscoff Sandwich Cream Biscuits, 150g](#) (barcode 5410126006360)

What the label says

The published ingredient list for Lotus Biscoff Sandwich Cream Biscuits, 150g (barcode 5410126006360) says it contains wheat (gluten) and soya, and it may contain milk. Check the current UK pack before purchase; formulations and allergen advice can change.

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

Typical values per 100g Per 100g

Energy	531 kcal
Fat	29g
of which saturates	14g
Carbohydrate	63g
of which sugars	35g
Fibre	1.3g
Protein	4.6g
Salt	0.8g

Ingredient and nutrition data for this barcode: [Open Food Facts \(openfoodfacts.org\)](https://openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#): a short, strong ristretto, the unsweetened black coffee this sweet sandwich needs beside it.
- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): brewed strong with little or no milk, a loose-leaf pot with the grip to cut through caramel and cream.

- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): a plain instant for the desk, where one sandwich biscuit and a black coffee make a proper break.

Elsewhere in the Lotus Biscoff range

- [Lotus Biscoff Snack Pack, 248g](#)
- [Lotus Biscoff Caramelised Biscuits, 250g](#)

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

FAQ

What is a Biscoff Sandwich Cream? Two caramelised Biscoff biscuits with a cream filling between them, sold in a 150g pack.

Can you dunk Biscoff sandwich biscuits? Not well. The warm filling makes the sandwich sag and come apart; if you want to dunk, use the plain Biscoff.

Does the Biscoff Sandwich Cream contain milk? The published allergen advice says it may contain milk. It contains wheat (gluten) and soya; check the current pack, as recipes can change.

Is it sweeter than the plain Biscoff? Yes, noticeably. Two sweet biscuits and a sweet filling make a much sweeter bite, so a strong, unsweetened drink suits it best.

Why has my pack gone soft? It was most likely left open. Damp air gets in within a few days and the outer biscuits lose their crispness first.

Curator's note: One, with a strong black coffee, after something savoury. Any more than that and the sugar wins. Lee, teas.co.uk, Tunbridge Wells.

In short: Lotus Biscoff Sandwich Cream: How It Differs from the Original

Field	Detail
Brand	Lotus Biscoff
Packs we stock	150g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten) and soya, and it may contain milk.
Dunkable	No, the filling slides
Portion	One at a time
Best with	Strong black coffee or unsweetened black tea

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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