

McVitie's Mini Gingerbread Men: A Lunchbox Biscuit Without Chocolate

From the teas.co.uk wiki

McVitie's Mini Gingerbread Men: A Lunchbox Biscuit Without Chocolate, in summary:

Six sealed 19g bags of small shaped gingerbread biscuits with a gentle, level ginger warmth and no chocolate, coating or filling. Keep the bags closed until needed and pair them with a plain tea or a spiced chai.

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

Almost every biscuit sold in single-portion bags is a [chocolate](#) one, which makes this box an oddity worth knowing about. It is plain baked gingerbread in small sealed portions, and that is the whole case for it.

Warm, not hot

The ginger here is pitched for a lunchbox. Where a grown-up ginger biscuit builds heat at the back of the mouth, these give a mild warmth that arrives and stays level. The published ingredients explain the character: flour, sugar, palm oil, partially inverted sugar syrup, molasses, raising agents, ground ginger, salt and natural ginger flavouring.

Because the [biscuits](#) are small, most of what you taste is the baked outer surface, dry and lightly toasted, with the spice resting on top. Anyone wanting ginger that bites back should reach for the brand's Ginger Nuts instead. These are for children, or for an adult who wants something modest beside a cup without any chocolate at all.

Why the bags should stay sealed

The pack is six bags of 19g, 114g in all, and each bag is doing the real work. A small dry biscuit goes stale in open air faster than a dense one, so tipping the bags into a tub simply swaps six crisp portions for six soft ones. Leave them sealed until the moment they are wanted, and treat an opened bag as a same-day snack. With nothing to melt, they survive a warm car, a hot day or a long journey in a way that coated multipacks do not. The label lists wheat (gluten), and warns that they may contain milk, nuts and soya, so check the current

pack before handing a bag to a child with an allergy.

Serving, dunking and the head-first rule

The shape earns its keep. Children eat a gingerbread man in a set order, head first, and spend longer over one than over a plain round. For grown-ups, a quick dip is possible, but keep it to about a second, since a biscuit this small has little strength in reserve.

Neither the biscuit nor the tea needs to be strong. A plain [black tea](#) with milk suits, and milk is welcome here because the sweetness is moderate to begin with. For a more seasonal pairing, a masala or ginger [chai](#) doubles up on the spice and makes a small biscuit feel like more of an occasion.

The packs we stock

- [McVitie's Mini Gingerbread Men Multipack Biscuits 6x19g](#) (barcode 5000168214559)

What the label says

The published ingredient list for McVitie's Mini Gingerbread Men Multipack Biscuits 6x19g (barcode 5000168214559) says it contains wheat (gluten), and it may contain milk, nuts and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour (wheat flour, calcium, iron, niacin, thiamin), sugar, vegetable oil (palm), partially inverted sugar syrup, molasses, raising agents (sodium bicarbonate, disodium diphosphate), ground ginger, salt, natural ginger flavouring. May also contain nuts, milk, soya.

Typical values per 100g Per 100g

Energy	468 kcal
Fat	17g
of which saturates	8g
Carbohydrate	74g
of which sugars	31g
Fibre	2g
Protein	6g
Salt	2.5g

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

- [Tea India Ginger Chai, 40 Tea Bags 100g](#): Ginger in the cup and ginger in the biscuit, a simple echo that adds the warmth the biscuit keeps gentle.
- [Tea India Masala Chai, 40 Tea Bags 100g](#): A masala chai wraps a fuller spice blend around the mild ginger of a gingerbread man.

- [Twinings Everyday 120 Plant-Based, 348g](#): A plain everyday black tea with milk, the no-fuss partner for a lunchbox biscuit eaten at home.
- [Tetley Redbush Vanilla, 40 Tea Bags 100g](#): Soft vanilla on a [redbush](#) base sits comfortably with molasses and a gentle ginger note.

Elsewhere in the McVitie's range

- [McVitie's Club Layers Orange, 39g](#)
- [McVitie's Club Mint Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Orange Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Salted Caramel Flavour Biscuit Bars Multipack, 7 x 22g](#)
- [McVitie's Dark Chocolate Digestive Biscuits, 266g](#)
- [McVitie's Digestive Pink Raspberry & Cream Flavour, Limited Edition, 232g](#)

The full range is on the [McVitie's brand page](#).

FAQ

Are McVitie's Mini Gingerbread Men spicy? Only gently. The ginger gives a mild, steady warmth rather than heat, which is right for a lunchbox.

Is there chocolate in Mini Gingerbread Men? No. They are plain baked gingerbread biscuits with no chocolate, coating or filling.

Do Mini Gingerbread Men contain nuts? Nuts are not in the ingredient list, but the label warns they may contain nuts, milk and soya. Wheat (gluten) is an ingredient.

Can you dunk a mini gingerbread man? Briefly. About a second is the limit, because such a small biscuit has little structure to fall back on.

Should I decant the bags into a tin? No. The sealed bag is what keeps each portion crisp; open one only when it is about to be eaten.

Curator's note: Keep a box in the cupboard for the afternoons when you want a little something with tea but not chocolate. Head first, obviously. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: McVitie's Mini Gingerbread Men: A Lunchbox Biscuit Without Chocolate

Field	Detail
Brand	McVitie's
Packs we stock	McVitie's Mini Gingerbread Men Multipack Biscuits 6x19g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), and it may contain milk, nuts and soya.
Spice level	Gentle and steady
Best for	Lunchboxes, journeys and hot days

Field

Best with

Detail

Plain black tea or a ginger chai

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](#)
- [Tea with Chocolate: Pair by Cocoa Percentage](#)
- [Tea and Chocolate Pairing](#)
- [Ginger Tea: The Warming Root Brew, Explained](#)

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