

Nairn's Caramelised Biscuit Moments: Oats, Spice and Coffee

From the teas.co.uk wiki

Nairn's Caramelised Biscuit Moments: Oats, Spice and Coffee, in summary: An oat-based caramelised biscuit for the coffee cup: browned-sugar sweetness, a slightly bitter edge and warm spice. Serve at room temperature with unsweetened coffee or a malty tea, and check the pack on gluten.

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

Nairn's describes itself as the UK's largest oatcake producer, and it builds its caramelised biscuit on the same grain: gluten free wholegrain oats make up 67% of the published ingredient list. Golden syrup, browned sugar and a quiet blend of cinnamon, ginger, coriander and mace do the rest.

Oats first, then syrup and spice

After the oats come sugar, sustainable palm fruit oil, a partially inverted refiners syrup and Lyle's Golden Syrup, which together give the toffee-like depth. The spice is more considered than the name suggests: ground cinnamon leads, followed by ginger powder, ground coriander seed and ground mace, with a little sea salt to keep the sweetness in check.

Caramelised sugar is more than sweetness. Browning sugar adds bitterness, a nutty note and a hint of smoke to it, which is why a biscuit like this tastes deeper than its sugar alone would suggest. That bitter edge is also why it sits so naturally with coffee: it gives the cup something to answer rather than simply piling on more sweetness.

What the label says about gluten

Nairn's makes a wheat-free main range and a separate gluten free range, and says only the gluten free range is suitable for coeliacs. This pack's ingredient list names gluten free wholegrain oats, and the published allergen statement adds that oats contain avenin, a protein some people with coeliac disease also react to. The pack in your hand, not the oat content, settles whether it suits your household.

For its gluten free range, Nairn's runs a dedicated gluten free bakery, opened in 2016, where every batch is tested; check this pack's own marking to see which range it belongs to. Within the brand it is also the odd one out on flavour: the oatcakes are made for [cheese](#) and a strong pot, while this is the Nairn's biscuit meant for coffee.

Coffee first, then a malty pot

This is a biscuit for the coffee cup first, and the choice of coffee deserves a thought. An unsweetened medium roast works better than a very dark one, because the scorched edge of the caramel already does what a dark roast would, and doubling up on burnt notes is too much. A flat white suits it, and plain black filter coffee is hard to beat.

For tea, go malty: an [Assam](#) or a strong breakfast blend with a splash of milk and no sugar meets caramel on equal terms, and a [chai](#) works because the spice in the cup and in the biscuit pull the same way. [Darjeeling](#) and [green tea](#) are simply overwhelmed. Serve at room temperature, since cold mutes the caramel aroma, and keep the pack sealed, because that aroma is the first thing to fade.

The packs we stock

- [Nairn's Caramelised biscuit moments, 170g](#) (barcode 612322001896)

What the label says

The published ingredient list for Nairn's Caramelised biscuit moments, 170g (barcode 612322001896) says it contains gluten-free oats. Oats contain avenin, a protein some people with coeliac disease also react to. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Gluten Free Wholegrain Oats (67%), Sugar, Sustainable Palm Fruit Oil, Partially Inverted Refiners Syrup, Lyle's Golden Syrup, Tapioca Starch, Dietary Fibre (Inulin), Ground Cinnamon, Raising Agent: Sodium Carbonates, Sea Salt, Natural Flavouring, Ginger Powder, Ground Coriander Seed, Ground Mace.

Typical values per 100g Per 100g

Energy	461 kcal
Fat	17.2g
of which saturates	7.1g
Carbohydrate	65g
of which sugars	18g
Fibre	6.8g
Protein	7.7g
Salt	1.1g

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

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a strong breakfast blend, with a splash of milk and no sugar, to meet browned sugar on equal terms.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): a decaffeinated [English breakfast](#) for an evening cup that still has the weight to stand up to caramel.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): Nespresso-compatible capsules for the flat white this biscuit suits; add milk, not sugar, and let the caramel bring the sweetness.

Elsewhere in the Nairn's range

- [Nairn's Dark Chocolate Chip Oat Biscuit, 200g](#)
- [Nairn's Decadent Dark Chocolate & Real Orange Oat Biscuits, 200g](#)
- [Nairn's Gluten Free Biscuit Breaks - Oats & Chocolate Chip, 160g](#)
- [Nairn's Gluten Free Biscuit Breaks - Oats & Fruit, 160g](#)

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

FAQ

Can someone with coeliac disease eat Nairn's Caramelised Biscuit Moments? Check the pack first. The ingredients name gluten free wholegrain oats, but the published allergen statement warns that oats contain avenin, which some people with coeliac disease also react to.

What spices are in Nairn's caramelised biscuits? Cinnamon, ginger, coriander seed and mace, according to the published ingredient list.

What coffee goes with a caramelised biscuit? An unsweetened medium roast, a flat white or black filter coffee. A very dark roast doubles up the burnt notes.

Should caramelised biscuits be served cold? No. Room temperature brings out the caramel aroma, which cold suppresses.

Do they work with green tea? The biscuit will win. A malty [black tea](#) or a chai is a better match.

Curator's note: This is the one I put on the saucer next to a flat white. Keep the pack sealed and it holds on to its caramel smell. Lee, teas.co.uk, Tunbridge Wells.

In short: Nairn's Caramelised Biscuit Moments: Oats, Spice and Coffee

Field	Detail
Brand	Nairn's
Packs we stock	170g
Category	Biscuits

Field	Detail
Allergens (as published)	It contains gluten-free oats. Oats contain avenin, a protein some people with coeliac disease also react to.
Best with	Unsweetened medium-roast coffee or a malty breakfast tea
Serve	At room temperature
Gluten	Read the pack; oats alone do not settle it

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