

Nairn's Dark Chocolate Chip Oat Biscuits: why the chocolate is dark

From the teas.co.uk wiki

Nairn's Dark Chocolate Chip Oat Biscuits: why the chocolate is dark, in summary: An oat biscuit with dark chocolate chips and cocoa through it, and not labelled gluten free. It crumbles rather than dunks, so keep it beside a plain black tea or a black coffee, unsweetened.

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

The dark [chocolate](#) is the reason this biscuit works: oats are soft and toasty with nothing sharp in them, and a bitter chip gives them something to pull against. That tension keeps a fourth biscuit as interesting as the first, which a milk chocolate version rarely manages.

Oats first, chocolate second

The published ingredient list tells the story through its proportions. Wholegrain oats make up 59% of the biscuit, the dark chocolate chips 9% and a dark chocolate powder another 5%, with brown sugar, palm fruit oil and a barley malt syrup holding it all together. This is an oat bake that carries chocolate, rather than a chocolate biscuit with a handful of oats added for texture.

That balance is why the chip needs to be dark. Oats bring a nutty, toasted warmth and a gentle chew, but no edge of their own. A sweet milk chip would only add more comfort to something already comfortable. Dark chocolate brings bitterness as well as sugar, so the two halves of the biscuit keep each other in check and the pack does not turn cloying halfway down.

Not the gluten free one, and not a dunker

Nairn's keeps a main range and a separate gluten free range, and this biscuit belongs to the main one. The published allergen statement names barley and oats as the gluten sources, plus soya, and warns that it may contain milk. A household that needs gluten free should look at the Gluten Free Biscuit Breaks with oats and chocolate chip, which come from the other range.

Nor is it built for the mug. The crumb gives and breaks up rather than snapping cleanly, so a [dunk](#) tends to end with half a biscuit at the bottom of the cup. Treat it as a biscuit for the plate or the hand. If a tin has gone a little tired, a few seconds of gentle warmth softens the chips and brings it round.

Cups, crumbs and keeping

The chocolate has already supplied the bitterness, so the drink should meet it rather than bury it. A plain [black tea](#) without sugar, or a black coffee, both work well, and a [rooibos](#) is the gentler choice later in the day. We would steer clear of [hot chocolate](#), which doubles up on the same flavour, and of sweetened drinks, which flatten the dark chip.

Keep an opened pack sealed and somewhere cool, dry and out of the light. Oats carry more fat than wheat flour, which is one more reason to keep the pack away from warmth and light. Broken ones are worth saving: crushed, they make a textured base for a cheesecake, or a crunchy scatter over thick yoghurt or stewed fruit.

The packs we stock

- [Nairn's Dark Chocolate Chip Oat Biscuit, 200g](#) (barcode 061232202556)

What the label says

The published ingredient list for Nairn's Dark Chocolate Chip Oat Biscuit, 200g (barcode 061232202556) says it contains barley and oats (gluten) and soya, and it may contain milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wholegrain Oats (59%), Dark Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Sustainable Palm Fruit Oil, Brown Sugar, Dark Chocolate Powder (5%) (Sugar, Cocoa Mass, Fat Reduced Cocoa Powder), Partially Inverted Refiners Syrup, Dietary Fibre (Oligofructose), Barley Malt Syrup, Raising Agent: Sodium Bicarbonate, Sea Salt, Natural Cocoa Flavouring.

Typical values per 100g Per 100g

Energy	450 kcal
Fat	16.9g
of which saturates	7.7g
Carbohydrate	63.8g
of which sugars	19g
Fibre	6.7g
Protein	8.1g
Salt	0.8g

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 Loose Leaf Tea, 250g](#): a brisk everyday black tea from the pot, taken without sugar, that meets the dark chocolate head on.
- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#): a short, intense coffee for the mid-morning break this biscuit suits best.
- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): a quick black instant coffee for the desk, smooth enough to leave the oats their say.
- [Tetley Redbush Pure, 40 Tea Bags 100g](#): the evening choice, a rooibos cup that stays in the background and lets the chocolate lead.

Elsewhere in the Nairn's range

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

Is Nairn's Dark Chocolate Chip Oat Biscuit gluten free? No. It is part of the main range, and the published allergen statement names barley and oats as gluten sources. Nairn's says only its gluten free range is suitable for coeliacs.

Does it contain milk? Milk does not appear in the published ingredient list, but the allergen statement says it may contain milk, so anyone avoiding it should read the current pack.

Can you dunk these oat biscuits? Not with any confidence. The crumb breaks up once wet rather than holding together, so eat them beside the cup.

Why dark chocolate rather than milk chocolate? Oats have no sharpness of their own. Dark chocolate adds bitterness alongside its sweetness, which stops the biscuit tasting one-note by the third or fourth.

What else can I do with them? Crush them for a cheesecake base, or scatter them over yoghurt or stewed fruit; the chocolate is already built in.

Curator's note: To my mind this is an eleven o'clock biscuit, substantial enough to carry a mid-morning cup. Pour the tea black, leave the sugar out and let the dark chips do the arguing. Lee, teas.co.uk, Tunbridge Wells.

In short: Nairn's Dark Chocolate Chip Oat Biscuits: why the chocolate is dark

Field	Detail
Brand	Nairn's
Packs we stock	200g

Field	Detail
Category	Chocolate Biscuits
Allergens (as published)	It contains barley and oats (gluten) and soya, and it may contain milk.
Dunkable	No, it crumbles into the cup
Best with	Black tea or black coffee, no sugar
Occasion	Mid-morning

More from the tea wiki

- [Tea and Biscuits](#)
- [Biscuit Dunking Physics: The Real Science](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
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- [Tea and Food Pairing: The Five Principles](#)
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- [Tea and Chocolate Pairing](#)
- [Scottish Biscuits and Tea: What Pairs With What](#)

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