

Nairn's Gluten Free Biscuit Breaks Oats & Chocolate Chip: chocolate on the inside

From the teas.co.uk wiki

Nairn's Gluten Free Biscuit Breaks Oats & Chocolate Chip: chocolate on the inside, in summary: Dark chocolate chips baked through a gluten free oat biscuit, not spread over it. That makes it a sturdy lunchbox biscuit and a fair dunker; expect a firm oat bite, not a soft cookie.

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

Where the [chocolate](#) sits decides how this biscuit behaves. Chips folded into the dough cannot melt onto fingers, smear a bag or slip into a mug, so this is a chocolate biscuit you can treat roughly.

An oat biscuit first, not a cookie

The name makes people expect a soft, chewy cookie, and that is the one thing this is not. Gluten free oats make up 56% of the recipe, so the bite is firm, coarse and fairly dry, with the chocolate arriving in separate hits whenever you reach a chip. Some mouthfuls are plain toasted oat and others are clearly chocolate. Think of it as an oat biscuit carrying chocolate, and it makes sense.

The dark chocolate chips account for 15% of the biscuit, with a dark chocolate powder at 3.5% adding cocoa to the dough itself. Brown sugar and golden syrup bring the rest of the sweetness, which lands above the fruit version of the same biscuit and below a coated one. The chips are the main event, and they are what make this read as a treat rather than an everyday biscuit.

What the label tells a gluten free household

This pack belongs to Nairn's gluten free range. The brand opened a dedicated gluten free bakery in 2016 and says every batch is ELISA tested. The published allergen statement lists gluten free oats, milk and soya, the milk coming from the chocolate chips and powder. It also carries a note worth reading: oats contain avenin, a protein that some people with coeliac disease react to as well.

Nairn's also makes a Dark Chocolate Chip Oat Biscuit in its main range, sold in a 200g pack, but the brand is clear that only the gluten free range suits coeliacs. So this 160g pack is the one for a household where

gluten free is a need. Where it is not, the main range biscuit is the more natural first choice, and this one can stay on the shelf for those who need it.

Dunking, travelling and the right cup

Because the chips are held inside the crumb, a [dunk](#) of about four seconds softens them without letting them escape into the tea. Eat it at once, since the chocolate sets again within a minute. The same construction makes it one of the easier chocolate [biscuits](#) to carry about, content in a lunchbox, a bag or a warm car where a coated biscuit would smear.

Choose the drink with the chocolate in mind. A plain breakfast blend, a lighter [black tea](#) or a milky coffee all sit well with it. A very strong, tannic builder's brew tends to fight chocolate in a way it never fights dried fruit, and fruity infusions are a poor match altogether, so save those for the Oats & Fruit version of the same biscuit.

The packs we stock

- [Nairn's Gluten Free Biscuit Breaks - Oats & Chocolate Chip, 160g](#) (barcode 612322030087)

What the label says

The published ingredient list for Nairn's Gluten Free Biscuit Breaks - Oats & Chocolate Chip, 160g (barcode 612322030087) says it contains gluten-free oats, milk and soya. 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 Oats (56%), Dark Chocolate Chips (15%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins (Soya), Natural Vanilla Flavouring, Milk), Sustainable Palm Fruit Oil, Brown Sugar, Dietary Fibre (Inulin), Partially Inverted Refiners Syrup; Lyles Golden Syrup, Dark Chocolate Powder (3.5%) (Sugar, Cocoa Mass, Fat Reduced Cocoa Powder, Milk), Tapioca Starch, Raising Agents (Ammonium Carbonates, Sodium Carbonates), Natural Cocoa Flavouring, Sea Salt.

Typical values per 100g Per 100g

Energy	468 kcal
Fat	20.5g
of which saturates	9.3g
Carbohydrate	62.3g
of which sugars	20.5g
Fibre	5.4g
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

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): a plain everyday black tea, brewed normally with milk, that lets the chips come through.
- [Twinings English Breakfast Decaffeinated, 80 Tea Bags 218g](#): the decaffeinated version of the same breakfast-style cup, for the afternoon or evening.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): an espresso capsule to top up with hot milk, because a milky coffee flatters chocolate chips.
- [Dragonfly Organic Pure Rooibos, 40 Tea Bags 100g](#): a mellow [rooibos](#) that stays out of the chocolate's way later in the day.

Elsewhere in the Nairn's range

- [Nairn's Caramelised biscuit moments, 170g](#)
- [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 & Fruit, 160g](#)

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

FAQ

Can you dunk Nairn's chocolate chip Biscuit Breaks? Yes, for about four seconds. The chips soften but stay put, because the oat crumb is holding them.

Do they contain milk? Yes. The published allergen statement lists milk and soya alongside gluten free oats; the milk is in the chocolate chips and the chocolate powder.

Are they suitable for coeliacs? Nairn's says only its gluten free range, which includes this pack, is suitable for coeliacs. The label adds that oats contain avenin, which some people with coeliac disease also react to.

Is it like a chocolate chip cookie? No. It is firm, coarse and dry like an oat biscuit, with chocolate in pockets rather than a soft, chewy bake.

How does it compare with the Oats & Fruit Biscuit Breaks? Both come from the same line in 160g packs. The fruit one is plainer and pairs with a wider spread of drinks, while this is the sweeter, more indulgent choice.

Curator's note: Keep the fruit ones for every day and these for the afternoon when a plain biscuit will not do. A four-second dunk in a milky breakfast tea is how I would eat them. Lee, teas.co.uk, Tunbridge Wells.

In short: Nairn's Gluten Free Biscuit Breaks Oats & Chocolate Chip: chocolate on the inside

Field	Detail
Brand	Nairn's

Field	Detail
Packs we stock	160g
Category	Free From Biscuits
Allergens (as published)	It contains gluten-free oats, milk and soya. Oats contain avenin, a protein some people with coeliac disease also react to.
Dunkable	Yes, about four seconds
Travels	Well, nothing on the outside to melt
Best with	Breakfast tea or a milky coffee

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](#)
- [Scottish Biscuits and Tea: What Pairs With What](#)

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