

Nairn's Wheat Free Ginger Biscuits: Oats, Ginger and the Gluten Question

From the teas.co.uk wiki

Nairn's Wheat Free Ginger Biscuits: Oats, Ginger and the Gluten Question, in

summary: Wheat free does not mean gluten free: these oat ginger biscuits list barley and oats. What you get instead is a dry, nutty biscuit with stem and ground ginger, modest sweetness and enough structure for a proper dunk.

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

Wheat free and gluten free are two different promises, and this oat ginger biscuit sits right in the gap between them. Taking the wheat out helps someone avoiding wheat, but Nairn's does not describe it as suitable for coeliacs, and the label shows why.

Wheat free is not gluten free

Wholegrain oats lead the published ingredient list at 64%, and there is no wheat in it. The allergen statement still lists barley and oats (gluten), because barley malt syrup is one of the sweeteners and oats are a gluten question in their own right. The pack also carries a may-contain warning for milk, which matters to anyone avoiding it strictly.

Nairn's draws the line itself. Every biscuit it makes uses oats instead of wheat, yet it names only its gluten free range, made in a separate bakery that opened in 2016 and tests every batch, as suitable for coeliacs. For a gluten free household, the Gluten Free Biscuit Breaks we stock are the sweet Nairn's [biscuits](#) to choose instead.

How oat and ginger share the biscuit

Because oats form the body rather than sitting inside a wheat dough, the first impression is dry, nutty and faintly savoury, and the spice follows. The ginger comes in two forms, pieces of stem ginger (6.3%) and ground ginger, and its warmth grows towards the end of each bite rather than arriving all at once.

Brown sugar and syrup are present, yet the sweetness is restrained for a biscuit, which lets the ginger read earthy and rooty and leaves the mouth clean. Nairn's Dark [Chocolate](#) Chip and Dark Chocolate and Real

Orange oat biscuits share the oat base but put chocolate at the centre. This is the plainer, spicier member of the family.

Dunk it, reseal it, skip the butter

An oat-bodied biscuit survives hot tea much longer than a wheat one of similar thickness, so three or four seconds is a genuine [dunk](#) here. The tea need not be fierce, since there is little sugar to cut through, and a milky mug works because the oat has body of its own. Scented teas tend to vanish under the ginger.

Humidity is the enemy. A dry oat biscuit left open turns leathery rather than soft, so close the pack tightly every time and it keeps for weeks. With no coating to melt, it travels well in a bag on a warm day. Some people butter it like an oatcake, but this is a spiced, sweet biscuit and butter just gets in its way.

The packs we stock

- [Nairn's Wheat Free, Ginger Biscuits, 200g](#) (barcode 061232201047)

What the label says

The published ingredient list for Nairn's Wheat Free, Ginger Biscuits, 200g (barcode 061232201047) says it contains barley and oats (gluten), and it may contain milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wholegrain Oats (64%), Brown Sugar, Sustainable Palm Fruit Oil, Stem Ginger (6.3%) (Stem Ginger, Sugar), Dietary Fibre (Oligofructose), Ground Ginger, Partially Inverted Refiners Syrup, Barley Malt Syrup, Raising Agent: Sodium Carbonates, Sea Salt. May contain traces of milk.

Typical values per 100g Per 100g

Energy	440 kcal
Fat	14g
of which saturates	6g
Carbohydrate	66g
of which sugars	17g
Fibre	6g
Protein	8g
Salt	0.9g

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

- [Pukka Organic Vanilla Chai, 20 Tea Bags 40g](#): vanilla and warm spice echo the ginger and round off its heat.

- [Dragonfly Organic Cape Chai Rooibos, 40 Tea Bags 80g](#): a [chai](#) built on [rooibos](#), spiced to meet the ginger halfway in a softer, rounder cup.
- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): a plain everyday [black tea](#), with or without milk, that lets the ginger do the talking.

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 & Chocolate Chip, 160g](#)

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

FAQ

Are Nairn's Wheat Free Ginger Biscuits gluten free? No. Wheat free and gluten free are different claims: the label lists barley and oats (gluten), and Nairn's keeps the coeliac-suitable description for its gluten free range.

Is there real ginger in them? Yes. The ingredient list names both stem ginger and ground ginger, and the warmth builds as you eat.

How long can you dunk a Nairn's ginger biscuit? Three or four seconds in hot tea. The oat body holds up far longer than a wheat biscuit would.

Why has my pack gone leathery? The biscuits have taken on moisture from the air. Close the pack tightly after each opening.

Do they contain milk? Milk is not in the published ingredient list, but the label warns that the biscuits may contain traces of it.

Curator's note: Pour a plain black tea, not a perfumed one, and dunk for a slow count of three. The ginger does the rest. Lee, teas.co.uk, Tunbridge Wells.

In short: Nairn's Wheat Free Ginger Biscuits: Oats, Ginger and the Gluten Question

Field	Detail
Brand	Nairn's
Packs we stock	Ginger Biscuits, 200g
Category	Biscuits
Allergens (as published)	It contains barley and oats (gluten), and it may contain milk.
Dunkable	Yes, three to four seconds
Best with	A plain black tea or a chai
Suitable for coeliacs	No, choose the gluten free range

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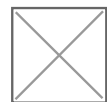
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