

Rhythm108 Chocolate and Salted Caramel Biscuits: why the salt matters

From the teas.co.uk wiki

Rhythm108 Chocolate and Salted Caramel Biscuits: why the salt matters, in

summary: In these Swiss-baked chocolate biscuits the salt is a modifier rather than a flavour: it tames bitterness and lifts the caramel, so the bag stays interesting. Drink strong, unsweetened tea or coffee alongside and finish an open bag quickly.

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

Salt in a sweet biscuit has a specific job: it quietens bitterness and makes the aromas already present read louder. That is why these Rhythm108 [biscuits](#) still taste of more than sugar several pieces in, and why the drink beside them should never be sweetened.

What the salt is really doing

Caramel is what happens when sugar is cooked until it browns, and the browning creates toasted aromas that plain sugar never had. On its own it is intensely sweet, a treat for one bite and cloying by the third. A little salt changes how everything around it is perceived. It dulls bitterness, so the slightly burnt notes read as flavour instead of harshness, and it makes the caramel seem fuller without any extra sugar.

The [chocolate](#) works alongside the caramel instead of coating it, so the biscuits never turn into a bag of sweets. The salt shows up late, after the sweetness, and clears the palate between bites, so the finish is long yet cleaner than a plain caramel biscuit would leave. You register what the salt does far more than the salt itself, and that is exactly the balance to hope for.

Strong and unsweetened in the cup

A sweet biscuit wants a drink with some counterweight. Brew a robust [black tea](#) long and strong, and take it nearly black and unsweetened, so its tannin can cut through the caramel. A weak, milky cup does the opposite and simply joins in with the sweetness. For a late pot the same logic works with a decaffeinated [English breakfast](#), brewed as hard as the daytime one.

Coffee does the job even more directly. Its roast bitterness works straight against sugar, and since the salt is already softening how bitter things taste, an unsweetened espresso that could seem harsh on its own comes across as rounded beside these. The one rule is to leave the sugar bowl alone, because sweetening the coffee undoes the whole balance and turns the plate into dessert on dessert.

One sitting, one bag, three lines

This is a single bag rather than a portion pack, and nothing inside is individually wrapped, so once it is open only the clip stands between you and a stale biscuit. Fold it tight after each visit and keep it cool and dark. Do not chill it: cold dulls the cocoa and caramel aroma, which is the first thing you notice. Better still, open it when there are people around to share it.

Set beside its two stablemates on our shelf, this bag is the sweet-and-salty one: the hazelnut praline biscuits lead with roasted nut and lean towards a malty tea, and the peanut butter cookie comes as a single soft bake. All three are Swiss-baked, and Rhythm108 describes its entire range as vegan and palm-oil free. Because two of those lines are built on nuts, anyone avoiding nuts should check this pack too.

The packs we stock

- [Rhythm108 Chocolate & Salted Caramel Biscuits, 135g](#) (barcode 7640155341059)

What to drink with it

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): A strong everyday black tea, brewed long with little milk, gives the caramel something firm to push against.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): An unsweetened Nespresso-compatible espresso whose roast bitterness is softened by the salt in the biscuit.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): A decaffeinated English breakfast for the evening, brewed strong so it still balances the sweetness.

Elsewhere in the Rhythm108 range

- [Rhythm 108 Vegan Hazelnut Chocolate Praline Biscuit Share Bag, 135g](#)
- [Rhythm108 Swiss Chocolate Peanut Butter Soft Baked Filled Cookie, 50g](#)

The full range is on the [Rhythm108 brand page](#).

FAQ

Why does salt make caramel taste better? Salt dulls the perception of bitterness and lifts the aromas already present, so caramel tastes fuller and less cloying without extra sugar.

What tea goes with salted caramel biscuits? A strong black tea, brewed long, with at most a splash of milk and no sugar. A weak, milky cup only adds to the sweetness.

Is coffee a good match for salted caramel? Yes, as long as it is unsweetened. Roast bitterness balances the sugar, and the salt stops that bitterness from tasting harsh.

Where should an opened bag be kept? Clipped or folded shut, somewhere cool and dark. Avoid the fridge, which mutes the aroma.

How does this bag differ from the Rhythm108 hazelnut praline biscuits? The praline bag leads with roasted hazelnut and suits a malty tea. This one leads with salt and sweetness, so it wants a strong, unsweetened tea or coffee.

Curator's note: If you are tired of salted caramel, nothing in this bag will convert you. If you are not, this is the version that still has something to say at the fourth biscuit. Lee, teas.co.uk, Tunbridge Wells.

In short: Rhythm108 Chocolate and Salted Caramel Biscuits: why the salt matters

Field	Detail
Brand	Rhythm108
Packs we stock	135g
Category	Chocolate Biscuits
Best with	Strong black tea or an unsweetened espresso
Occasion	One sitting, shared
Storage	Clipped shut, cool and dark, not chilled

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](#)

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/