

Cadbury Dairy Milk Fingers Salted Caramel: why the salt matters

From the teas.co.uk wiki

Cadbury Dairy Milk Fingers Salted Caramel: why the salt matters, in summary: Dairy Milk Fingers with a salted caramel flavour coat. The salt is there to rein in the sugar, a short espresso is the best partner, and two fingers make a better serving than four.

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

Plain caramel only adds sweetness to sweetness; salt is what pulls it back into balance. On a finger, where the coating is almost the whole biscuit, that balance decides if this pack is a favourite or gets left on the plate.

What the word Flavour is telling you

Read the name closely: salted caramel flavour, not salted caramel. That wording generally signals that the character comes from flavouring in the coat rather than from a layer of caramel inside the biscuit. That is no criticism, just the normal way a flavoured variant of a familiar biscuit is put together and named. For the exact recipe, read the ingredient list on the pack in your hand.

The format makes the flavouring very direct. A slim stick coated on every side carries far more coat than biscuit, so the burnt-sugar note arrives the moment you bite. It is also at its most vivid when the pack is fresh: the caramel aroma sits at the surface and fades over a week of being open, even though the taste itself holds up.

Salt as the brake

Salt does two jobs here. It dulls part of the sweetness, and at the same time it sharpens the caramel notes around it, which is why a well-judged salted caramel tastes more of caramel than a plain one does. Set beside the white [chocolate](#) Finger, which has nothing at all to push against its sugar, this is the grown-up end of the range.

Because the coat covers the stick end to end, you never get a bare bit of biscuit to clear the palate between bites. The first finger tastes balanced; by the third the salt and sugar have built up, so stop at two. It divides

a room, too: people who like salted caramel elsewhere will like this, and people who do not will not be talked round.

Espresso first, strong tea second

Coffee is the natural partner. An espresso brings bitterness and roast that meet the burnt-sugar flavour squarely and keep it from tipping into sweetness. For tea, choose something strong and unsweetened: a long-brewed [Assam](#) is the classic answer, and a bold [Earl Grey](#) adds a citrus lift that suits caramel. Leave caramel lattes and [hot chocolate](#) out of it, because with those all you taste is syrup.

These are for eating dry. The only way in for hot tea is at the two exposed ends of each stick, and the coat starts to slip well before the biscuit inside has taken up anything. Keep the pack cool and closed between servings so the caramel aroma lasts. If you keep an eye on salt, the nutrition panel on the pack is the place to look, rather than guessing from the name.

The packs we stock

- [Cadbury Dairy Milk Fingers Salted Caramel Flavour Biscuits, 114g](#) (barcode 7622201765804)

What to drink with it

- [Lavazza Espresso Maestro Intenso Nespresso Compatible, 10 Capsules](#): an intense Nespresso-compatible espresso whose bitterness squares up to the burnt-sugar coat.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): another Nespresso-compatible espresso, for two fingers and a short cup after dinner.
- [Teapigs Earl Grey Strong, 15 Tea Bags 37.5g](#): a strong Earl Grey whose citrus note lifts the caramel without adding sweetness.

Elsewhere in the Cadbury range

- [Cadbury Animals Multipack Mini Chocolate Biscuits, 5 Biscuits 99.5g](#)
- [Cadbury Dairy Milk Fingers Milk Chocolate Biscuits Tray, 189g](#)
- [Cadbury Dairy Milk Fingers Milk Chocolate Covered Biscuits, 114g](#)
- [Cadbury Fingers White Chocolate Covered Biscuits, 114g](#)
- [Cadbury Mini Fingers Multipack Chocolate Biscuits, 5 Biscuits 96.5g](#)
- [Cadbury Snack Chocolate Covered Shortcake Multipack Biscuits, 5 x 20g](#)

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

FAQ

Is there real caramel in Cadbury Salted Caramel Fingers? The name says salted caramel flavour, which usually points to flavouring rather than a caramel layer. The ingredient list on the current pack confirms exactly what is used.

What is the best drink with salted caramel fingers? An espresso. For tea, a strong unsweetened cup such as a bold Earl Grey; skip caramel lattes and hot chocolate.

Are salted caramel fingers a good choice for children? Not usually. The flavoured Fingers are aimed at adults, and at a children's party this tends to be the packet nobody finishes.

How many should I serve? Two each. With no uncoated biscuit to break things up, the salt and sweetness build quickly.

How does it compare with the plain Dairy Milk Finger? Same stick and the same 114g pack. The salt reins in the sweetness and lengthens the finish, while the plain one is simpler and suits a mixed room better.

Curator's note: Two fingers and a short espresso, after dinner rather than at teatime. That is where the salt earns its place. Lee, teas.co.uk, Tunbridge Wells.

In short: Cadbury Dairy Milk Fingers Salted Caramel: why the salt matters

Field	Detail
Brand	Cadbury
Packs we stock	114g
Category	Chocolate Biscuits
Dunkable	No, eat them dry
Best with	A short espresso
Serving	Two fingers each

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