

Fox's Rocky Caramel: caramel inside the bar

From the teas.co.uk wiki

Fox's Rocky Caramel: caramel inside the bar, in summary: A shortcake biscuit bar with caramel inside a milk chocolate flavoured coating, seven to the pack. It eats longer and heavier than the Original, so pair it with strong black coffee or unsweetened tea.

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

Caramel does not make a covered bar sweeter so much as slower: it holds, coats and lingers after the [chocolate](#) flavour has cleared. That timing, rather than size, is what separates the Caramel Rocky from the Original.

Shortcake, caramel and a full coat

According to the published listing, each bar is a shortcake biscuit with a caramel topping, all enclosed in a milk chocolate flavoured coating; the caramel filling makes up 21% and the coating 36%. Fox's describes Rocky as a crunchy biscuit bar, launched in the 1990s, and it now comes in Original, Caramel, Orange and Mint. The caramel is tucked inside rather than spread over the outside.

Because the coating wraps the bar completely, chocolate flavour is the first thing you meet from every side, and the caramel gives nothing away on the nose. Unlike mint or orange, it has no aroma that rides ahead of the bite, so everything it does happens once the coating has broken. It arrives behind the chocolate and stays on after it has gone.

Caramel versus Original

The Caramel pack weighs 136.5g against 133g for the Original: three and a half grams more, spread over seven bars, so barely half a gram each. In the hand, the Caramel bar is no bigger to speak of. What you are buying is length. Caramel coats the mouth, so the finish keeps going, and the bar feels a heavier eat than the plain one although the two weigh almost the same.

If you already find the Original sweet, the Caramel will not fix that; it has two sweet parts and nothing bitter between them. Nor should you expect the long, pulling caramel of a chocolate bar, because this is a biscuit bar first. If it is flavour up front you want, the Orange and Mint versions announce theirs on the nose before the first bite.

Black coffee and the lunchbox

With two sweet components and no bitterness, the drink has to do the correcting. A strong black coffee, brewed a notch stronger than you would make it for the Original, is the best match, and a strong, unsweetened tea comes next. Steer clear of [hot chocolate](#), milky teas and caramel-flavoured drinks, which only stretch a finish that already runs long.

Rocky is Fox's bar format rather than its tin format: individually wrapped and made for a packed lunch, a desk drawer or the glovebox. Fox's has been baking in Batley since 1853, and its current bakery there dates from 1927. For the tea table rather than the lunchbox, the Classic Selection or the Jam 'n' Cream are the better Fox's choices.

The packs we stock

- [Fox's Biscuits Rocky Caramel Biscuit Bars Multipack, 7 Pack 136.5g](#) (barcode 5010035001885)

What the label says

Typical values per 100g Per 100g

Energy	496 kcal
Fat	23.8g
of which saturates	13.5g
Carbohydrate	64.1g
of which sugars	46.3g
Fibre	2.5g
Protein	5.0g
Salt	0.34g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to drink with it

- [L'Or Espresso Supremo Coffee Intensity 10, 40 Pods 208g](#): A strong espresso whose bitterness is exactly what a caramel bar lacks.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): The same espresso style in Nespresso-compatible capsules, in a smaller box for the office drawer.
- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): A brisk, full-bodied [black tea](#), taken without sugar, to cut through the caramel and the coating.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): A strong breakfast-style cup for the evening, decaffeinated as the name says.

Elsewhere in the Fox's range

- [Fox's Biscuits Chocolatey Biscuit Selection, 355g](#)

- [Fox's Biscuits Chocolatey Cookies Assortment, 365g](#)
- [Fox's Biscuits Classic Biscuit Selection, 275g](#)
- [Fox's Biscuits Jam 'n' Cream Raspberry & Vanilla Biscuits, 150g](#)
- [Fox's Biscuits Milk Chocolate Viennese, 120g](#)
- [Fox's Biscuits Rocky Mint Biscuit Bars Multipack, 7 Pack 138g](#)

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

FAQ

Where does the caramel sit in a Rocky Caramel bar? Inside. The coating is milk chocolate flavoured, and the caramel sits within the bar on top of the shortcake biscuit.

How many bars are in a pack of Rocky Caramel? Seven, weighing 136.5g in total, which is nineteen and a half grams a bar.

Is Rocky Caramel bigger than Rocky Original? Barely. Across seven bars the Caramel pack weighs three and a half grams more, about half a gram per bar.

What should I drink with Rocky Caramel? A strong black coffee or a strong unsweetened tea. Skip sweet and caramel-flavoured drinks.

What flavours does Fox's Rocky come in? Original, Caramel, Orange and Mint, and we stock all four, along with the newer Rocky STACK'd.

Curator's note: A Rocky Caramel and a proper black coffee at the desk is my idea of a sensible three o'clock. Leave the sugar out of the cup; the bar brings plenty of its own. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Rocky Caramel: caramel inside the bar

Field	Detail
Brand	Fox's
Packs we stock	7 Pack 136.5g
Category	Chocolate Biscuits
Occasion	Lunchbox, desk drawer or glovebox
Best with	Strong black coffee
Versus Original	Longer finish, half a gram more per bar

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