

Fox's Rocky Mint: the after-dinner bar

From the teas.co.uk wiki

Fox's Rocky Mint: the after-dinner bar, in summary: The mint member of the Rocky family, seven wrapped bars in a milk chocolate flavoured coating. The cooling is a nerve signal, not a temperature, so one bar after a meal works better than two beside a hot cup.

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

Mint cools by trickery: menthol sets off the nerves that normally report cold, while the mouth stays exactly as warm as it was. Once that is understood, every sensible choice about Rocky Mint, from when to eat it to what goes in the mug, falls into place.

What sits inside the wrapper

Rocky is the Fox's biscuit bar, launched in the 1990s and sold in multipacks for the lunchbox. Every version shares one build: a crunchy biscuit sealed in a milk [chocolate](#) flavoured coating, with no bare edge anywhere. The Mint pack holds seven individually wrapped bars, 138g in total, so each one comes in at a little under twenty grams.

Among the four classic flavours, Mint is the odd one out. Original is the plain reference, and Caramel and Orange add a second flavour on top of the chocolate. Mint works the other way round, by subtraction: it brings no sweetness of its own, so the bar tastes cleaner and finishes shorter than its sugar would suggest. That is why we think of it as the Rocky for after dinner rather than [elevenes](#).

Why mint and a hot cup clash

Sip hot tea while the cooling is still active and the mouth is handed two opposite messages at once: cold from the mint, heat from the cup. That is a real clash of signals, not a question of preference, and it is why a mint bar taken with a builder's brew tends to disappoint both. It is also the reason plain water tastes icy for a while after one.

The answer is timing, not giving up the cup. Finish the tea first and bring the bar out at the end, or eat the bar and give the cooling time to fade before the next hot mouthful. And stop at one. While those nerves are still firing, a second bar delivers less mint for exactly the same sugar, so it is rarely as good as the first.

Where it earns its place

Seven wrapped bars suit the packed lunch and the desk drawer, and the sealed coating means none of them arrives smeared. But the natural home for Rocky Mint is the end of a meal, as a small, clean finish that clears the palate, the job an after-dinner mint has always done. Keep the pack in a cool cupboard so the coating stays firm.

Keep it well away from the mug. With coating on every side there is no crumb for tea to soak into, so the chocolate simply softens and slips away. Anyone who wants a Rocky to go with a mug should pick the Original or the Caramel instead. One quirk worth knowing for a shared tin: once unwrapped, the Mint looks just like its plainer siblings, so it tends to surprise whoever picks it up.

The packs we stock

- [Fox's Biscuits Rocky Mint Biscuit Bars Multipack, 7 Pack 138g](#) (barcode 5010035001915)

What to drink with it

- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): a proper builder's pot to drink first, with the mint bar saved for the moment the mug is empty.
- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#): a short, intense coffee that is over quickly, which suits the old habit of coffee and a mint to close a meal.
- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): a smooth instant to finish before the wrapper comes off, so the mint gets the last word rather than a clash.
- [Tetley Redbush Pure, 40 Tea Bags 100g](#): a [redbush](#) for the evening; let it cool a little before the bar and the hot-and-cold clash softens.

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 Caramel Biscuit Bars Multipack, 7 Pack 136.5g](#)

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

FAQ

Why does Rocky Mint feel cold in the mouth? Mint cools by sensation, not temperature. Menthol sets off the nerves that normally report cold, so the chill is felt rather than real.

Can you have Rocky Mint with a cup of tea? Yes, but not at the same moment. Hot tea against active cooling sends the mouth two opposite signals, so drink the tea first or let the mint fade.

Why is the second bar never as good as the first? The cold-sensing nerves are still firing from the first bar, so the second gives less mint for the same amount of sugar.

How many bars are in a pack of Rocky Mint? Seven individually wrapped bars, 138g in total, which is a little under twenty grams each and the standard Rocky size.

Which Rocky should I choose to eat with a cup of tea? The Original or the Caramel. The Mint is better kept for after the cup, when its cooling has nothing hot to fight.

Curator's note: Put the kettle on after the bar, not with it. One Rocky Mint at the end of a meal, a short pause, then the tea is how we would do it. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Rocky Mint: the after-dinner bar

Field	Detail
Brand	Fox's
Packs we stock	7 Pack 138g
Category	Chocolate Biscuits
Best moment	After a meal, either side of the cup, never with it
Portion	One bar

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