

Fox's Rocky Original: the plain bar decoded

From the teas.co.uk wiki

Fox's Rocky Original: the plain bar decoded, in summary: Nearly half of every plain Rocky is its chocolate flavoured coating; the rest is a biscuit with oatmeal and coconut in the dough. Seven bars to a pack. Pair it with a strong, unsweetened drink and skip the dunk.

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

Every other Rocky starts from this one, so the Original is the benchmark of the family rather than its beginner's option. With no mint, caramel or orange to lean on, it stands or falls on two things: the coating and the biscuit inside it.

Reading the label

The published ingredient list is more interesting than the plain wrapper suggests. The [chocolate](#) flavoured coating comes first, at 45%, so close to half of each bar is coating. The biscuit is wheat flour with oatmeal, desiccated coconut and a little molasses worked through it, so there is more going on in the biscuit than a plain wheat base.

The same list names skimmed milk powder and whey powder in the coating and soya lecithin as an emulsifier, so anyone avoiding milk, soya or wheat should read the pack in their hand. Seven bars share 133g, nineteen grams each, which makes this pack a touch lighter than the Mint and Orange multipacks at 138g.

Plain means nowhere to hide

A flavoured bar has a third note doing some of the work. In the Mint the cooling does much of the work, and in the Caramel the caramel covers for any gap. The Original has only its two parts, so a good one is all about the order they arrive in: coating, then crunch, then coating again. Snap it into three rather than biting straight through and that sequence is much easier to notice.

Warmth shows on it quickly too. With no flavour to distract, a soft coating is the first thing you notice, so the pack belongs in a cool cupboard rather than on a sunny windowsill. It is also the Rocky to cook with: chopped over ice cream or pressed into a rocky road, the plain bar sits happily alongside everything else in the bowl, where a flavoured one would argue.

Drinks: strong, yes; sweet, no

Because there is no third flavour to clash with, the Original takes a wider range of cups than its siblings. A breakfast tea with milk, a strong everyday black blend, a short espresso and a milky instant all work. The one rule is to leave the sugar out of the drink. The bar has no bitter edge of its own, so a sweetened cup leaves nothing on the table to balance it.

Do not [dunk](#) it. A sealed bar has no open crumb to draw the tea in evenly, so the outside softens first, the coating slips and the biscuit ends up at the bottom of the mug. Anyone wanting a dunker should reach for a plain dry biscuit instead. The Rocky belongs in the lunchbox, the desk drawer and on the side of the saucer.

The packs we stock

- [Fox's Biscuits Rocky Original Biscuit Bars Multipack, 7 Pack 133g](#) (barcode 5010035001861)

What the label says

Ingredients, as published: Chocolate Flavoured Coating (45%) [Sugar, Vegetable Fats (Palm, Shea, Sal), Skimmed Milk Powder, Cocoa Mass, Whey Powder (Milk), Emulsifier: Soya Lecithin], Wheat Flour (Wheat Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin), Palm Oil, Sugar, Oatmeal, Glucose Syrup, Desiccated Coconut, Raising Agents: Disodium Diphosphates, Ammonium Bicarbonates, Sodium Bicarbonates, Molasses, Salt, Emulsifier: Soya Lecithin, Flavouring.

Typical values per 100g Per 100g

Energy	493 kcal
Fat	23.7g
of which saturates	12.9g
Carbohydrate	61.4g
of which sugars	35.7g
Fibre	5.2g
Protein	6.0g
Salt	0.63g

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

- [Glengettie Welsh Breakfast Tea, 80 Tea Bags 250g](#): a full-bodied breakfast brew with milk that meets the sweetness of the coating head on.
- [Yorkshire Tea Gold Blend Loose Leaf Tea, 250g](#): a [loose leaf](#) breakfast blend for a proper pot, strong enough to stand beside a sweet bar with no sugar in the cup.
- [Starbucks Espresso Roast by NESPRESSO Coffee, Dark Roast, Box of 36, 198g](#): a dark roast espresso, whose bitterness is exactly what the plain bar lacks.

- [Nescafe Gold Blend Intense Instant Coffee, 190g](#): a strong instant with milk and no sugar, which is the one rule the plain bar sets for its drink.

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

What is in a Rocky Original bar? Per the published label, a biscuit of wheat flour with oatmeal, desiccated coconut and molasses, sealed in a chocolate flavoured coating that makes up 45% of the bar.

How does Rocky Original differ from the Caramel, Orange and Mint? It has no third flavour. The others build on it; this is the biscuit and the coating on their own.

How much does each Rocky Original bar weigh? Seven bars share 133g, so each is nineteen grams.

What should I drink with a Rocky Original? Anything strong and unsweetened: a breakfast tea with milk, an espresso or an instant coffee. Keep the sugar out of the cup.

Can you dunk a Rocky? Not successfully. The sealed coating keeps the tea out, so the outside softens and the bar breaks up in the mug.

Curator's note: Snap it into three and eat it slowly with an unsweetened cup. The plain one is the Rocky we reach for when we want to taste the bar itself. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Fox's Rocky Original: the plain bar decoded

Field	Detail
Brand	Fox's
Packs we stock	7 Pack 133g
Category	Chocolate Biscuits
Dunkable	No, the coating seals it
Best with	Strong tea or coffee, no sugar
Also good	Chopped into a rocky road

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

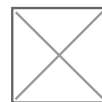
Welcome bonus + earn on every order.



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/