

Fox's Rocky STACK'd Vanilla Cream: the layered Rocky

From the teas.co.uk wiki

Fox's Rocky STACK'd Vanilla Cream: the layered Rocky, in summary: STACK'd is a format, not a flavour: a layered Rocky with vanilla cream, five bars of 25g rather than seven smaller ones. It bites softer than a standard Rocky and suits a sit-down snack over a lunchbox.

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

Ordinary Rocky packs hold seven bars of a little under twenty grams; each STACK'd bar weighs 25g, roughly a quarter more. Fewer, bigger bars change what the pack is for, and the layered build changes how every bite behaves.

Format first, flavour second

Where the classic Rocky is one biscuit centre sealed in coating, STACK'd builds the bar in layers with a vanilla cream through it. Fox's presents it as a new launch within the Rocky family. The published label starts with a [chocolate](#) flavoured coating at 34%, then wheat flour, sugar, palm oil and oatmeal, with desiccated coconut, molasses and a dried whey permeate from milk further down the list.

More layers means more places for the bar to give. A classic Rocky snaps cleanly; a stacked one squashes slightly and then separates, so it eats softer and more evenly. We think that makes it a kind bar for younger children and for anyone who has gone off hard, snappy [biscuits](#), and it is easy to manage one-handed. Bite it rather than trying to break it.

Five bigger bars, a different job

Five wrapped bars in a 125g pack is a different proposition from seven small ones. It is less a filler to last the school week and more a sit-down snack: one bar, one mug and a proper pause. If the household wants a bar a day for everybody, the seven-bar packs of Original, Caramel, Orange or Mint do that job better, and STACK'd becomes the weekend treat.

[Storage](#) matters more here than with a plain Rocky. Cold turns the coating brittle and dull and sets a cream layer hard, so a fridge spoils the bar twice over. Store it in a cool, dry cupboard instead. On a hot day the opposite happens and the cream goes soft, so keep the pack out of a warm car or a bag left in the sun.

What to pour beside it

There is no bitter or salty element anywhere in this bar, so the cup has to bring the contrast. A strong breakfast brew with milk does that well, and so does a short, intense espresso. Leave out anything sweetened, and anything as soft and vanilla-led as the bar itself, which would simply blur into it and leave the whole break tasting of sugar.

It is not a dunker, for the same reason as the rest of the range: the coating wraps the whole stack, so hot tea melts the outside rather than soaking in, and with a soft layer inside the bar can come apart in the cup. The label says it contains wheat, oats, milk and soya and may contain nuts and peanuts, so check the pack before sharing.

The packs we stock

- [Fox's Biscuits Rocky STACK'd Vanilla Cream Flavour Biscuit Bars 5 Bars Multipack, 125g](#) (barcode 5010035001946)

What the label says

The published ingredient list for Fox's Biscuits Rocky STACK'd Vanilla Cream Flavour Biscuit Bars 5 Bars Multipack, 125g says it contains wheat and oats (gluten), milk and soya, and it may contain nuts and peanuts. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Chocolate Flavoured Coating (34%) [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), Sugar, Palm Oil, Oatmeal, Glucose Syrup, Dried Whey Permeate (Milk), Palm Kernel Oil, Desiccated Coconut, Raising Agents: Ammonium Bicarbonates, Disodium Diphosphates, Sodium Bicarbonates, Molasses, Salt, Emulsifier: Soya Lecithin, Flavouring, Colour: Carotenes.

Typical values per 100g Per 100g

Energy	505 kcal
Fat	24.2g
of which saturates	13.5g
Carbohydrate	65.6g
of which sugars	40.2g
Fibre	2.0g
Protein	5.2g
Salt	0.79g

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

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): a strong everyday [black tea](#) with milk, whose tannin gives a soft, sweet bar the contrast it lacks.
- [Twinings English Breakfast Loose Tea, 125g](#): a loose [English Breakfast](#) for a proper pot when STACK'd is the afternoon's sit-down treat.
- [Lavazza Espresso Maestro Intenso Nespresso Compatible, 10 Capsules](#): an intense Nespresso-compatible espresso that brings the bitterness a cream-layered bar is missing.
- [Twinings English Breakfast Decaffeinated, 80 Tea Bags 218g](#): a decaffeinated breakfast tea for a bar later in the day, brewed strong with milk so the cup still brings the contrast.

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 the difference between Rocky STACK'd and a normal Rocky? STACK'd is layered, with a vanilla cream through it, and each bar is 25g against a little under twenty grams for a classic Rocky.

How many bars are in a Rocky STACK'd pack? Five individually wrapped bars, 125g in total.

Does Rocky STACK'd Vanilla Cream contain nuts? The published label says it may contain nuts and peanuts, and that it contains wheat, oats, milk and soya. Always check the current pack for an allergy.

Should Rocky STACK'd go in the fridge? No. Cold makes the coating brittle and sets the cream hard; a cool, dry cupboard is best.

Why does STACK'd feel softer than a normal Rocky? Its layers give way one after another instead of snapping all at once, so the bite compresses rather than cracks.

Curator's note: This is the Rocky for a proper sit-down with a mug, not for the lunchbox. Pour something strong and unsweetened and let the soft middle do its job. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Rocky STACK'd Vanilla Cream: the layered Rocky

Field	Detail
Brand	Fox's
Packs we stock	125g
Category	Chocolate Biscuits

Field	Detail
Allergens (as published)	It contains wheat and oats (gluten), milk and soya, and it may contain nuts and peanuts.
Bite	Soft and layered, not snappy
Best with	A strong black tea with milk, or an espresso
Store	Cool cupboard, never the fridge

More from the tea wiki

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- [Biscuit Dunking Physics: The Real Science](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
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