

Fox's Triple Chocolate Choc Chunk Cookies: chunks, not chips

From the teas.co.uk wiki

Fox's Triple Chocolate Choc Chunk Cookies: chunks, not chips, in summary: Chunks survive the bake as solid pieces, so each bite swings between plain dough and a slab of chocolate. Crisp and cocoa-led, they want a coffee, a two-second dunk at most and a resealed sleeve.

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

The word that matters on this sleeve is chunk, meaning a piece of [chocolate](#) big enough to come through the oven in one piece. That one choice decides how the cookie eats, how it behaves in a mug and what you should pour beside it.

Three chocolates on the label

Read the ingredient list and the chocolate arrives from three directions. Dark chocolate chunks make up 16% of the recipe and white chocolate chunks 11%, while cocoa powder goes into the dough itself. Oatmeal, molasses and desiccated coconut sit further down the list. The dark chocolate carries a minimum of 35% cocoa solids, and the overall effect is a cookie that tastes of cocoa more than of butter.

The published allergen statement lists wheat and oats (gluten), milk and soya, and warns that the cookies may contain nuts. That rules them out for anyone avoiding any of those, and as with every packet on our shelves, the current pack in your hands is the final word on what is inside.

Chunk against chip

Chips are kept small so they vanish into a dough and colour every mouthful the same. Chunks do the opposite. They keep their shape in the oven, so a bite is deliberately uneven: plain dough, then solid chocolate, then dough again. This is also a British packet cookie in the crisp style, which means it snaps and breaks cleanly instead of bending like a soft cookie from a bakery counter.

That construction sets the [dunking](#) rules. Two seconds is enough, and keep a firm grip, because the dough softens fast and the chunks melt faster still; hold it under for longer and you will be fishing chocolate out of

the mug. Warmth is the better trick. Ten seconds in a microwave brings the chunks to the edge of melting. Warm just the one you are about to eat, and eat it at once, since a cookie left to cool again is worse than one never warmed.

Coffee is the natural partner

Given a choice between tea and coffee, choose coffee. A cocoa-heavy dough and a filter coffee or long black pull in the same direction, and a short espresso does the same job in a smaller cup. With tea, keep the brew medium rather than stewed. A very strong mug fights the chocolate instead of balancing it, whereas a gentler [Darjeeling](#) or a scented [Earl Grey](#) sits comfortably alongside.

Once a packet cookie goes soft, it stays soft. Fold the sleeve tightly the moment it is opened, or better still, move the cookies into a tin. Keep that tin on a cool shelf rather than the one above the kettle, because warmth followed by cooling leaves chocolate looking pale and streaky. The 180g sleeve is sized to be finished well before any of that sets in.

The packs we stock

- [Fox's Chocolatey Choc Chunk Cookies Triple Chocolate, 180g](#) (barcode 5010035068376)

What the label says

The published ingredient list for Fox's Chocolatey Choc Chunk Cookies Triple Chocolate, 180g says it contains wheat and oats (gluten), milk and soya, and it may contain nuts. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Dark Chocolate Chunks (16%) [Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fats (Palm, Shea, Sal, Mango Kernel), Emulsifier: Soya Lecithin], Palm Oil, White Chocolate Chunks (11%) (Sugar, Cocoa Butter, Dried Whole Milk, Dried Whey (Milk), Lactose (Milk), Butter Oil (Milk), Emulsifier: Soya Lecithin; Flavouring], Oatmeal, Invert Sugar Syrup, Desiccated Coconut, Cocoa Powder, Glucose Syrup, Molasses, Raising Agents: Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphates, Salt, Emulsifier: Soya Lecithin, Dark Chocolate contains Cocoa Solids 35% minimum, White Chocolate contains Milk Solids 14% minimum.

Typical values per 100g Per 100g

Energy	499 kcal
Fat	24.8g
of which saturates	13.0g
Carbohydrate	62.2g
of which sugars	31.7g
Fibre	3.0g
Protein	5.3g
Salt	0.50g

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 short, intense coffee that meets the cocoa in the dough head on.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): L'Or's Supremo in capsules for a Nespresso-compatible machine, for a quick cup beside a warmed cookie.
- [Twinings Darjeeling Tea \(International Blend\), 25 Tea Bags 50g](#): a gentler [black tea](#) that sits beside the chocolate instead of fighting it, brewed medium.
- [Lipton Black Earl Grey With Italian Bergamot, 20 Tea Bags 32g](#): a black tea with bergamot for the tea drinkers, its scent lifting the dark chocolate without swamping it.

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 a chocolate chunk and a chip? A chip is small and melts into the dough. A chunk stays whole through the bake, so the chocolate arrives in pieces you can see and taste.

Why is it called triple chocolate? That is Fox's own description. The published label lists dark chocolate chunks, white chocolate chunks and cocoa powder, and the pack sets out the detail.

How long can I dunk one? Two seconds, holding on firmly. Any longer and the chunks melt into the mug.

Do these cookies contain nuts? The published allergen statement says they may contain nuts, and lists wheat, oats, milk and soya. Check the pack in your hands.

Can I warm them? Yes. Ten seconds in the microwave, one cookie at a time, eaten straight away.

Curator's note: These are for the coffee drinkers in the house. Warm one, pour a long black, and put the rest of the sleeve into a tin before you forget. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Triple Chocolate Choc Chunk Cookies: chunks, not chips

Field	Detail
Brand	Fox's

Field	Detail
Packs we stock	180g
Category	Cookies
Allergens (as published)	It contains wheat and oats (gluten), milk and soya, and it may contain nuts.
Dunkable	Two seconds, held firmly
Best with	Filter coffee, a long black or a medium black tea
Style	Crisp, dark and cocoa-led

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](#)

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