

Fox's Chocolate and Vanilla Crunch Creams: the snap comes first

From the [teas.co.uk](https://teas.co.uk/wiki) wiki

Fox's Chocolate and Vanilla Crunch Creams: the snap comes first, in summary: A dry, hard shell either side of a soft cream: snap first, chocolate and vanilla second. Keep them out of the mug, keep the pack sealed, and brew a strong breakfast tea or pour a black coffee.

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

The crunch in the name is a job description: if these shells bend instead of snapping, the biscuit has failed. Everything about serving and [storing](#) them comes back to protecting that snap.

Two halves working opposite ways

Think of the two halves as opposites. The shells are baked until dry and hard, so they crack rather than flex, and they keep their shape in the hand. The cream in the middle is mostly fat and sugar, firm in the packet and soft once it warms in the mouth. So the order never changes: a clean break with a toasted grain note, then [chocolate](#) and vanilla arriving as the cream melts.

The published label lists chocolate powder at 2% and cocoa powder, while vanilla appears in the name and the label lists flavouring. The name promises both flavours but does not say which part carries which, so we will not guess. The allergen statement lists wheat (gluten), milk and soya, and the current panel is where any further warning will appear.

Why this one stays out of the mug

The cream does more than taste nice: it is what binds the shells, and hot tea loosens that bond fast. [Dunk](#) one and the halves part company, leaving a shell in your fingers and the other sinking in the cup. Here the no is about engineering, not preference, so eat them beside the mug and let the drink do its work separately.

A hard shell goes stale by drawing moisture from the air, and once the snap has gone there is nothing left worth having. Clip the pack shut or decant it into a tin, and store it far from the kettle's steam. Do not judge freshness by smell: cocoa and vanilla are heavy, slow aromas that say little about the state of the biscuit.

Snap one instead.

Choosing the cup, and the flavour

Because the cream coats the mouth, the tea beside it needs more strength and more time in the pot than a plain biscuit would. A strong breakfast blend, brewed four minutes on a full boil, with milk and no sugar, has the tannin and body to cut through. For coffee, black filter is the cleanest partner, and a dark roast works unusually well because the cocoa pulls the same way. Skip a mocha or a flavoured latte, which only doubles up.

Our Crunch Creams come three ways, with the Golden and Ginger versions alongside this one at the same 200g weight, so choosing between them is purely a matter of flavour. Chocolate and vanilla is the pick for the cocoa lover. It is crisp, sweet and straightforward, an everyday sandwich biscuit rather than a subtle one, and it makes no pretence otherwise.

The packs we stock

- [Fox's Favourites Crunch Creams Chocolate & Vanilla Flavour Biscuits, 200g](#) (barcode 5010035002233)

What the label says

The published ingredient list for Fox's Favourites Crunch Creams Chocolate & Vanilla Flavour Biscuits, 200g says it contains wheat (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat Flour (Wheat Flour, Calcium, Folic Acid, Iron, Thiamin, Niacin), Sugar, Palm Oil, Palm Kernel Oil, Whey Powder (Milk), Glucose Syrup, Invert Sugar Syrup, Chocolate Powder (2%) (Sugar, Cocoa Mass, Fat Reduced Cocoa Powder), Cocoa Powder, Raising Agents: Ammonium Bicarbonates, Sodium Bicarbonates, Disodium Diphosphates, Salt, Emulsifier: Soya Lecithin, Flavouring, Colour: Carotenes.

Typical values per 100g Per 100g

Energy	497 kcal
Fat	23.6g
of which saturates	13.4g
Carbohydrate	65.5g
of which sugars	38.8g
Fibre	1.5g
Protein	4.8g
Salt	0.54g

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

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): an everyday blend to brew strong, four minutes at a full boil, milk in and no sugar, so the cup can cut through a cream filling.
- [L'Or Espresso Supremo Coffee Intensity 10, 40 Pods 208g](#): an intense espresso-style coffee that sits comfortably with a biscuit whose cocoa runs the same way.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): a breakfast tea without the [caffeine](#), for opening the packet in the evening.

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

Is the chocolate in the shells or the cream? The pack names both flavours without setting out which part carries which, so we would rather not guess. The current pack is the guide.

Can you dunk the chocolate and vanilla Crunch Creams? We would not. Heat softens the filling that holds the shells together, and they slide apart in the mug.

Which tea suits a cream sandwich biscuit? A strong breakfast blend brewed four minutes, with milk and no sugar.

How can I tell if an open pack has gone stale? Snap one. The aroma is a poor guide, and a shell that bends rather than cracks has taken on moisture.

How does it differ from the Golden and Ginger Crunch Creams? Same format and the same weight; the choice between them is purely one of flavour.

Curator's note: Snap one before you pour, just to check the pack is still doing its job. Then brew the tea longer than feels polite. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Chocolate and Vanilla Crunch Creams: the snap comes first

Field	Detail
Brand	Fox's
Packs we stock	200g
Category	Chocolate Biscuits

Field	Detail
Allergens (as published)	It contains wheat (gluten), milk and soya.
Dunkable	No, the shells slide apart
Best with	A strong breakfast blend or black filter coffee
Keep	Sealed, cool and away from steam

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](#)
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