

Fox's Rocky STACK'd Chocolate Cream: a layered bar for the lunchbox

From the teas.co.uk wiki

Fox's Rocky STACK'd Chocolate Cream: a layered bar for the lunchbox, in summary:

Rocky STACK'd is Fox's layered take on the Rocky bar: crisp biscuit and a chocolate-flavoured cream, wrapped as five 25g bars. It travels well, eats in a few bites and wants a strong black tea or coffee beside it.

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

The word STACK'd describes the build, not the taste: layers of crunchy biscuit with a cream between them, rather than one solid slab. Five individually wrapped 25g bars make 125g, and the wrapping matters as much as the recipe.

Layers, cream and a chocolate-flavoured coat

Rocky has been Fox's crunchy biscuit bar since the 1990s, and STACK'd is the newer layered version within that line. Biting through one gives a run of crisp biscuit and soft filling rather than a single texture, and the crunch is the best part of it. The name says [chocolate](#) cream flavour, and the wording is deliberate: the cream is chocolate-flavoured rather than made of chocolate, which is a labelling distinction worth reading.

The published label puts a chocolate flavoured coating at 34% of the bar, made with sugar, vegetable fats, skimmed milk powder and cocoa mass. The rest of the list brings wheat flour, oatmeal, cocoa powder, desiccated coconut and a touch of molasses. It contains wheat and oats (gluten), milk and soya, and may contain nuts and peanuts, so check the pack before it goes into a shared lunchbox.

How it sits in the Rocky range

The closest relative is the Vanilla Cream Flavour STACK'd, the same build at the same 125g weight with a vanilla-flavoured cream instead. The vanilla lets the biscuit take the lead; this one is for when chocolate is the reason for opening the wrapper at all.

The classic Rocky multipacks, Original, Caramel, Orange and Mint, come as seven bars rather than five. So for a full school week of packed lunches, the classic packs go further; what STACK'd adds is the layered eat,

not more biscuit. Either way, each bar is sealed until it is opened, so nothing goes stale in a bag or arrives as crumbs.

Serving it with a hot drink

Do not [dunk](#) it. A layered bar with a soft cream centre has nothing to gain from hot tea, and it is gone in four or so bites anyway, which is well before the mug is empty. Think of it as a small chocolate bar that happens to live on the biscuit shelf, and eat it alongside rather than in the cup.

The cream is smooth and sweet rather than deep, and it coats the palate, so a drink with some bite suits it best. A strong [black tea](#), brewed hard, or a short black coffee cuts through the sweetness far better than a milky, sugary cup. One bar is a snack; a second in a row starts to feel heavy.

The packs we stock

- [Fox's Rocky STACK'd Chocolate Cream Flavour Biscuit Bars Multipack, 5 x 25g](#) (barcode 5010035001953)

What the label says

The published ingredient list for Fox's Rocky STACK'd Chocolate Cream Flavour Biscuit Bars Multipack, 5 x 25g 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, Palm Kernel Oil, Oatmeal, Glucose Syrup, Cocoa Powder, Dried Whey Permeate (Milk), Desiccated Coconut, Raising Agents: Ammonium Bicarbonates, Disodium Diphosphates, Sodium Bicarbonates, Molasses, Salt, Emulsifier: Soya Lecithin.

Typical values per 100g Per 100g

Energy	504 kcal
Fat	24.0g
of which saturates	13.6g
Carbohydrate	66.3g
of which sugars	38.5g
Fibre	1.6g
Protein	5.1g
Salt	0.72g

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 builder's cup, brewed hard, that stands up to a sweet cream and a chocolate-flavoured coat.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): A short, intense Nespresso-compatible espresso whose bitterness cuts neatly through the sugar.
- [Lavazza Espresso Maestro Intenso Nespresso Compatible, 10 Capsules](#): Another intense Nespresso-compatible espresso for a desk-side coffee break with a bar from the drawer.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): A [decaf](#) breakfast tea for the afternoon lunchbox bar, still with enough body to meet the chocolate.

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 does STACK'd mean on a Rocky bar? It describes the build: biscuit layers sandwiching a cream, instead of one solid bar.

Why does it say chocolate cream flavour? Because the cream is chocolate-flavoured rather than made from chocolate. The ingredient list on the pack shows what goes into it.

Does Rocky STACK'd contain nuts? The published label carries a may-contain warning for nuts and peanuts, and it lists wheat, oats, milk and soya as ingredients. Check the pack if an allergy is involved.

How many bars are in the pack? Five individually wrapped bars of 25g, 125g in total. The classic Rocky multipacks hold seven.

Can you dunk Rocky STACK'd? It is not worth it. Keep it beside the cup and save the dunking for a digestive.

Curator's note: Treat it as a chocolate bar with a crunch and pair it like one: strong tea, black coffee, and one bar at a time. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Rocky STACK'd Chocolate Cream: a layered bar for the lunchbox

Field	Detail
Brand	Fox's
Packs we stock	5 x 25g
Category	Chocolate Biscuits

Field	Detail
Allergens (as published)	It contains wheat and oats (gluten), milk and soya, and it may contain nuts and peanuts.
Dunkable	No, eat it beside the cup
Best with	A strong black tea or a short espresso
Occasion	Lunchbox, desk drawer, glovebox

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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