

Maryland S'wich Choc Creme: How a Sandwich Cookie Eats

From the teas.co.uk wiki

Maryland S'wich Choc Creme: How a Sandwich Cookie Eats, in summary: A choc creme filling held between two crisp Maryland chocolate chip cookies. Sweeter than the plain sleeve and a poor dunker, it wants a strong, unsweetened tea or a black coffee, and a cool cupboard.

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

Putting a filling between two cookies alters how a Maryland bites, how sweet it tastes and how it behaves near a mug. The S'wich is thicker, sweeter and softer in the middle than the plain sleeve, and it needs handling accordingly.

Two cookies, one filling, three sweet things

Each S'wich is a pair of the familiar crisp Maryland cookies, chips and all, held together by a layer the pack calls choc creme. The published ingredient list puts the [chocolate](#) chips at 12 percent and adds fat reduced cocoa powder, dried skimmed milk and palm kernel oil to the mix. The bite is crunch first, then a soft give as the filling takes over.

That stacking is why it reads so much sweeter than the plain cookie. The filling is one continuous layer rather than scattered pockets, it is sweeter than baked dough, and there is plenty of it for the size of the biscuit. Nothing in the build pushes back, so one or two is usually enough. The label lists wheat (gluten), milk and soya, and warns it may contain nuts and peanuts.

Why it is not a dunking biscuit

Heat gets to the filling faster than it gets to the cookie. As the creme warms it loses its grip, the two halves part company, and the bottom one usually ends up in the tea. If you must [dunk](#), risk a single second with the sandwich held flat, but this is really a biscuit for the plate, eaten alongside the cup rather than dipped into it.

Warmth is the thing to plan around generally. The filling softens long before the shells do, so keep the pack in a cool cupboard, away from the kettle and sunny windowsills, and think twice before packing it for a

summer picnic. Count each sandwich as two cookies, too: a 150g pack holds fewer pieces than the same weight of single cookies would, and it empties faster than it looks.

Strong cup, no sugar

The S'wich arrives with plenty of sweetness and richness already, so the drink's role is contrast. Give [black tea](#) a longer brew than you normally would, four or five minutes, and take it black or with just a dash of milk, never sugared. A pale, milky mug makes the whole thing feel heavy after a few bites, and a sweetened drink has nothing left to contribute.

Black coffee, unsweetened, is our favourite partner, its bitterness meeting the filling head on. We also like a S'wich as a stand-in for pudding: for anyone who claims not to want dessert, one of these settles the matter without anyone having to cook. The Terry's Chocolate Orange S'wich is the one to try if you want the same build with an orange twist.

The packs we stock

- [Maryland Cookies S'wich Choc Creme Biscuits, 150g](#) (barcode 072417337475)

What the label says

The published ingredient list for Maryland Cookies S'wich Choc Creme Biscuits, 150g says it contains wheat (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: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Sustainable Palm Oil, Chocolate Chips (12%) (Sugar, Cocoa Mass, Vegetable Fats (Sustainable Palm, Shea, Sal), Emulsifiers (Soya Lecithin, E442, E476), Cocoa Butter, Flavouring), Sustainable Palm Kernel Oil, Fat Reduced Cocoa Powder, Whey or Whey Derivatives (Milk), Partially Inverted Sugar Syrup, Dried Skimmed Milk, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate, Disodium Diphosphate), Salt, Emulsifier (Soya Lecithin), Flavourings.

Typical values per 100g Per 100g

Energy	514 kcal
Fat	26.8g
of which saturates	14.9g
Carbohydrate	62.9g
of which sugars	37.3g
Fibre	1.1g
Protein	4.8g
Salt	0.65g

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 Ristretto Intensity 11 Coffee, 40 Pods 208g](#): Ristretto strength and properly bitter, which makes it a match for the sweet choc creme.
- [Tetley Earl Grey, 50 Tea Bags 125g](#): Brewed long and taken black, an everyday [Earl Grey](#) with enough lift to cut through the filling.
- [Clipper Organic Fairtrade Earl Grey Tea, 80 Unbleached Tea Bags 200g](#): A fuller Earl Grey for a strong pot, served with just a dash of milk.
- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): Instant made strong and black, which does much the same job as espresso with less fuss.

Elsewhere in the Maryland range

- [Maryland Chocolate Chip Cookie Twin Pack, 2 Pack 400g](#)
- [Maryland Chocolate Chip Cookies, 200g](#)
- [Maryland Cookies Caramel & Chocolate Chip, 200g](#)
- [Maryland Cookies Double Chocolate, 200g](#)
- [Maryland Cookies Minis Double Chocolate 10 Multipacks, 198g](#)
- [Maryland Cookies Minis White Chocolate Chip, 6 Multipacks](#)

The full range is on the [Maryland brand page](#).

FAQ

What is a Maryland S'wich? Two crisp Maryland chocolate chip cookies sandwiched around a choc creme filling, sold in a 150g pack.

Can you dunk sandwich biscuits like the S'wich? Not well. The heat softens the filling first, the halves come apart and one ends up in the mug, so one second held flat is the most to risk.

How does a S'wich compare with a plain Maryland for sweetness? It is noticeably sweeter. The filling adds a second, continuous layer of sweetness on top of the cookie and its chips.

Does the S'wich carry a nut warning? Yes. The label says it may contain nuts and peanuts, and the ingredients include wheat (gluten), milk and soya.

How should a filled cookie be stored? Somewhere cool and dry. Warmth softens the filling well before it affects the cookies around it.

Curator's note: Treat it as dessert rather than a dunker. One S'wich and a strong black coffee after supper is all anyone needs. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Maryland S'wich Choc Creme: How a Sandwich Cookie Eats

Field	Detail
Brand	Maryland

Field	Detail
Packs we stock	150g
Category	Cookies
Allergens (as published)	It contains wheat (gluten), milk and soya, and it may contain nuts and peanuts.
Dunkable	Not really, one second at most
Best with	Strong black tea or black coffee, no sugar
Occasion	After a meal, instead of pudding

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