

McVitie's Signature Caramel Rounds: chocolate first, biscuit second

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

McVitie's Signature Caramel Rounds: chocolate first, biscuit second, in summary: A thin round biscuit, a caramel filling and a milk chocolate coating that makes up most of the recipe. Two sweet layers and nothing bitter, so pour a strong black tea or unsweetened coffee and stop at two.

Last reviewed by the [teas.co.uk](https://www.teas.co.uk) team in September 2026.

On the published ingredient list, milk [chocolate](#) is listed at 64% and the caramel filling at 14%, which leaves the biscuit as the minor partner. Read that way, this is a small chocolate with a biscuit inside rather than the other way round.

Reading the label

Milk chocolate leads the ingredient list, followed by wheat flour and then the caramel filling. The chocolate is made with sugar, dried whole milk, cocoa butter and cocoa mass; the caramel draws on maltodextrin, sugar, palm fat, invert sugar syrup and several milk ingredients, cream among them. The biscuit itself is thin and is there mainly to give the round its shape and snap.

The allergen statement for this barcode lists wheat (gluten), milk, soya and sulphites, and sodium metabisulphite appears near the end of the list as a flour treatment agent. As ever, the pack you receive is the one to read before buying for anyone with an allergy, since recipes and allergen advice can change over time.

Caramel against the dark and plain rounds

Signature is McVitie's small-pack range of thin, neatly finished [biscuits](#), meant for a tin or a plate rather than the kettle side, and this 109g caramel pack is the richest end of it. A plain milk round has just one source of sweetness, its coating. Here a butterscotch-leaning caramel arrives just behind the coating and stays longest, so sweetness comes twice over with no bitterness anywhere to answer it.

The dark Signature version has a cocoa bitterness that rises and fades, and the plain milk round is sweet and quickly over. This one lingers. Caramel is sugar and milk cooked until they brown, and it carries a slightly savoury edge that tastes of cooking rather than of a flavouring, and that is what earns it a place among so many coated biscuits. It also makes for a shorter, richer eat.

Keeping and serving them

Caramel is quick to pick up damp, quicker than plain biscuit, so once the pack is open a humid kitchen will soften the rounds within a few days. Seal it firmly or move them into a lidded tin. Warmth is the other risk: the chocolate can bloom to a pale film, which only affects looks and texture but costs the gloss and the snap, while the caramel softens at the same time.

Serve them on a plate, not in the mug, because a thin base with caramel inside softens unevenly and the caramel turns tacky in hot tea. Two sweet layers call for tannin or bitterness, so pour a strong [black tea](#) or a coffee with no sugar in it, and skip the sweet latte. Two rounds is the right number; by the third, the caramel reads as plain sweetness.

The packs we stock

- [McVitie's Signature Caramel Milk Chocolate Rounds Biscuits, 109g](#) (barcode 5000168003887)

What the label says

The published ingredient list for McVitie's Signature Caramel Milk Chocolate Rounds Biscuits, 109g (barcode 5000168003887) says it contains wheat (gluten), milk, soya and sulphites. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Milk Chocolate (64%) [Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass, Emulsifier (Soya Lecithin), Salt, Flavouring], Wheat Flour, Caramel Filling (14%) [Maltodextrin, Sugar, Palm Fat, Humectants (Glycerol, Sorbitol), Invert Sugar Syrup, Dried Whole Milk, Cream (Milk), Dried Skimmed Milk, Salt, Emulsifiers (E471, Soya Lecithin), Flavourings (contains Milk), Raising Agent (Ammonium Bicarbonate)], Sugar, Palm Oil, Invert Sugar Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Salt, Dried Whey (Milk), Dried Whole Milk, Flour Treatment Agent (Sodium Metabisulphite), Flavouring.

Ingredient and nutrition data for this barcode: [Open Food Facts \(openfoodfacts.org\)](https://openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [Lipton Black Earl Grey With Italian Bergamot, 20 Tea Bags 32g](#): Brisk black tea with a bergamot lift that cuts through two sweet layers.
- [Twinings Darjeeling Tea \(International Blend\), 25 Tea Bags 50g](#): A lighter black tea with enough briskness to reset the palate between rounds.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): An intense, unsweetened espresso from a Nespresso-compatible machine brings the bitterness the

caramel lacks.

- [Twinings the Earl Grey Decaffeinated Plant Based, 40 Tea Bags 100g](#): A decaffeinated [Earl Grey](#), so the bergamot idea can carry on to an evening plate.

Elsewhere in the McVitie's range

- [McVitie's Club Layers Orange, 39g](#)
- [McVitie's Club Mint Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Orange Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Salted Caramel Flavour Biscuit Bars Multipack, 7 x 22g](#)
- [McVitie's Dark Chocolate Digestive Biscuits, 266g](#)
- [McVitie's Digestive Pink Raspberry & Cream Flavour, Limited Edition, 232g](#)

The full range is on the [McVitie's brand page](#).

FAQ

What is in McVitie's Signature Caramel Rounds? Milk chocolate at 64%, wheat flour and a caramel filling at 14% lead the published list, with sugar, palm oil and raising agents after them.

Why do Signature Caramel Rounds list sulphites? The ingredient list includes sodium metabisulphite as a flour treatment agent, and the allergen statement for this barcode names sulphites alongside wheat (gluten), milk and soya. Check the current pack before buying.

How are they different from the dark Signature rounds? Caramel under a milk coating gives two sweet layers and nothing bitter, so they are noticeably sweeter than the dark version, which has cocoa bitterness of its own.

Why has the chocolate on my rounds turned pale? That is bloom, from the chocolate warming and setting again. The gloss and snap do not come back, but the round is still fine to eat.

Are Signature Caramel Rounds good for dunking? Not in our view. The thin base softens unevenly and the caramel turns tacky in the cup.

Curator's note: Two on a saucer with a black Earl Grey mid-afternoon, then put the pack away. Any more and you stop tasting the caramel. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Signature Caramel Rounds: chocolate first, biscuit second

Field	Detail
Brand	McVitie's
Packs we stock	109g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), milk, soya and sulphites.
Dunkable	No, the caramel turns tacky
Best with	Strong black tea or unsweetened espresso

Field

Detail

Portion

Two rounds

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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