

Army and Navy sweets

From the sweeties.net wiki

Army and Navy sweets are a traditional British boiled sweet: black, lozenge shaped and flavoured with liquorice and herbs. Their slightly medicinal flavour is similar to cough candy, and they are often eaten in winter: see [cough candy](#)

The name

The name probably comes from the sweets' popularity with service personnel during the First World War.

The opium story

The original Army and Navy sweets are reported to have contained opium. The recipe sold today contains nothing of the kind.

What is in them now

Army and Navy, as listed by Sweets and Candy. Sugar, glucose syrup, water, citric acid, flavouring, and vegetable carbon, E153, as the colour. The retailer describes them as dark, hard boiled sweets with a deep liquorice flavour and a touch of herbal warmth, individually wrapped, and lists them as suitable for vegetarians.

The recipe lists no liquorice extract. The liquorice taste comes from flavouring, and the black comes from vegetable carbon, not from liquorice itself: see [why is black liquorice black?](#) and [is aniseed the same as liquorice?](#)

Allergy and safety points

- **Allergens.** The retailer warns that its Army and Navy may contain nuts, milk, soya and gluten: see [what does may contain mean on sweets?](#)
- **Hard sweets.** They are hard boiled sweets, and the NHS says not to give young children hard foods such as boiled sweets: see [hard sweets and young children](#)

For other sweets with a medicinal edge, see [Coltsfoot Rock](#) and [Victory V lozenges](#)

In our pick and mix

We do not sell Army and Navy sweets, but we do sell [SW038](#) and [SW049](#). Each card opens up to show the full ingredients and allergens for the sweets we actually stock.

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