

# K<sup>LBD</sup> KOSHER NOSH GUIDE

## SUMMER 2025



- PIER
- CRAZY GOLF
- BEACH
- CAMPING
- NATURE TRAIL



**WIN PIZZA & ICE CREAM!!**



Take part in the survey on p.3-4



For the latest information check [WWW.ISITKOSHER.UK](http://WWW.ISITKOSHER.UK)



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# KOSHER NOSH GUIDE SURVEY

Complete this survey and be entered into a prize draw to win one of two prizes of up to £50 to spend on pizza and ice cream at a KLBD establishment!

Closing date 31st July 2025.

Your responses will help us to understand our readership and plan for the future of the *Kosher Nosh Guide*.

Tick if you do **NOT** wish to be entered into the prize draw



Easy and quick: complete the survey online by scanning the QR code

or take a photo of the completed survey and return to KLBD by email or post.\*

Name: .....

Email: .....

Phone: .....

Name of school or college/Occupation: .....

## PART 1. ABOUT YOU

### 1. What is your age group?

- Under 12
- 12-18
- 18-24
- 25-55
- 56+

### 2. Where do you live?

Area: .....

City/Town: .....

### 3. Which shul do you attend (if any)?

- United Synagogue
- Other mainstream orthodox
- Chareidi
- Other: .....

### 4. Are you a member of a United Synagogue?

- Yes
- No

### 5. How would you describe your level of kashrut observance?

- Strictly kosher at all times
- Kosher at home only
- Not strictly observant
- Not at all observant

*Please turn over to complete parts 2 and 3 of the survey.*

## PART 2. YOUR USE OF THE GUIDE

### 6. How do you use the Kosher Nosh Guide? Tick all that apply

- Read it from cover to cover
- Take it with you wherever you go
- Keep it for reference
- Keep it but never really use it
- Pass it on to someone else
- Bin/recycle it

### 7. How often do you use the Kosher Nosh Guide?

- Daily
- Weekly
- Occasionally
- Rarely
- Never

### 8. How would you usually check if a product is kosher? Tick all that apply

- The Really Jewish Food Guide
- Kosher Nosh Guide
- Kosher Nosh Guide online PDF
- Isitkosher search
- Kosher Product Search at [www.kosher.org.uk](http://www.kosher.org.uk)
- Other: .....

### 9. Which format of the Kosher Nosh Guide do you prefer?

- Printed
- Digital
- Both
- No preference

## PART 3. LOOKING AHEAD

### 10. Would you like to see the printed edition continue?

- Yes
- No
- Indifferent

Do you have any other suggestions or comments about the Kosher Nosh Guide?

.....

.....

.....

\*Email completed survey to [info@kosher.org.uk](mailto:info@kosher.org.uk) or post to KLBD, 305 Ballards Lane, London N12 8GB.

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The information in this guide is **only** applicable to products made for the **UK market**.

All details are correct at the time of going to press but are subject to change. For the latest information check [www.isitkosher.uk](http://www.isitkosher.uk). Sign up for email alerts on [www.kosher.org.uk](http://www.kosher.org.uk) or **KLBD WhatsApp News & Alerts** by adding 020 8343 6333 to your contacts and messaging 'Please add me'.

No assumptions should be made about the kosher status of products not listed, even if others in the range are approved or certified.

**It is preferable, whenever possible, to buy products made under Rabbinical supervision.**

**WARNING:** The designation 'Parev' does not guarantee that a product is suitable for those with dairy or lactose intolerance.

**WARNING:** The 'Nut Free' symbol is displayed next to a product based on information from manufacturers. The KLBD takes no responsibility for this claim. You are advised to check the allergen information on each product.

# KLBD GUESS WHAT'S IN YOUR FOOD



Hi Noshers!

You'd be amazed what your food is made of! Several common confectionery ingredients can be of animal origin such as gelatine, glycerine, and stearate, whilst the natural red colour of cochineal (E120) is made from beetles! Furthermore, even if the ingredients listed on the label may suggest a particular product is fine, 'release agents', ie fats used on the production line, might be non-kosher. In fact, even products which claim to be 'vegetarian' could be non kosher, if the factory which makes them uses the same equipment for products containing ingredients of animal origin.

This guide has been produced by the KLBD to advise you what you can and can't eat. Some 680 products listed are kosher certified by KLBD and the range of certified products continues to grow, including Buttermilk bars, Lovemore gluten free biscuits, Warburtons Protein Pittas and Flatbreads. Booja Booja Wonders and Loglets, M&M's Chocolate Minis, new flavours of Millions sweets, frozen Doughlicious Cookie Dough Bites, Love Corn Sweet & Salty, Cofresh Chilli & Lime Grills and Potato Masala Grills.

Special thanks are due to Rosalind Coten, Michal Emanuel, Naomi Green, Dalia Bloch, Elisheva Wolfson, Nechami Fhima and Shifra Reubin for their meticulous work in researching the product list; to David Attiach, graphic designer Steve Berwick and the team at Liquid Bubble for the design and production of this guide and to all our advertisers.

All details are correct at the time of going to press but are subject to change.

Keep up with the latest kashrut news by signing up to KLBD WhatsApp News & Alerts, email alerts and the KLBD Facebook group. We are now on Instagram and have a WhatsApp Channel too. You can check the kosher status of products using our superfast search at [www.isitkosher.uk](http://www.isitkosher.uk), also available as an Android and iPhone app, with dietary information and product filters.

B'teavon

Rabbi Elie Schoemann  
Director KLBD



## NO MATTER WHERE YOU ARE...

**CHECK [WWW.ISITKOSHER.UK](http://WWW.ISITKOSHER.UK)**

Information applies to products purchased in the UK



Also available as an Android or iPhone app

# KLBD USING THE PRODUCT LISTINGS

## PRODUCTS WHICH ARE KLBD CERTIFIED

Like many kashrut authorities around the world, the KLBD uses the American kosher logo system. Companies whose products are KLBD certified are signatories to a lengthy legal contract binding them to particular ingredients, suppliers and manufacturing processes approved by the KLBD. These factories also undergo regular Rabbinic inspection. As in the American system, baked products are not necessarily Pas Yisrael, and dairy products may be Chalav Akum.

## PRODUCTS WITHOUT CERTIFICATION, APPROVED FOR THE NOSH GUIDE

Products listed in the Nosh Guide which are neither supervised nor bearing the logo have been investigated by our food technologists and approved on this basis. The investigations cover ingredients, any processing aids and shared use of equipment.

## EXPLANATION OF KASHRUT SYMBOLS

-  Products under the supervision of or certified by KLBD, logo on packaging. Parev unless indicated Dairy.
-  As above but the KLBD logo does not appear on the packaging.
- S** Certified by another recognised authority (see logo on packaging).
- CY** Dairy products containing Chalav Yisrael (supervised milk).
- D** Dairy products containing Chalav Akum (non-supervised milk).
- P** Products approved and Parev\*.
- NK** Not kosher.
-  Nut Free according to information from the manufacturers.

\*Products listed as Parev may bear an allergen warning 'Contains traces of milk', but this does not affect their Parev status.

## PROBLEMATIC E NUMBERS

For more information see [www.kosher.org.uk/Enumbers](http://www.kosher.org.uk/Enumbers).

E120	E422	E430	E431	E432
E433	E434	E435	E436	E441
E442	E470	E470a	E470b	E471
E472a	E472b	E472c	E472d	E472e
E472f	E473	E474	E475	E476
E477	E479b	E481	E482	E483
E491	E492	E493	E494	E495
E542	E570	E572	E144	

## FOLLOW @KLBD\_KOSHER ON INSTAGRAM!



Alerts, updates, newly certified products and special promotions.



To request a list of products which are **GLUTEN or WHEAT FREE** email [info@kosher.org.uk](mailto:info@kosher.org.uk). The list is compiled based on information from the manufacturers and the KLBD does not accept responsibility for its accuracy. You are advised to make your own, independent enquiries.

-  Cookies Double Chocolate
-  Cookies Lemon Zest
-  Cookies Stem Ginger

## KOOKIE CAT

Gluten free biscuits certified KLBD Parev. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## BISCUITS



Only kosher certified biscuits should be purchased. Many KLBD licensees produce a wide range of biscuits which are available from kosher bakeries, kosher shops and supermarkets with a kosher section.

## MCVITIES

Only approved when batch code begins with the letter 'H'.

- D** Digestives Chocolate Dark
- D** Digestives Chocolate Milk
- P** Digestives Lights
- P** Digestives The Original
- P** Digestives Wholesense
- D** Hobnobs Dark Chocolate
- D** Hobnobs Milk Chocolate

## OREO

Oreos purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher shops.

## RAKUSEN'S

Pas Yisrael.

-  Chocolate Oatie
-  Digestive
-  Digestive Dark Chocolate
-  Ginger
-  Oatie Crunch

## WAITROSE DUCHY ORGANIC

- D** Biscuits Chocolate Stem Ginger
- D** Shortbread Fingers
- D** Shortbread Highland
- D** Shortbread Stem Ginger

## WALKERS

- SD** Biscuits
- SD** Cookies
- SD** Shortbread

## BISCUITS GLUTEN FREE

For Gluten Free Snack Bars see **ENERGY & PROTEIN SNACKS** p.22 and **SNACK BARS** p.32. Please note that not all products listed there are gluten free.



## FREEE

-  Cookies Chocolate Chip

## LOVEMORE

Available from kosher shops with a KLBD sticker.

-  Biscuits Digestive
-  Biscuits Double Choc
-  Biscuits Gingerbread Men
-  Biscuits Shortbread
-  Biscuits Shortbread Fingers
-  Cookies Choc Chip
-  Cookies Oat Crunch
-  Cookies Stem Ginger

## POURTOI

KLBD Parev certified gluten free, wheat free, dairy free, lactose free baked goods. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk). For stockists call 020 3674 3156.

## PREWETTS

Only the following are certified. Other products are not approved.

-  **D** Chocoful
-  **D** Cookies Chewy Oat & Raisin
-  **D** Cookies Spicy Dark Chocolate & Ginger
-  **D** Digestive Biscuits

## SCHAR

- P** Choco Chip Cookies
- D** Chocolate Fingers
- P** Custard Creams
- P** Digestive
- D** Digestive Choc
- P** Marble Cake
- D** Maxi Sorrisi
- D** Melto
- D** Noccioli
- D** Notes
- D** Rich Tea
- D** Snack Milk Chocolate
- P** Spekulatius
- D** Wafer Pocket
- D** Wafers Alla Vaniglia
- D** Wild Biscuits

## WALKERS

- SD** Gluten Free Shortbread
- SD** Gluten Free Shortbread Chocolate Chip
- SD** Gluten Free Shortbread Ginger & Lemon



## BREAD

One should always buy Pas Yisrael bread - Jewish baked kosher bread - whenever possible. Pas Palter - bread produced in a non-Jewish commercial bakery with kosher ingredients - may be purchased when no similar Pas Yisrael product is readily available. Bread which is not kosher certified is not permitted.



### COHENS BAKERY

Pas Yisrael. All products are Hamotzi except for Bagels, which are Mezonot. For stockists see [www.isitkosher.uk](http://www.isitkosher.uk).

- Bagels Assorted
- Challa
- Challa Rolls
- Pitta Breads
- Rye

### HOVIS

Pas Palter. Hamotzi.

- Best of Both
- Farmhouse Soft White
- Granary Authentic (800g)  
400g loaf is not certified.

- Granary Wholemeal
- Nimble Wholemeal
- Seed Sensations Granary Batch
- Seed Sensations Seven Seeds  
Original (800g)

400g loaf is not certified.

- Seed Sensations Sunflower & Pumpkin Seed
- Simple White
- Soft White
- Wholemeal Tasty

### MOTHERS PRIDE

Pas Palter. Hamotzi.

- White Scottish Plain
- Wholemeal

### WARBURTONS

Pas Palter. Only products listed are certified. All products are Hamotzi except Fruit Loaf Cinnamon & Raisin.

- Bagels Cinnamon & Raisin
- Bagels Original
- Bagels Sesame
- Bagels Thin Cinnamon & Raisin
- Bagels Thin Original
- Bagels Thin Sesame
- Crumpet Thins
- Crumpets
- Crumpets Giant
- Fruit Loaf Cinnamon & Raisin
- Loaf Batch Seeded
- Loaf Bloomer Baker's White

- Loaf Danish Lighter White
- Loaf Danish Lighter Wholemeal
- Loaf Farmhouse White
- Loaf Half & Half
- Loaf Lightly Seeded
- Loaf Old English White
- Loaf White Medium
- Loaf Wholemeal Medium
- Loaf Wholemeal Thick
- Muffins Breakfast
- Pittas Soft White
- Pittas Soft Wholemeal
- Protein Bagels Thin Seeded
- Protein Flatbreads
- Protein Muffins
- Protein Soft Pittas
- Rolls Sliced Hotdog
- Rolls Sliced Soft White
- Rolls Sliced Wholemeal
- Teacakes Fruity
- Thins Brown
- Thins Half & Half
- Thins White
- Toastie Super
- Toastie White

## BREAD GLUTEN FREE

For other gluten free breads see [www.isitkosher.uk](http://www.isitkosher.uk).



### BFREE

For stockists see [www.bfreefoods.com/uk/](http://www.bfreefoods.com/uk/).

- Baguettes Demi White
- Burger Buns
- Loaf Brown Seeded
- Loaf Oat
- Loaf White Soft Sliced
- Loaf White Sourdough
- Naan
- Pitta Breads
- Pitta Breads Wholegrain
- Pizza Bases
- Rolls Panini
- Wraps High Protein
- Wraps Multigrain
- Wraps Soft White
- Wraps Sweet Potato

### SCHAR

- P** Loaf Brown
- P** Loaf Deli Style Sourdough
- P** Loaf Seeded
- P** Loaf White
- P** Loaf Wholesome Seeded
- P** Loaf Wholesome Vitality
- P** Loaf Wholesome White
- P** Pizza Base
- P** Rolls Ciabatta Brown
- P** Rolls Ciabatta Seeded
- P** Rolls Ciabatta White



## BREAD GLUTEN FREE CONT'D...

- P** Rolls Hamburger
- P** Rolls Panini
- P** Rolls White Frozen

## WARBURTONS GLUTEN FREE

- K<sup>cert</sup>** Bloomer Sourdough White
- K<sup>cert</sup>** Bloomer Tiger
- K<sup>cert</sup>** Bloomer Tiger Seeded
- K<sup>cert</sup>** Crumpets
- K<sup>cert</sup>** Fruity Buns Cinnamon & Raisin
- K<sup>cert</sup>** Loaf Brown
- K<sup>cert</sup>** Loaf Multiseed
- K<sup>cert</sup>** Loaf Seeded
- K<sup>cert</sup>** Loaf White
- K<sup>cert</sup>** Pittas Soft Brown
- K<sup>cert</sup>** Pittas Soft White
- K<sup>cert</sup>** Rolls Brioche Soft Sliced
- K<sup>cert</sup>** Rolls Brown Sliced
- K<sup>cert</sup>** Rolls Seeded
- K<sup>cert</sup>** Rolls Super Soft Sliced
- K<sup>cert</sup>** Rolls White Sliced
- K<sup>cert</sup>** Thins White
- K<sup>cert</sup>** Wraps White

## CAKES & PASTRIES

Only supervised cakes, etc can be guaranteed, as others can be made with non-kosher fats such as lard, mono & di-glycerides and other ingredients of non-kosher origin. Some supervised brands are available in supermarkets which stock kosher products. Pourtoi produces a range of KLBD certified gluten free cakes. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk). So Real bakery sells products made from spelt. For a list of KLBD supervised bakeries, see p.35.



## CHOCOLATE & SWEET SPREADS



### CADBURY

- D** Milk Chocolate

### NUTELLA

- D** + Cocoa
- D** Chocolate
- D** Plant Based

### PLAMILLA

For stockists see [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk).

- K<sup>cert</sup>** Oat Milk Chocolate Orange
- K<sup>cert</sup>** Oat Milk Chocolate Original
- K<sup>cert</sup>** Oat Milk Chocolate Salted Caramel

### TIPTREE

- K<sup>cert</sup> D** Banoffee 
- K<sup>cert</sup> D** Chocolate 
- K<sup>cert</sup> D** Chocolate Orange 
- K<sup>cert</sup> D** Curd Black Currant

- K<sup>cert</sup> D** Curd Lemon
- K<sup>cert</sup> D** Curd Lime
- K<sup>cert</sup> D** Curd Passionfruit
- K<sup>cert</sup> D** Salted Caramel 

### VEGO

- D** Fine Hazelnut Chocolate Crunchy

### VIOLIFE

- P** Cocospread 

## CONFECTIONERY

See also SUGAR FREE CONFECTIONERY p.42.



### BARRATT

- NK** All Products

### BENDICKS

Certified with or without KLBD logo.

- K<sup>cert</sup>** Bittermints
- K<sup>cert</sup>** Mint Collection
- K<sup>cert</sup>** Mint Fondants

### BENJAMISSIMO

Available from independent and online retailers.

- K<sup>cert</sup>** Dark Bulgarian Rose
- K<sup>cert</sup>** Dark Chia Grapefruit
- K<sup>cert</sup>** Dark Mint Maca
- K<sup>cert</sup>** Dark Raw Cacao Nibs
- K<sup>cert</sup>** Mylk Roasted Almond Mulberry
- K<sup>cert</sup>** White Matcha Lemon
- K<sup>cert</sup>** White Raw Cacao Nibs
- K<sup>cert</sup>** White Salted Caramel Almond
- K<sup>cert</sup>** White Strawberry Quinoa Pop

### BOOJA BOOJA

Only KLBD certified with best before date on or after 19.11.25. Products with an earlier best before date are not approved. For stockists see [www.boojabooja.com](http://www.boojabooja.com).

- K<sup>cert</sup>** Chocolate Truffle Loglets Chocolate Orange
- K<sup>cert</sup>** Chocolate Truffle Loglets Hazelnut Crunch
- K<sup>cert</sup>** Chocolate Truffle Loglets Raspberry Scrunch
- K<sup>cert</sup>** Chocolate Truffle Loglets Salted Caramel Mocha
- K<sup>cert</sup>** Chocolate Wonders Cookie Dough
- K<sup>cert</sup>** Chocolate Wonders Hazelnut
- K<sup>cert</sup>** Chocolate Wonders Orange Scrunch
- K<sup>cert</sup>** Chocolate Wonders Raspberry Scrunch
- K<sup>cert</sup>** Chocolate Wonders Salted Caramel

### BUTTERMILK

Certified KLBD Parev with or without logo. Available from the 'Free From' section of supermarkets, kosher shops and [www.buttermilk.co.uk](http://www.buttermilk.co.uk).

- K<sup>cert</sup>** Choccy Bar Caramel Nougat



-  Choccy Bar Coconut
-  Choccy Bar Double Snack
-  Choccy Bar Nougat Peanut

## CADBURY

- D** Bitsa Wispa
- NK** Boost
- D** Bournville Classic
- D** Bournville Giant Buttons
- D** Bournville Old Jamaica
- D** Bournville Orange
- D** Caramel Egg
- D** Caramilk
- D** Caramilk Buttons
- D** Chomp 
- D** Creme Egg

40g eggs only. Mini Creme Eggs are not approved.

- D** Creme Egg White
- D** Crunchie 
- D** Crunchie Rocks
- D** Curly Wurlly 
- D** Dairy Milk

Includes Little Bars.

- D** Dairy Milk Buttons
- D** Dairy Milk Buttons Giant
- D** Dairy Milk Buttons Giant Orange
- D** Dairy Milk Buttons Mega
- D** Dairy Milk Buttons Mint
- D** Dairy Milk Buttons Twisted
- D** Dairy Milk Caramel
- D** Dairy Milk Caramel Nibbles
- D** Dairy Milk Crunchie Bits
- D** Dairy Milk Freddo
- D** Dairy Milk Fruit & Nut
- D** Dairy Milk Fruit & Nut Chopped
- D** Dairy Milk Nut Chopped
- D** Dairy Milk Wholenut
- D** Darkmilk Giant Buttons
- D** Darkmilk Original
- D** Darkmilk Salted Caramel
- D** Double Decker
- D** Eclairs
- D** Flake 
- D** Fudge 
- D** Heroes

Covers Heroes containing any of the following chocolates: Creme Egg Twisted, Crunchie Bits, Dairy Milk, Dairy Milk Caramel, Dinky Decker, Eclairs, Fudge, Twirl and Wispa.

- D** Milk Tray
  - D** Mini Eggs
- Mini Eggs Bar and Mini Creme Eggs are not approved.

- D** Picnic
- D** Plant Almonds Smooth Chocolate
- D** Snack Sandwich Chocolate
- D** Snack Shortcake
- NK** Starbar
- D** Top Deck

- D** Twirl 
- D** Twirl Bites
- D** Twirl Orange 
- D** Twirl XTra
- D** White
- D** White Buttons
- D** White Buttons Giant
- D** Wispa
- D** Wispa Gold

## CHUPA CHUPS

- P** Apple
- D** Caramel
- P** Cherry
- D** Cocoa Vanilla
- P** Cola
- P** Cola Lemon
- NK** Crazy Dips Strawberry
- P** Mini
- P** Orange
- P** Raspberry
- D** Raspberry Vanilla
- P** Sour Apple
- P** Sour Lemon
- P** Sour Strawberry
- P** Strawberry
- D** Strawberry Cream
- D** Vanilla
- P** Watermelon

## CREATIVE NATURE

For stockists see [www.creativenaturesuperfoods.co.uk](http://www.creativenaturesuperfoods.co.uk).

-  Magibles Cheeky Choc Hazelnut 
-  Magibles Creamy Mylk Chocolate 
-  Magibles Super Salted Caramel 

## DARRELL LEA

- S** Liquorice Batch 37 Soft
- S** Liquorice Batch 37 Soft Strawberry

## DIVINE

- P** Dark Chocolate 70%
- P** Dark Chocolate 85%
- D** Dark Chocolate Fruit & Nut
- P** Dark Chocolate Ginger & Orange
- P** Dark Chocolate Hazelnut Truffle
- P** Dark Chocolate Mint Crisp
- P** Dark Chocolate Pink Himalayan Salt
- P** Dark Chocolate Raspberries
- P** Dark Chocolate Thins Ginger
- P** Dark Chocolate Thins Mint
- D** Milk Chocolate 45%
- SD** Milk Chocolate Coins
- D** Milk Chocolate Orange
- D** Milk Chocolate Orange Crisp
- D** Milk Chocolate Salted Caramel
- D** Milk Chocolate Smooth
- D** White Chocolate
- D** White Chocolate Strawberries



## CONFECTIONERY CONT'D...

### ELIZABETH SHAW

- D** Flutes Amaretto
- D** Flutes Cappuccino
- D** Flutes Mint Dark
- D** Flutes Mint Milk
- D** Flutes Orange
- D** Hearts White Chocolate & Salted Caramel
- P** Honeycomb Crisp Dark Mint
- D** Honeycomb Crisp Milk Mint
- D** Honeycomb Crisp Milk Orange
- D** Honeycomb Crisp Milk Salted Caramel
- D** Stars Dark Chocolate Mint
- D** Stars Milk Chocolate Cinnamon

### FERRERO

- D** Bar Rocher Dark 55% Hazelnut
- D** Bar Rocher Milk Original
- D** Bar Rocher White Hazelnut
- D** Collection
- D** Golden Gallery

*Includes boxes of 22 and 42 pieces.*

- D** Raffaello
- D** Rocher
- D** Rocher Grand

### FIRETREE

*Available from Amazon and [www.firetreechocolate.com](http://www.firetreechocolate.com).*

-  Hispaniola Dominican Republic
-  Indonesia Seram Island
-  Madagascar Sambirano Valley
-  Papua New Guinea Karkar Island
-  Papua New Guinea Karkar Island Cocoa Coffee
-  Philippines Mindanao Island
-  **D** Philippines Mindanao Island Milk
-  Solomon Islands Guadalcanal 69% and 100%.
-  **D** Solomon Islands Guadalcanal Milk
-  Solomon Islands Makira Island
-  Vanuatu Malekula Island 72% and 100%.
-  Vanuatu Malekula Island Cocoa & Cocoa Nibs

### FOX'S

- NK** Chewy Mints Peppermint
- P** Glacier Fruits
- P** Glacier Mint Collection
- P** Glacier Mints

### FOX'S

- D** Bar Classic Original
- D** Bar Rocky Caramel

- D** Bar Rocky Chocolate
- D** Bar Rocky Orange

### FRUITTELLA

*Fruittella products are Not Kosher.*

### FRY'S

- NK** Chocolate Cream
- NK** Peppermint Cream
- D** Turkish Delight 🍪

### GODIVA

*Many pre-packaged products are kosher certified and bear the OU D logo. Those with no logo are not permitted. When buying loose from a shop counter they should be able to advise which chocolates are kosher.*

### GREEN & BLACK'S ORGANIC

- D** Collection Classic
- D** Collection Milk
- D** Collection Tasting
- P** Dark 70%
- P** Dark 85%
- P** Dark Ginger
- P** Dark Hazelnut & Currant
- P** Dark Maya Gold
- P** Dark Smooth
- P** Dark Smooth Mint
- D** Milk
- D** Milk Almond
- D** Milk Butterscotch
- D** Milk Sea Salt
- D** White

### GUYLIAN

*Many products are kosher certified and bear the OK D logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).*

### HARIBO

*Haribo purchased from supermarkets and regular shops is Not Kosher. A kosher version bearing a hechsher is available from kosher shops.*

### HUBBA BUBBA

*Certified by KF when bearing the KF logo or when the product code by the date stamp begins with 01, 50 or contains 1FK.*

- S** Bubble Tape Cool Cola
- S** Bubble Tape Fancy Fruits
- S** Bubble Tape Snappy Strawberry
- S** Gum Atomic Apple
- S** Gum Original
- S** Gum Seriously Strawberry

### JELLY BELLY

*Only permitted when bearing the OU logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).*

### JUST BRAZILS

- D** Milk





# ONLY THE BEST HECHSHER FOR THE BEST RESTAURANTS

## Dairy Restaurants (Chalav Yisrael)

Bagels Bar • Beit Café • Bread  
Eli's Pizza Edgware • Eli's Pizza Golders Green  
Mr Baker • Novellino • OMi Sushi  
Portoberry • Pumpernick's • Sababa  
Slice • Taboon • Tasti Pizza • White Fish



## Meaty Restaurants (Glatt)

Bagels Bar Grill House • Balady Temple Fortune  
Balady Hatton Garden • Balagan  
Beit Hamadras • Burger Bar  
Delicatessen • Habiba's Smokehouse  
Hummus Bar Golders Green  
Hummus Bar Hendon • Kaifeng  
Kasa Bar & Grill • Moss & Maple  
Novellino Bistro • Novellino Brighton  
Sami's Edgware • Sami's Hendon  
SurfinPoke • Sushi Haven Golders Green  
Sushi Haven Hendon • Tish  
Tony Page Marylebone • Tuk Tuk  
White House Express

[www.kosher.org.uk/restaurants](http://www.kosher.org.uk/restaurants)





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## CONFECTIONERY CONT'D...

### KINDER

**D** Bueno  
Includes minis.

**D** Bueno White  
**D** Chocolate  
Includes small and medium.

**D** Country  
Includes Mini.

**D** Happy Hippo Cocoa  
**D** Happy Hippo Hazelnut  
**D** Joy  
**D** Schoko Bons  
**D** Surprise

### KINNERTON

**D** Milk Chocolate Character Bars 🍫  
**D** Milk Chocolate Character Lollipops 🍭

### KOSHER DELIGHTS

KLBD certified chocolate lentils and mini fruits with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

### LEONIDAS

Some Leonidas chocolates are kosher certified by the CRC, although they do not bear a kosher logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk). Stockists should be able to advise which chocolates are kosher.

## LINDT

**D** Classic Crispy  
**D** Classic Hazelnut  
**D** Classic Milk  
**P** Classic Vegan Caramel Sea Salt  
**P** Classic Vegan Hazelnut  
**P** Classic Vegan Smooth  
**D** Creation Chocolate Cake  
**D** Creation Creme Brulee  
**NK** Creation Dessert  
**D** Creation Refreshing Lemon  
**P** Excellence Dark 70% Intense  
**D** Excellence Dark 78% Smooth  
**P** Excellence Dark 85% Robust  
**P** Excellence Dark 90% Supreme  
**P** Excellence Dark 99%  
**D** Excellence Dark Caramel Sea Salt  
**D** Excellence Dark Caramelised Hazelnut  
**D** Excellence Dark Chilli  
**D** Excellence Dark Cranberry, Almond & Hazelnut  
**D** Excellence Dark Intense Lime  
**D** Excellence Dark Intense Mint  
**D** Excellence Dark Intense Orange Almonds  
**D** Excellence Dark Intense Raspberry  
**D** Excellence Dark Sea Salt  
**D** Excellence Milk Extra Creamy  
**D** Excellence Tasting Collection  
**D** Excellence White Vanilla  
**D** Lindor Bar Milk  
100g bar only. Other Lindor products are not approved.



## LION

**NK** All Products

## M & M'S

Only the following M & M's are certified. Other varieties are not approved.

**D** Bar Chocolate 165g

**D** Bar Crispy 150g

Excludes 31g and 34g bars.

**D** Chocolate Minis

**D** Salted Caramel

## MAOAM

**NK** All Products

## MARS

**D** Balisto Bar Original

**D** Balisto Bar Yoberry

**D** Bounty Dark

**D** Bounty Fun Size

**D** Bounty Milk

**D** Celebrations

**D** Galaxy Cookie Crumble

Galaxy Vegan Crumbled Cookie and McVities

Galaxy Cookie Crumble Slices are not approved.

**D** Galaxy Counters

**D** Galaxy Minstrels

**D** Galaxy Nut Crunch

**D** Galaxy Ripple

**D** Galaxy Salted Caramel

**D** Galaxy Smooth Caramel

**D** Galaxy Smooth Milk

**D** Maltesers

**D** Maltesers Teasers

**D** Mars

Excludes 95 Kcal.

**D** Mars Bites

**D** Mars Fun Size

**D** Mars Mix

**D** Milky Way

**D** Milky Way Fun Size

**D** Milky Way Magic Stars

Dairy Free version is not approved.

**D** Revels

**D** Snickers

Excludes 99 Kcal.

**D** Snickers Bites

**D** Snickers Creamy Peanut Butter

**D** Snickers Fun Size

**D** Twix

**D** Twix 99Kcal

**D** Twix Bites

**D** Twix Fun Size

**D** Twix Miniatures

**D** Twix Salted Caramel

**D** Twix Top

**D** Twix White

## MAYNARDS BASSETTS

Only the following are approved.

**P** Cherry Drops

**P** Murray Mints

**P** Sherbet Lemons

## MENTOS

Mentos purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher shops.

## MILLIONS

Certified with or without KLBD logo.

**K** Apple

**K** Banana

**K** Blackcurrant Buzz

**K** Bubblegum

**K** Cola

**K** Iron Brew

**K** Multi

**K** Orange

**K** Raspberry

**K** Strawberry

**K** Vimto

**K** Watermelon

**NK** Whirl Pops

## NESPRESSO

**D** Chocolate Dark

**D** Chocolate Milk

**D** Chocolate Milk Salted Caramel

## NESTLE

**D** Aero Bar Caramel

**D** Aero Bar Choco Hazelnut

**D** Aero Bar Chocolate

**D** Aero Bar Dark & Milk

**D** Aero Bar Dark & Milk Peppermint

**D** Aero Bar Golden Honeycomb

**D** Aero Bar Orange

**D** Aero Bar Peppermint

**D** Aero Bubbles Peppermint

**D** After Eight Mints

**NK** Black Magic

**D** Blue Riband Original

**D** Crunch Milk

**NK** Dairy Box The Classic Collection

**D** Kit Kat

**D** Kit Kat Caramel

Excludes Kit Kat Chunky Caramel.

**D** Kit Kat Chunky



## CONFECTIONERY CONT'D...

- D** Kit Kat Chunky Duo
- D** Kit Kat Chunky Peanut Butter
- D** Kit Kat Cookies & Cream 
- D** Kit Kat Dark 
- D** Kit Kat Dark 70% 
- D** Kit Kat Nescafe Mocha
- D** Kit Kat Orange 
- P** Kit Kat Vegan
- D** Kit Kat White
- D** Lion
- D** Lion Peanut
- D** Milkybar 
- D** Milkybar Buttons 
- D** Milkybar Buttons Giant

Only the listed varieties of Munchies are approved.

- D** Munchies 
- D** Munchies Gold
- P** Polo Original 
- P** Polo Spearmint 
- D** Quality Street Assortment
- D** Quality Street Matchmakers Cool Mint 
- D** Quality Street Matchmakers Zingy Orange 
- D** Quality Street Orange Crunch Bar
- D** Quality Street The Purple One Bar
- D** Quality Street The Purple One Pouch
- D** Rolo 
- D** Rolo Little
- D** Smarties 
- D** Smarties Buttons Orange
- D** Smarties Mini 
- D** Smarties Sharing Block Milk 
- D** Smarties Sharing Block Orange
- D** Smarties Sharing Block White
- D** Smarties White Chocolate
- D** Toffee Crisp 
- D** Toffee Crisp Biscuit 
- D** Whip Vanilla
- D** Whip Walnut
- D** Yorkie 
- D** Yorkie Raisin & Biscuit 

## NIPITS

- P** Liquorice Pellets Aniseed
- P** Liquorice Pellets Menthol
- P** Liquorice Pellets Pure

## NUTELLA

- D** B ready

## PANDA NATURAL

- P** Liquorice Bar Original
- P** Liquorice Bar Raspberry
- P** Liquorice Bears Original
- P** Liquorice Original

- P** Liquorice Raspberry
- P** Liquorice Torpedoes

## PLAMIL

-  The Coffee Bar

## PLAMIL SO FREE

For stockists see [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk).

-  Cocoa Bites Salted Caramel 
-  Cocoa Bites Smooth Orange 
-  Cocoa Bites Strawberry 
-  Cocoa Bites White 
-  Cocoa Chips Chocolate
-  Cocoa Chips Oat Milk
-  Cocoa Chips Oat Milk Blonde
-  Thin Dark Chocolate Coconut Blossom 
-  Thin Dark Chocolate Extra 
-  Thin Dark Chocolate Mint 
-  Thin Dark Chocolate Orange Tropical 
-  Thin Dark Chocolate Perfectly 
-  Thin Smooth Cocoa & Rice
-  Thin White Vanilla 
-  Vegan Caramilk
-  Vegan Oat Milk

## PLAYIN CHOC

Certified with or without KLB logo. Available from [www.playinchoc.com](http://www.playinchoc.com).

-  Gift Sets 
-  JustChoc 
-  ToyChoc 

## POPPETS

- P** Minty
- D** Orangy
- D** Salted Caramel Fudge
- D** Toffee

## QUIGGIN'S

- P** Kendal Mint Cake Brown
- P** Kendal Mint Cake Chocolate Covered
- P** Kendal Mint Cake White

## RICOLA

- P** Honey Lemon Echinacea
- P** Original Swiss Herb

## ROWNTREE'S

- NK** Berry Hearts
- NK** Gummy Bears
- NK** Jelly Snakes
- NK** Randoms
- NK** Safari Mix
- P** Vegan Dessert Pastilles
- P** Vegan Fruit Gums
- P** Vegan Fruit Pastilles



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Telephone Enquiries  
020 8343 6247

- P** Vegan Fruit Pastilles Strawberry & Blackcurrant
- NK** Vegan Jelly Tots
- NK** Vegan Pick & Mix
- P** Vegan Tropical Tots

## SEED & BEAN

Certified with or without KLBD logo. For stockists see [www.seedandbean.co.uk](http://www.seedandbean.co.uk).

- K<sup>DB</sup>** Dark Chocolate Coconut & Raspberry
- K<sup>DB</sup>** Dark Chocolate Cornish Sea Salt
- K<sup>DB</sup>** Dark Chocolate Espresso
- K<sup>DB</sup>** Dark Chocolate Extra 72%
- K<sup>DB</sup>** Dark Chocolate Just Ginger
- K<sup>DB</sup>** Dark Chocolate Lavender
- K<sup>DB</sup>** Dark Chocolate Lemon & Cardamom
- K<sup>DB</sup>** Dark Chocolate Mandarin & Ginger
- K<sup>DB</sup>** Dark Chocolate Mint
- K<sup>DB</sup>** Dark Chocolate Orange & Thyme
- K<sup>DB</sup>** Dark Chocolate Sicilian Hazelnut
- K<sup>DB</sup>** Milk Chocolate Cornish Sea Salt & Lime
- K<sup>DB</sup>** Milk Chocolate Rich
- K<sup>DB</sup>** Milk Chocolate Smooth Praline

## SESAME KINGDOM

Flavoured halva certified KLBD Parev. Order from [www.sesamekingdom.co.uk](http://www.sesamekingdom.co.uk).

## SESAME SNAPS

- P** Chocolate
- P** Coconut
- P** Original

## SIMPKINS

For a full list of Simpkins products see [www.isitkosher.uk](http://www.isitkosher.uk).

- P** After Dinner Mints
- P** Drops Barley Sugar
- P** Drops Forest Fruit
- P** Drops Mixed Fruit
- P** Drops Mixed Mint
- P** Drops Orange, Lemon & Grapefruit
- P** Drops Tropical Fruit
- P** Liquorice Sticks
- P** Olde Miner Original

## SKITTLES

- P** Crazy Sours
- P** Crazy Sours Giants
- P** Desserts
- P** Fruits
- P** Fruits Chewies No Shell
- P** Fruits Giants
- P** Fruits Giants Goopy
- P** Smoothies
- NK** Squishy Cloudz
- P** Tropical
- P** Wild Berry



Product Enquiry Line  
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## CONFECTIONERY CONT'D...

### SMINT

- P** 2 Hours Clean Breath
- P** Mint
- P** XXL Peppermint
- P** XXL Spearmint
- NK** XXL Strawberry
- P** XXL Sweet Mint

### STARBURST

- NK** Chewing Gum
  - P** Chews Original Fruit
  - P** Chews Original Minis
- Other Chews are not approved.*

### TAVENERS

- NK** All Products

### TERRY'S CHOCOLATE

- D** Milk Ball
- D** Milk Ball Mint
- D** Orange Ball Dark
- D** Orange Ball Milk
- D** Orange Ball Toffee Crunch
- D** Orange Ball White
- D** Orange Bar Milk
- D** Orange Minis Milk
- D** Orange Minis White

### THE JELLY BEAN FACTORY

- S** Jelly Beans 

### THE NATURAL CONFECTIONERY COMPANY

- NK** All Products

### TIC TAC

- P** Berry Bliss
- NK** Cherry Cola
- P** Citrus Mix
- P** Fresh Cool Cherry
- P** Fresh Grapefruit Mint
- P** Fresh Mint
- P** Fresh Strong Mint
- NK** Fruit Adventure
- NK** Lime & Orange
- P** Sprite Lemon Lime

### TOBLERONE

- D** Crunchy Almonds
- D** Dark
- D** Fruit & Nut
- D** Golden Caramel
- D** Milk
- D** Orange Twist
- D** Tiny
- D** White

### TREBOR

- NK** Extra Strong Peppermint
- NK** Extra Strong Spearmint
- P** Softmints Peppermint
- P** Softmints Spearmint

### TRIDENT

- NK** All Products

### VIMTO

- NK** All Products

### WERTHER'S ORIGINAL

- D** Butter Candies
- D** Creamy Filling
- D** Creamy Toffees
- D** Soft Caramels
- D** Soft Eclairs

### WRIGLEY'S

*Certified by KF when bearing the KF logo or when the product code by the date stamp begins with 01, 50 or contains 1FK.*

- S** Gum Airwaves Black Mint
- S** Gum Airwaves Blackcurrant
- S** Gum Airwaves Cherry Menthol
- S** Gum Airwaves Extreme
- S** Gum Airwaves Menthol & Eucalyptus
- S** Gum Doublemint
- S** Gum Extra Apple
- S** Gum Extra Blueberry
- S** Gum Extra Cool Breeze
- S** Gum Extra Ice Peppermint
- S** Gum Extra Ice Spearmint
- S** Gum Extra Peppermint
- S** Gum Extra Spearmint
- S** Gum Extra Strawberry
- S** Gum Extra Watermelon
- S** Gum Extra White
- S** Gum Extra White Bubblemint
- S** Gum Extra White Melon Mint
- S** Gum Juicy Fruit
- S** Gum Refreshers Extra Bubblemint
- S** Gum Refreshers Extra Peppermint
- S** Gum Refreshers Extra Spearmint
- S** Gum Refreshers Extra Strawberry Lemon
- S** Gum Refreshers Extra Tropical
- S** Mints Extra Peppermint

### XXX

- NK** Extra Strong Mints

### YUMMY MONEY

*Available from kosher shops.*

-  Candy Cash



## CRACKERS & RICE CAKES

### JACOB'S

Pas Palter.

-  Cream Crackers
-  Cream Crackers High Fibre
-  Cream Crackers Snack Packs



### KALLO

- P** Corn Ancient Grains
- P** Corn Lightly Salted
- P** Corn Thins Lightly Salted
- P** Lentil Protein Packed
- P** Rice & Corn Blueberry & Vanilla
- P** Rice Apple & Cinnamon
- D** Rice Dark Chocolate
- D** Rice Milk Chocolate
- P** Rice Lightly Salted
- P** Rice Lightly Salted Organic
- D** Rice Minis Belgian Dark Chocolate
- D** Rice Minis Milk Chocolate
- D** Rice Thins Belgian Dark Chocolate
- D** Rice Thins Belgian Milk Chocolate
- P** Rice Unsalted Organic
- NK** Veggie Beetroot
- NK** Veggie Caramelised Onion Chutney

### RAKUSEN'S

-  Snackers
-  Snackers Chocolate
-  Snackers Gluten Free
-  Snackers Mini Curry
-  Snackers Mini Garlic
-  Snackers Mini Herb & Onion
-  Snackers Mini Sea Salt & Black Pepper

### REAL FOODS

- S** Corn Thins Multigrain
- S** Corn Thins Original

### RUDE HEALTH

-  Buckwheat
-  Chickpea & Lentil
-  Corn
-  Multigrain

### TUC

Pas Palter. Only packs produced and sold in the UK. Packs manufactured overseas and sold in discount stores are not approved.

-  Crackers Original

### WAITROSE DUCHY ORGANIC

- D** Biscuits Oaten

## CRISPS & SNACKS

See also NUTS p.31.



### 10 ACRE

Available from kosher shops and other independent retailers.

-  Crisps BBQ Beef
-  Crisps Cheese & Onion
-  Crisps Cheesy Chilli
-  Crisps Fried Chicken
-  Crisps Sea Salt

### ALDI SNACKRITE

- P** Crisps Ready Salted

### ASDA

- P** Crisps Ready Salted

### BETTR

Available from TK Maxx, Abel & Cole and [www.smartorganic.com](http://www.smartorganic.com).

-  Chips Apple Original

### BUTTERKIST

- P** Popcorn Microwave Salted
- P** Popcorn Microwave Sweet
- P** Popcorn Microwave Sweet & Salty

### COFRESH

-  Chakri Rice Sticks Chilli Lemon
-  Chakri Rice Sticks Garlic
-  Chakri Rice Sticks Plain
-  Chakri Rice Sticks Salted
-  Channa Dall
-  Crinkles Hot Chilli
-  Grills Potato Cheese & Onion
-  Grills Potato Chilli & Lemon
-  Grills Potato Chilli & Lime
-  Grills Potato Chilli Cheese
-  Grills Potato Jalapeno
-  Grills Potato Masala
-  Grills Potato Peri Peri
-  Grills Potato Sweet Chilli
-  Hoops Hot Chilli
-  Mix Balti
-  Mix Bombay
-  Mix Bombay Hot
-  Mix Bombay Luxury
-  Mix Jalfrezi
-  Mix London
-  Poppadum Curls Chilli Lemon
-  Poppadum Curls Mango Chutney
-  Poppadum Curls Sweet Chilli
-  Spirals Hot Chilli

### DORITOS

Doritos purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher shops.



## CRISPS & SNACKS CONT'D...

### EAT REAL

-  Hummus Chips Belazu Rose Harissa & Creamy Yoghurt
-  Hummus Chips Chilli & Lemon
-  Hummus Chips Creamy Dill
-  Hummus Chips Salted
-  Hummus Chips Sea Salt Organic
-  Hummus Chips Sour Cream & Chive
-  Hummus Chips Tomato & Basil
-  Lentil Chips Chilli & Lemon
-  Lentil Chips Creamy Dill
-  Lentil Chips Mango & Mint
-  Lentil Chips Salted
-  Lentil Chips Sea Salt Organic
-  Lentil Chips Tomato & Basil
-  Quinoa Chips Chilli & Lime
-  Quinoa Chips Sour Cream & Chive
-  Quinoa Chips Sundried Tomato & Roasted Garlic
-  Quinoa Chips Sweet Chilli
-  Veggie Straws Kale, Tomato & Spinach
-  Veggie Straws Kids Tomato, Kale & Spinach
-  Veggie Straws Spinach, Tomato & Beetroot Organic

### FAIRFIELDS FARM

KLBD certified with or without logo.

-  Crisps Lightly Sea Salted

### GOLDEN WONDER

- P** Crisps Ready Salted
- P** Crisps Salt & Vinegar

### GOOD & HONEST POPPED CRISPS

Available from Ocado.

-  Protein Salt & Black Pepper
-  Protein Sweet BBQ
-  Salted
-  Sweet & Salty
-  Sweet BBQ
-  Sweet Chilli
-  Veggie Salted Chickpea, Purple Sweet Potato & Green Pea
-  Veggie Salted Soya, Potato, Black Bean & Green Pea
-  Veggie Sweet Chilli

### KETTLE

Certified with KLBD logo or stating 'Made in the UK'. Other packs are not approved.

-  Chips Lightly Salted
-  Chips Sea Salt Peppercorns

### KIDDYLICIOUS

Other varieties are not approved.

-  Veggie Straws (Potato, Rice & Pea) 

-  Veggie Straws Sour Cream & Chive 

### KIRKLAND SIGNATURE

Available from Costco.

-  Crisps Crinkle Cut Himalayan Salt

### KP

- NK** Discos
  - NK** Frisps
  - P** Hula Hoops Original
- Big Hula Hoops and flavoured varieties are not approved.*

### LIDL SNAKTASTIC

- P** Crisps Ready Salted

### LOVE CORN

-  BBQ
-  Cheese & Onion
-  Habanero Chilli
-  **D** Milk Chocolate & Sea Salt
-  Salt & Vinegar
-  Sea Salt
-  Sour Cream & Chive
-  Sweet & Salty

### MCCOYS

Excludes Chip Shop Sea Salted Chips. Flavoured varieties are not approved.

- P** Ridge Cut Salted

### MONSTER MUNCH

- NK** All Varieties

### POP YUM

Available from Amazon and kosher shops.

-  Popcorn Blueberry
-  Popcorn Butterscotch
-  Popcorn Gourmet Choco Cherry Swissroll
-  Popcorn Gourmet Chocolate Caramel
-  Popcorn Gourmet Cinnamon Roll
-  Popcorn Gourmet Cookies & Cream
-  Popcorn Gourmet Hawaiian Punch
-  Popcorn Gourmet Lotus
-  Popcorn Gourmet Mint Chocolate
-  Popcorn Gourmet Mochaccino
-  Popcorn Gourmet Peanut Chew
-  Popcorn Gourmet Pecan Pie
-  Popcorn Gourmet Salted Caramel
-  Popcorn Gourmet Strawberries & Cream
-  Popcorn Raspberry
-  Popcorn Salty
-  Popcorn Strawb & Banana
-  Popcorn Sweet
-  Popcorn Sweet & Salty
-  Popcorn Toffee Apple



## POPZ

- S Microwave Popcorn Butter 
- S Microwave Popcorn Light 
- S Microwave Popcorn Paprika 
- S Microwave Popcorn Salted 
- S Microwave Popcorn Sweet 
- S Microwave Popcorn Sweet & Salty 
- S Microwave Popcorn Wasabi 

## PRINGLES

Pringles purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher shops.

## PROPER CHIPS

Other varieties are not approved.

-  Lentil Chips Sea Salt

## PROPER CORN

-  Popcorn Kids Simply Sweet
-  Popcorn Sea Salted
-  Popcorn Sweet
-  Popcorn Sweet & Salty

## PURELY

For stockists see <https://welovepurely.com/>.

- P Plantain Chips Nice & Spicy
- P Plantain Chips Sea Salt
- P Plantain Chips Wild Garlic

## RUDE HEALTH

-  Triangles Chickpea
-  Triangles Corn
-  Triangles Lentil High Protein

## SAINSBURY'S

- P Crisps Ready Salted

## SCRUBBYS

-  Chips Hummus Chilli & Lemon
-  Chips Hummus Chilli & Lime
-  Chips Hummus Creamy Dill
-  Chips Hummus Jalapeno & Cheddar Cheese
-  Chips Hummus Sea Salt
-  Chips Hummus Sundried Tomato & Basil
-  Chips Lentil Chilli & Lemon
-  Chips Lentil Creamy Dill
-  Chips Lentil Hot & Spicy
-  Chips Lentil Sea Salt
-  Chips Lentil Sundried Tomato & Basil
-  Chips Quinoa Chilli & Lime
-  Chips Quinoa Hot & Spicy
-  Chips Quinoa Plain
-  Chips Quinoa Sour Cream & Chives

-  Chips Quinoa Tomato & Roasted Garlic

## SEVEN CONTINENTS

Available from Costco.

-  Himalayan Pink Salt Ridged

## SHALIMAR

-  Aloo Bhujia
-  Bombay Mix
-  Chiwda
-  Corn Flakes Mix
-  Popcorn Chilli Lemon
-  Popcorn Mango Chutney
-  Potato Crinkles Hot & Spicy
-  Potato Grills Chilli Lemon
-  Potato Grills Piri Piri
-  Potato Hoops Hot & Spicy
-  Potato Spirals Salt & Vinegar

## SMITHS

- NK Chipsticks Salt 'n' Vinegar

## SNAPS

- NK Spicy Tomato

## TESCO

- P Crisps Ready Salted

## TESCO STOCKWELL & CO

- P Crisps Ready Salted

## TYRRELL'S

- P Crisps Sweet Potato
- P Crisps Veg Sea Salt

## WAITROSE ESSENTIAL

- P Crisps Ready Salted

## WALKERS

Only the following are approved. Other varieties are Not Kosher.

- P Crisps Lightly Salted
- P Crisps Ready Salted
- P Crisps Salt & Shake

## DESSERTS

See also YOGHURT DRINKS p.44 and YOGHURTS & DAIRY DESSERTS p.44.



## ALPRO

- P Caramel
- P Chocolate
- P Chocolate Dark
- P Custard Vanilla
- P Velvet Vanilla

## DESSERTS CONT'D...

### AMBROSIA

- D** Deluxe Custard Belgian Chocolate
- D** Deluxe Custard Vanilla Madagascar
- D** Deluxe Custard West Country Cream
- D** Devon Custard
- D** Devon Custard Banana
- D** Devon Custard Chocolate
- D** Devon Custard Light
- NK** Devon Custard Strawberry
- D** Mini Custard
- D** Mini Custard Banana
- D** Mini Custard Less Sugar

### BIRD'S

- NK** Angel Delight
- D** Creme Caramel Mix
- D** Custard Instant
- D** Custard Instant Low Fat
- P** Custard Powder Original

### DOLE

Other varieties of Fruit in Jelly are Not Kosher.

- P** Fruit in Jelly Tropical

### GREEN'S

- D** Mix Sweet Carmelle
- P** Quick Jel Orange
- P** Quick Jel Red

### HARTLEY'S

- NK** Jelly Crystals Sugar Free
- NK** Jelly Cubes
- P** Jelly Pots 10 Cal Apple & Watermelon
- P** Jelly Pots 10 Cal Blueberry & Blackcurrant
- P** Jelly Pots 10 Cal Cherry Bakewell Tart
- P** Jelly Pots 10 Cal Cosmopolitan
- P** Jelly Pots 10 Cal Cranberry & Raspberry
- P** Jelly Pots 10 Cal Gin & Tonic
- P** Jelly Pots 10 Cal Mango & Passionfruit
- P** Jelly Pots 10 Cal Orange
- P** Jelly Pots 10 Cal Peach on the Beach
- P** Jelly Pots 10 Cal Pina Colada
- P** Jelly Pots 10 Cal Raspberry
- P** Jelly Pots 10 Cal Raspberry Jam Doughnut
- P** Jelly Pots 10 Cal Raspberry Lemonade
- P** Jelly Pots 10 Cal Rhubarb & Custard
- P** Jelly Pots 10 Cal Strawberry
- P** Jelly Pots 10 Cal Strawberry Daiquiri

- P** Jelly Pots Blackcurrant
- P** Jelly Pots Lemon & Lime
- P** Jelly Pots Mango
- P** Jelly Pots Orange
- P** Jelly Pots Raspberry
- P** Jelly Pots Strawberry
- P** Jelly Sours Apple
- P** Jelly Sours Cherry
- P** Jelly Sours Lemon
- P** Jelly Sours Strawberry
- P** Jelly Sours Watermelon
- P** Sugar Free Jelly Pots Blackcurrant
- P** Sugar Free Jelly Pots Orange
- P** Sugar Free Jelly Pots Raspberry
- P** Sugar Free Jelly Pots Strawberry

### OATLY

- P** Custard Vanilla

### PROVAMEL

- P** Soya Chocolate
- P** Soya Vanilla

### THE BRIDGE BIO

For stockists see [www.thebridgebio.com](http://www.thebridgebio.com).

-  Oat Cacao
-  Oat Vanilla
-  Rice Cacao
-  Rice Vanilla
-  Soya Cacao
-  Soya Vanilla

## ENERGY & PROTEIN SNACKS

Some of the products in this section are gluten or wheat free. To request a list of all products in the guide which are gluten or wheat free, email [info@kosher.org.uk](mailto:info@kosher.org.uk).



### BOOSTBALL

- NK** Protein Bites

### BOUNCE

Contain kosher grape juice. For stockists see <https://uk.bouncefoods.com/>.

-  Plant Protein Ball Almond
-  **D** Plant Protein Ball Choc Brownie
-  **D** Plant Protein Ball Hazelnut Praline
-  Plant Protein Ball Maple Pecan Cashew
-  **D** Plant Protein Ball Millionaire
-  Plant Protein Ball Peanut Cacao
-  **D** Protein Ball Almond
-  **D** Protein Ball Cocoa Peanut
-  **D** Protein Ball Coconut Macadamia
-  **D** Protein Ball Peanut
-  **D** Protein Ball Salted Caramel



## CREATIVE NATURE

For stockists see  
[www.creativenaturesuperfoods.co.uk](http://www.creativenaturesuperfoods.co.uk).

- Flapjack Blueberry Muffin
- Oatie Cacao Chocolate

## FULFIL

- NK** Vitamin & Protein Bars

## GRENADE

- NK** Protein Bars

## KIND

Kosher certified Dairy gluten free bars bearing a hechsher. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## LEXI'S

Available from [www.lexistreats.com](http://www.lexistreats.com).

- D** Protein Blueberry Bliss
- D** Protein Double Choc Chip

## MARS

- NK** Hi Protein Bars

## NAKD

- Protein Caramel
- Protein Cocoa Hazelnut
- Protein Peanut Butter

## NATURE VALLEY

- D** Protein Peanut & Chocolate
- D** Protein Salted Caramel Nut

## PHD

- NK** Smart Bars

## ROO'BAR

Energy & protein snacks certified KLBD Parev with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## THE PROTEIN BALL CO

Contain kosher grape juice. For stockists see  
[www.theproteinballco.com](http://www.theproteinballco.com).

- Breakfast Muffin Oat Blueberry
- Breakfast Muffin Oat Coffee
- D** High Protein Cacao & Orange
- High Protein Cherry Bakewell
- D** High Protein Coconut & Macadamia
- D** High Protein Peanut Butter
- Keto Balls Blondies Peanut Butter
- Keto Balls Blondies Salted Caramel
- Keto Balls Brownies Classic Choc
- Plant Protein Goji & Coconut
- Plant Protein Lemon & Pistachio
- Plant Protein Peanut Butter
- Plant Protein Raspberry Brownie

## TREK PROTEIN

Contain kosher grape juice. Power Bars and Protein Nut Bars with similar names are not approved.

- Energy Bar Cocoa Chaos
- Energy Bar Peanut Power

Certified with or without KLBD logo.

- D** Flapjack Cocoa Coconut
- D** Flapjack Cocoa Oat
- D** Flapjack Morning Berry
- D** Flapjack Original Oat
- D** Flapjack Peanut Butter
- D** Flapjack Smooth Lemon
- D** Flapjack White Choc & Raspberry

## ENERGY & SPORTS DRINKS

Protein water can be problematic as it may contain collagen from animal sources, which is Not Kosher. You are advised to check the ingredients declaration before purchase. For Vitamin Water, see SOFT DRINKS p.34.



## BOOST

- P** Energy Cherry
- P** Energy Citrus
- P** Energy Exotic Fruits
- P** Energy Original
- P** Energy Red Berry
- P** Energy Sugar Free Original
- P** Energy Sugar Free Punch Power
- P** Sport Citrus
- P** Sport Mixed Berry
- P** Sport Orange
- P** Sport Tropical Berry

## GATORADE

- P** Cool Blue
- P** Orange
- P** Tropical Burst

## LUCOZADE ALERT

- P** Blue Rush
- P** Cherry Blast
- P** Original
- P** Tropical Burst
- P** Ultimate Energy
- P** Zero Mango & Peach

## LUCOZADE ENERGY

- P** Apple
- P** Blue Burst
- P** Caribbean Crush
- P** Cherry
- P** Orange
- P** Original
- P** Zero Sugar Orange
- P** Zero Sugar Original



## ENERGY & SPORTS DRINKS CONT'D...

- P Zero Sugar Pink Lemonade
- P Zero Sugar Tropical

## LUCOZADE SPORT

- P Blue Force
- P Caribbean Burst
- P Fitwater
- P Fruit Punch
- P Mango & Passion Fruit
- P Orange
- P Raspberry
- P Zero Sugar Orange & Peach
- P Zero Sugar Raspberry & Passionfruit

## MONSTER ENERGY

- P Energy
- NK Juiced Khaotic
- NK Juiced Mango Loco
- P Juiced Monarch
- P Juiced Ripper
- P Lewis Hamilton
- NK Punch Mixxd
- P Punch Pacific
- P Punch Pipeline
- P The Doctor
- P Ultra
- P Ultra Fiesta Mango
- P Ultra Paradise
- P Zero Sugar

## MOUNTAIN DEW

- P Citrus Blast
- P Citrus Sugar Free

## POWERADE

- P Berry & Tropical

## PWR BRU ENERGY

- P Diablo Cherry
- P Dropkick Tropical
- P Maverick Berry
- P Original

## RED BULL

- P Energy Drink
- P Sugarfree
- P The Edition Apricot
- P The Edition Apricot Sugarfree
- P The Edition Blue Juneberry
- P The Edition Blue Juneberry Sugarfree
- P The Edition Green Curuba Elderflower
- P The Edition Green Curuba Elderflower Sugarfree
- P The Edition Pink Forest Fruits Sugarfree
- P The Edition Red Watermelon

- P The Edition Summer White Peach
- P The Edition Summer White Peach Sugarfree
- P The Edition Tropical 🍌
- P The Edition Winter Iced Vanilla Berry
- P Zero Calories

## RELENTLESS

- P Cherry
- P Origin

## ROCKSTAR

- P Juiced El Mango
- P Juiced Tropical Punched
- P Original
- P Refresh Strawberry & Lime
- P Refresh Watermelon & Kiwi
- P Tropical Guava Punched
- P Xdurance Blueberry Pomegranate Acai

## RUBICON RAW ENERGY

- NK Apple & Guava
- NK Cherry & Pomegranate
- P Orange & Mango
- P Pineapple & Passionfruit
- NK Raspberry & Blueberry
- NK Zero Peach & Berry

## VIEVE

- NK Protein Water

## VIMTO

- NK Energy

## WOW HYDRATE

- NK Protein & Vitamin Water

## FRUIT JUICES

As a general rule, pure fruit and vegetable juices are permitted, except for grape juice, which must be produced under Rabbinical supervision. Please note smoothies often contain grape juice and thus even varieties not containing grape juice are generally problematic due to shared use of equipment. See also SOFT DRINKS p.34.



## FRUIT SNACKS

Plain dried fruit, with or without preservatives, is permitted. Oil or glycerine is sometimes added as a humectant, so it is important to check the ingredients declaration to make sure that only vegetable oil is used, as glycerine is not permitted. Special care should be taken with dried dates as they are often coated with glycerine. Glace cherries are permitted provided they do not contain E120. Please note that dried fruits which are commonly infested still require careful checking. See also CONFECTIONERY p.11 and SNACK BARS p.32.



## BEAR

-  Bars Carrot Cake
  -  Bars Forest Fruit
  -  Bites Blackcurrant & Beetroot 
  -  Bites Strawberry & Butternut Squash 
  -  Fruit Splits Apple Cherry Sour 
  -  Fruit Splits Raspberry Pineapple 
  -  Fruit Splits Sour Berry & Mango 
  -  Fruit Splits Strawberry Apple 
  -  Fruit Treasures Berry 
  -  Fruit Treasures Tropical 
  -  Little Paws Apple & Blackcurrant 
  -  Little Paws Apple & Pumpkin 
  -  Little Paws Mango & Carrot 
  -  Little Paws Raspberry & Blueberry 
  -  Little Paws Smoothie Blueberry & Banana 
  -  Little Paws Smoothie Peach & Banana 
  -  Little Paws Strawberry & Apple 
  -  Yoyo Giant Apple & Blackcurrant 
  -  Yoyo Giant Strawberry & Mango 
  -  Yoyos Apple 
  -  Yoyos Blackcurrant 
  -  Yoyos Mango 
  -  Yoyos Raspberry 
  -  Yoyos Smoothie Blueberry & Banana 
  -  Yoyos Smoothie Peach & Banana 
- Certified with or without KLBD logo.*
-  Yoyos Smoothie Strawberry & Banana 
  -  Yoyos Strawberry 
  -  Yoyos Tropical 
  -  Yoyos Xtreme Sour Mango 
  -  Yoyos Xtreme Sour Strawberry 

## BEAR FRUIT

-  Blueberries
-  Cherries
-  Coconut Chips
-  Mango
-  Mango & Passionfruit, Lime
-  Pineapple
-  Strawberry

## BIOITALIA

*Available from kosher shops.*

-  Smoothie Apple
-  Smoothie Apple & Blackcurrant
-  Smoothie Apple, Kiwi & Spinach
-  Smoothie Apple, Strawberry & Banana
-  Smoothie Apricot, Carrot & Pumpkin
-  Smoothie Pear & Banana
-  Smoothie Plum

## CLEARSPRING

*For stockists see [www.clearspring.co.uk](http://www.clearspring.co.uk).*

-  Fruit Puree 100% Apple & Blueberry
-  Fruit Puree 100% Apple & Mango
-  Fruit Puree 100% Banana, Blueberry & Strawberry
-  Fruit Puree 100% Banana, Strawberry & Mango
-  Fruit Puree 100% Pear
-  Fruit Puree Apple
-  Fruit Puree Apple & Apricot
-  Fruit Puree Apple & Blueberry
-  Fruit Puree Apple & Cranberry
-  Fruit Puree Apple & Mango
-  Fruit Puree Apple & Pineapple
-  Fruit Puree Apple & Plum
-  Fruit Puree Apple & Strawberry
-  Fruit Puree Apple, Banana & Strawberry
-  Fruit Puree Apple, Mango & Coconut
-  Fruit Puree Pear
-  Fruit Puree Pear & Banana
-  Fruit Puree Pear, Apple & Peach
-  Fruit Puree Prune

## FREDDIE'S FARM

*For stockists see [www.freddiesfarmsnacks.co.uk](http://www.freddiesfarmsnacks.co.uk).*

-  Berry Bars Blueberry
-  Berry Bars Raspberry
-  Berry Bars Strawberry
-  Fruit Shapes Apple
-  Fruit Shapes Blueberry
-  Fruit Shapes Raspberry

## FRUIT BOWL

- D** Dino Eggs
-  Flakes Blackcurrant
-  Flakes Raspberry
-  Flakes Strawberry
-  Flakes Unicorn
-  Fruity Twists Blueberry Bubblegum
-  Fruity Twists Strawberry & Vanilla
-  Peelers Blackcurrant
-  Peelers Raspberry
-  Peelers Strawberry
- S** School Bars Apple 
- S** School Bars Blackcurrant 
- S** School Bars Raspberry 
- S** School Bars Strawberry 
- D** Yogurt Flakes Blackcurrant
- D** Yogurt Flakes Raspberry
- D** Yogurt Flakes Strawberry
- D** Yogurt Raisins

## FRUTINA

- S** Apple & Apricot
- S** Apple & Mango
- S** Apple & Raspberry

## FRUIT SNACKS CONTD...

- S Apple & Strawberry
- S Apple & Wildberry

## GO GO SQUEEZ

- S Apple
- S Apple Berries
- S Apple Mango
- S Apple Strawberry

## KELLOGG'S

- S Fruit Winders Mango
- S Fruit Winders Strawberry
- S Fruit Winders Strawberry & Apple
- S Fruit Winders Strawberry & Blackcurrant

## OCEAN SPRAY

- P Craisins Original
- NK Cranberries Fibre Boost Reduced Sugar
- D Cranberries Greek Style Yoghurt

## ORGANIX KIDS

- P Crunchy Waves Crazy Carrot
- P Crunchy Waves Tangy Tomato
- P Flapjack Bites Choco Mint
- P Flapjack Bites Choco Orange
- P Oaty Bars Lemon & Lime
- P Oaty Bars Mandarin & Apple
- P Smash Pouch Apple & Mango
- P Smash Pouch Red Berries & Apple

## THE DORMEN MOMENTS

Available from Tree of Life, The Health Store, independent wholesalers and [www.thedormenfoodcompany.com](http://www.thedormenfoodcompany.com).

- K<sup>cert</sup> Mango, Passionfruit & Cashews
- K<sup>cert</sup> D Pineapple
- K<sup>cert</sup> D Strawberry
- K<sup>cert</sup> D Strawberry & Banana

## THE FRUIT FACTORY

- NK Fruit Strings

## WHITWORTHS SHOTS

Only the listed products are certified. For other Whitworths Shots see NUTS p.31.

- K<sup>cert</sup> D Berry & White Chocolate
- K<sup>cert</sup> D Fruity Biscuit
- K<sup>cert</sup> D Raisin & Chocolate

## ZOMBIE

- P Bars Blackberry Death
- P Bars Man Ghould Mango
- P Bars Straw Buried
- P Bars Twisted Orange
- P Gummies Fruit
- P Gummies Sours

## HOT CHOCOLATE & MALTED DRINKS



## CADBURY

- K<sup>cert</sup> Drinking Chocolate
- D Highlights Milk Choc
- D Hot Chocolate Instant
- K<sup>cert</sup> Hot Chocolate Original

## DIVINE

- P Smooth Hot Chocolate

## FIRETREE

Available from Amazon and [www.firetreechocolate.com](http://www.firetreechocolate.com).

- K<sup>cert</sup> Philippines Mindanao Island
- K<sup>cert</sup> Solomon Islands Guadalcanal
- K<sup>cert</sup> D Solomon Islands Guadalcanal Milk
- K<sup>cert</sup> Vanuatu Malekula Island

## GALAXY

- P Drinking Chocolate
- D Hot Chocolate Frothy
- D Hot Chocolate Instant
- D Hot Chocolate Instant Light
- P Hot Chocolate Instant Vegan

## GREEN & BLACK'S ORGANIC

- P Hot Chocolate

## HORLICKS

- D Chocolate
- D Instant
- D Original
- P Vegan

## MALTESERS

- D Hot Chocolate

## NESQUIK

- P Hot Chocolate

## NESTLE

- D Aero Hot Choc

## OPTIONS

- D Belgian Choc
- D Belgian Choc Mint
- D Belgian Choc Orange
- D Belgian Choc Salted Caramel
- D Belgian Choc Vegan
- D White Choc

## OVALTINE

- D Chocolate Light Add Water
- D Original Add Milk



**D** Original Light Add Water

## TWININGS

**D** Swiss Chocolate



## ALPINE

KLBD certified ice cream cones and wafers with logo. Available from kosher shops and supermarkets with a kosher section.

## ASKEYS

- D** Cafe Curls
- P** Cones Classic
- P** Cones Cup
- P** Cones Waffle
- P** Cones Waffle Green
- NK** Cones Waffle Pink
- D** Pompadour Fans
- P** Wafers



## ALPINE

KLBD certified ice creams and sorbets with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## BASKIN ROBBINS

Excludes toppings, cones and flavours not listed. Baskin Robbins shops and kiosks are not supervised by KLBD. A clean scoop should be used when purchasing from an open container.

- K<sup>OU</sup> D** Banana Caramel
- K<sup>OU</sup> D** Banana 'n Strawberry
- K<sup>OU</sup> D** Blue Raspberry Sherbet
- K<sup>OU</sup> D** Caramel Honeycomb Candy
- K<sup>OU</sup> D** Chocolate
- K<sup>OU</sup> D** Chocolate Chip Cookie Dough
- K<sup>OU</sup> D** Coconut
- K<sup>OU</sup> D** Cookies 'n Cream
- K<sup>OU</sup> D** Cool Mint Cookie
- K<sup>OU</sup> D** Cotton Candy
- K<sup>OU</sup> D** Gold Medal Ribbon
- K<sup>OU</sup> D** Jamoca
- K<sup>OU</sup> D** Jamoca Almond Fudge
- K<sup>OU</sup> D** Mango Tango
- K<sup>OU</sup> D** Mint Choc Chip
- K<sup>OU</sup> D** Mississippi Mud
- K<sup>OU</sup> D** Nutty Coconut
- K<sup>OU</sup> D** Orange Sherbet
- K<sup>OU</sup> D** Pistachio Almond
- K<sup>OU</sup> D** Pralines 'n Cream
- K<sup>OU</sup> D** Rainbow Sherbet
- K<sup>OU</sup> D** Red Raspberry Sherbet
- NK** Rum Raisin

- K<sup>OU</sup> D** Sorbet Blue Raspberry
- K<sup>OU</sup> D** Sorbet Lemon
- K<sup>OU</sup> D** Sorbet Mango
- K<sup>OU</sup> D** Strawberry
- NK** Strawberry Cheesecake
- K<sup>OU</sup> D** Vanilla
- K<sup>OU</sup> D** Vanilla Chocolate Chip
- K<sup>OU</sup> D** Very Berry Strawberry
- K<sup>OU</sup> D** World Class Chocolate

## BEN & JERRY'S

- SD** Baked Alaska
- SD** Caramel Brownie Party
- SD** Caramel Chew Chew
- SD** Choco Lotta Cheesecake
- SD** Chocolate Fudge Brownie
- SD** Chocolatey Love A Fair
- SD** Chunky Monkey
- SD** Cookie Dough
- SD** Cookie Dough S'wich Up
- SD** Core Karamel Sutra
- SD** Dulce de Lish
- SD** Half Baked
- SD** Lighten Up Vanilla Brownie
- SD** Minter Wonderland
- SD** Netflix & Chill'd
- SD** Non Dairy Chocolate Fudge Brownie
- SD** Non Dairy Chocolatey Love A Fair
- SD** Non Dairy Cookies on Cookie Dough
- SD** Non Dairy Sundae Caramel Cafe
- SD** Non Dairy Sundae Oat of This Swirled
- SD** Peace Pop
- SD** Peanut Butter Cup
- SD** Phish Food
- K<sup>OU</sup> D** Snackable Cookie Dough Chunks Chocolate Chip
- K<sup>OU</sup> D** Snackable Cookie Dough Chunks Salted Caramel
- SD** Spectacu Love
- SD** Strawberry Cheesecake
- SD** Sundae Berry Revolutionary
- SD** Sundae Cookie Vermontster
- SD** Sundae Hazelnuttin' But Chocolate
- SD** Sundae Marshmallow & S'more
- SD** Sundae Oh My Banoffee Pie
- SD** Vanilla

## BOOJA BOOJA

For stockists see [www.boojabooja.com](http://www.boojabooja.com).

- K<sup>OU</sup>** Caramel Pecan Praline Tub
- K<sup>OU</sup>** Chocolate Fudge Brownie Tub
- K<sup>OU</sup>** Chocolate Salted Caramel Tub
- K<sup>OU</sup>** Cookie Dough Tub
- K<sup>OU</sup>** Deeply Chocolate Tub
- K<sup>OU</sup>** Hunky Punky Chocolate Tub
- K<sup>OU</sup>** Keep Smiling Vanilla M'Gorilla Tub



## ICE CREAMS, LOLLIES & SORBET CONT'D...

-  Mango & Raspberry Tub
-  Raspberry Ripple Tub
-  Vanilla Tub

## CADBURY

- D** Creme Egg Stick
- D** Creme Egg Tub
- D** Crunchie Blast Stick
- D** Dairy Milk Stick
- D** Flake 99 Cone
- D** Flake Tub

## CARTE D'OR

- D** Chocolate Tub
- D** Mint Choc Chip Tub
- D** Rum & Raisin Tub
- D** Salted Caramel Tub
- D** Strawberry Tub
- NK** Vanilla & Brownies Tub
- D** Vanilla Light Tub
- D** Vanilla Tub

## DEL MONTE

- NK** 100% Juice Orange Lolly
- P** Cloudy Lemonade Lolly
- P** Smoothie Mango Lolly
- P** Smoothie Raspberry Lolly
- P** Smoothie Sicilian Lemon Lolly

## DOUGHLICIOUS

*Other varieties are not approved.*

-  **D** Cookie Dough & Gelato Bites  
Chocolate Chip
-  **D** Cookie Dough & Gelato Bites  
Chocolate Truffle
-  **D** Cookie Dough & Gelato Bites Mint  
Chocolate Chip

## HAAGEN DAZS

- SD** Belgian Chocolate
- SD** Caramel, Biscuit & Cream
- SD** Coffee
- SD** Collection Caramel
- SD** Collection Favourites
- SD** Collection Fruit
- SD** Collection Vanilla
- SD** Cookies & Cream
- SD** Dulce de Leche
- SD** Gelato 150 Calories
- SD** Macadamia Nut Brittle
- SD** Macaron Double Chocolate  
Ganache
- SD** Macaron Strawberry & Raspberry
- SD** Mango & Raspberry
- SD** Peanut Butter Crunch
- SD** Pralines & Cream
- SD** Rum & Raisin

- SD** Salted Caramel
- SD** Strawberries & Cream
- SD** Strawberry Cheesecake
- SD** Vanilla

## KELLY'S

- D** Clotted Cream Cornish Tub
- D** Clotted Cream Vanilla Mini Tub
- D** Dairy Vanilla Tub
- D** Strawberries & Cream Mini Tub

## LYONS MAID

- D** Vanilla Block
- D** Vanilla Tub

## MARS

-  **D** Bounty Bar
-  **D** Mars Bar
-  **D** Mars Salted Caramel Bar
-  **D** Snickers Bar
-  **D** Snickers White Bar
-  **D** Twix Bar

## MR FREEZE

-  Freezeps Blue Raspberry
  -  Freezeps Cola
  -  Freezeps Multipack
- Certified with or without KLBD logo.*

-  Freezeps Multipack Sour
-  Freezeps Multipack Sugar Free
-  Freezeps Raspberry
-  Freezeps Strawberry
-  Freezeps Tropical
- P** Jubbly Blue Raspberry Lollies
- P** Jubbly Cola Lollies 
- P** Jubbly Orange Lollies 
- P** Jubbly Strawberry Lollies 

## NESTLE

- D** Fab Strawberry & Tropical Minis  
Lolly
- D** Fab Strawberry Lolly
- D** Nobbly Bobbly Stick
- D** Skinny Cow Mint Double Choc Stick
- D** Smarties Pop Up
- D** Toffee Crumble Stick

*70ml only.*

## PIP ORGANIC

- NK** Fruity Lollies

## R WHITES

- P** Lemonade Lolly

## ROBINSONS FRUIT SHOOT

- P** Apple & Blackcurrant Lollies





**GET IT BEFORE**

**JEWISH**  
**TRIBUNE**   
**NEWSPAPER**

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**SALES@JEWISHTRIBUNE.COM**  
**020 3240 0116**  
**07813 826113**

**JEWISH**  
**TRIBUNE** 

## ICE CREAMS, LOLLIES & SORBET CONT'D...

### ROWNTREE'S

- P Fruit Blaster Lolly
- P Fruit Pastilles Lolly
- P Fruit Push Up Blackcurrant
- P Fruit Push Up Blackcurrant & Orange Multipack
- P Fruit Push Up Orange
- P Fruit Push Up Strawberry & Tropical Multipack
- P Fruit Twisties Lolly

### SAINSBURY'S FREE FROM

-  Iced Dessert Choc
-  Iced Dessert Vanilla

### SNOWCREST

KLBD certified ice creams with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

### SWEDISH GLACE

-  Delightful Raspberry Tub
-  Heavenly Chocolate Tub
-  Smooth Vanilla Tub

### TANGO

- P Sub Zero Tang Apple Lollies
- P Sub Zero Tang Blue Raspberry Lollies
- P Sub Zero Tang Cherry Lollies
- P Sub Zero Tang Dark Berry Lollies
- P Sub Zero Tang Orange Lollies

### TREATS

- D Festival Mint Stick
- D Festival Original Stick
- D Zzapp Stick

### VIMTO

- NK Mixed Fruit Lolly

### WALL'S

- P Calippo Cola
- P Calippo Cola Mini
- P Calippo Orange
- P Calippo Orange/Lime Mini
- D Cornetto Classico

Only multipacks of 6.

- D Cornetto Gluten Free Vegan
- D Cornetto Miniature
- D Cornetto Mint
- D Cornetto Soft Chocolate
- D Cornetto Soft Strawberry
- D Cornetto Strawberry

Only multipacks of 6.

- D Cream of Cornish Vanilla Tub

- D Feast Original Stick
- D Magnum Almond Mini Stick
- D Magnum Almond Stick
- D Magnum Classic Mini Stick
- D Magnum Classic Stick
- D Magnum Classic/Almond/White Mini Stick
- D Magnum Mint Stick

Excludes Mini Sticks.

- D Magnum Vegan Almond Stick
- D Magnum Vegan Blueberry Cookie Stick
- D Magnum Vegan Classic Stick
- D Magnum White Mini Stick
- D Magnum White Stick
- D Magnum White/Almond White Mini Stick
- D Mini Milk Chocolate Stick
- D Mini Milk Strawberry Stick
- D Mini Milk Vanilla Stick
- D Soft Scoop Vanilla Light Tub
- D Soft Scoop Vanilla Tub
- D Solero Exotic Stick
- D Solero Red Berries Stick
- P Twister Berrylicious Stick
- P Twister Fruit Zingerrr Stick
- NK Twister Mini Mallow Stick
- P Twister Peek A Blue Stick
- P Twister Pineapple Mini Stick
- P Twister Pineapple Stick
- P Twister Tropical Mini Stick
- D Viennetta Mint
- D Viennetta Vanilla

### MILK SHAKES

#### ALPRO

- P Soya Chocolate
- P Soya Plant Protein Chocolate
- P Soya Strawberry
- P Soya Vanilla



#### COSTA COFFEE

- D Can Flat White
- D Can Latte
- D Can Latte Caramel

#### CRUSHA

- P Banana
- P Chocolate
- P No Added Sugar Chocolate
- P No Added Sugar Raspberry
- P No Added Sugar Strawberry
- P Raspberry
- P Strawberry

# HOW TO CONTACT KLBD



Email  
info@kosher.org.uk

Ask us on  
KLBD Kosher Direct

Call Enquiry Line  
(office hours)  
020 8343 6247

## FRIJZ

- D Banana
- D Chocolate
- D Cookie Dough
- D Fudge Brownie
- D Strawberry

## MARS

- D Galaxy
- D Galaxy Iced Coffee Mocha Latte
- D Iced Coffee Mocha Latte
- D Maltesers
- D Mars Milk
- D Mars Milk Caramel
- D Milky Way
- D Snickers
- D Twix

## NESQUIK

- P Powder Banana
- P Powder Chocolate
- P Powder Strawberry

## OATLY

- P Chilled Chocolate Deluxe
- P Chocolate
- P Vanilla

## NUTS

All plain and roasted nuts are permitted, provided there are no added ingredients other than vegetable oil and salt. For chocolate coated nuts, see CONFECTIONERY p.11.



## BIG D

- P Cashews Salted
- P Peanuts Birds Eye Chilli
- P Peanuts Dry Roasted
- P Peanuts Honey Roasted
- P Peanuts Salted

## COFRESH

- Cashews & Almonds Roasted Salted

- Cashews Balti
- Cashews Roasted Salted
- Nut Mix Caramel Sesame Coated
- Peanuts Caramel Sesame Coated

## KP

- P Cashews Honey Roast
- P Cashews Salted
- P Peanuts Dry Roasted
- P Peanuts Honey Roast
- P Peanuts Original Salted
- P Peanuts Salt & Vinegar
- P Peanuts Spicy Chilli

## SHALIMAR

- Cashews Honey Roasted
- Cashews Salted Roasted
- Nut Selection Roasted
- Peanuts & Cashews Honey Roasted
- Peanuts Honey Roasted
- Peanuts Masala
- Peanuts Salted Roasted
- D** Peanuts Tandoori
- D** Peanuts Thai Sweet Chilli
- Pistachios Salted Roasted

## THE DORMEN

Available from  
www.thedormenfoodcompany.com.

- Almonds Salted
- Bar Mix Salted
- Cashews Salted
- Peanuts Salted
- Pistachios Salted

## WHITWORTHS SHOTS

Only the listed products are certified. For other Whitworths Shots see FRUIT SNACKS p.24.

- D** Chocolate & Hazelnut
- Nuts Salted Caramel
- D** Toffee & Pecan

## PEANUT BUTTER & MARMITE



### DUERR'S

- P Peanut Crunchy
- P Peanut Smooth

### MARMITE

Available from kosher shops, online retailers, Costco and other wholesalers. Other sizes are Not Kosher.

- 600g Tub
- 8g Portions

### MERIDIAN

- P Coconut & Peanut
- P Peanut Crunchy
- P Peanut Crunchy Salt
- P Peanut Richer Roast Crunchy
- P Peanut Richer Roast Smooth
- P Peanut Smooth
- P Peanut Smooth Salt

### MERIDIAN ORGANIC

- P Peanut Crunchy
- P Peanut Crunchy Salt
- P Peanut Smooth
- P Peanut Smooth Salt

### SAINSBURY'S

- P Peanut Crunchy
- P Peanut Smooth

### SKIPPY

- S Creamy
- S Super Chunk

### SUN PAT

- P Peanut Crunchy
- P Peanut No Added Sugar Crunchy
- P Peanut No Added Sugar Smooth
- P Peanut Protein+ Crunchy
- P Peanut Protein+ Smooth
- P Peanut Smooth

### WHOLE EARTH

- P Peanut 100% Crunchy
- P Peanut 100% Smooth
- P Peanut Crunchy
- P Peanut Crunchy Dark Roasted
- P Peanut Crunchy Organic
- P Peanut Drizzler Golden Roasted
- P Peanut Drizzler Salted Caramel
- P Peanut Drizzler Super Smooth
- P Peanut Golden Roasted
- P Peanut Smooth
- P Peanut Smooth Organic

### WOWBUTTER

- S Peanut Free

### SNACK BARS

See also FRUIT SNACKS p.24.

Some of the products in this section are gluten or wheat free. To request a list of all products that are gluten or wheat free, email [info@kosher.org.uk](mailto:info@kosher.org.uk).



### CADBURY

- NK Brunch Light
- D Brunch Oats Choc Chip
- NK Brunch Oats Choc Chip Bournville
- D Brunch Oats Peanut
- D Brunch Oats Raisin

### FREE

- Oat Apple Sultana
- Oat Apricot Chia
- Oat Banana & Chocolate
- Oat Chocolate Chip
- Oat Cranberry

### GO AHEAD

- NK All Products

### JORDANS

- P Frusli Apple & Cinnamon
- NK Frusli Blueberries
- P Frusli Cranberries & Apple
- P Frusli Raisins & Hazelnuts
- P Frusli Red Berries
- P Frusli Sticky Toffee & Apple

### KELLOGG'S

- NK Cereal Bars

Only the following varieties of Special K cereal bars are kosher:

- SD Special K Chocolate Dark
- SD Special K Chocolate Milk
- D Special K Juicy Red Berry

### KIND

Kosher certified Dairy gluten free bars bearing a hechsher. See [www.isitkosher.uk](http://www.isitkosher.uk) for a full list.

### LEXI'S

Available from [www.lexistreats.com](http://www.lexistreats.com).

- D Crispy Treat Marshmallow Bliss
- D Crispy Treat Strawberry & White Choc
- D Crispy Treat Triple Choc Delight

### NAKD

- Almond Macaroon



Teachers • Tutors • Jobs • Kosher • Travel • Food  
 Charities • Give away's • Davening • Treatments  
 Aliyah • Au Pairs • Doctor • Cars • Properties • Rentals  
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-  Apple Danish
-  Bakewell Tart
-  Banana Bread
-  Banoffee Pie
-  Berry Bliss
-  Berry Delight
-  Blueberry Muffin
-  Carrot Cake
-  Cashew Cookie
-  Cocoa Coconut
-  Cocoa Delight
-  Cocoa Orange
-  Cocoa Twist
-  Coffee & Walnut

Certified with or without KLBD logo.

-  Fruit & Fibre Apple & Cinnamon
-  Fruit & Fibre Strawberry & Raspberry

-  Lemon Drizzle
-  Peanut Delight
-  Salted Caramel
-  Strawberry Sundae

## NATURE VALLEY

- P** Crunchy Canadian Maple Syrup
- D** Crunchy Chocolate Chip
- P** Crunchy Oats & Dark Chocolate

- P** Crunchy Oats & Honey
- P** Crunchy Peanut Butter
- P** Crunchy Variety Pack
- D** Sweet & Salty Nut Dark Chocolate & Nuts
- D** Sweet & Salty Nut Roasted Peanut

## NESTLE

- D** Cheerios Honey
- D** Nesquik

## QUAKER

- NK** Oat So Simple Morning
- NK** Porridge to Go

## ROO'BAR

Snack bars certified KLBD Parev with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## TRACKER OATS & GRAINS

- SD** Chocolate & Peanut
- SD** Salted Caramel Fudge

## WEETABIX

- NK** Oaty Bars

## SOFT DRINKS

All soft drinks are permitted, unless they contain grape juice or non-permitted E-numbers (see p.7). Drinks containing unspecified Fruit Extract, Fruit Sugar or Natural Sweeteners should be avoided unless approved, as these could be derived from grape. Smoothies often contain grape juice and thus even varieties not containing grape juice may be problematic due to shared use of equipment. See also ENERGY & SPORTS DRINKS p.23.



### FUP

- P Regular
- P Zero Sugar
- P Zero Sugar Cherry

### APPLETISER

- P Appletiser

### AQUA LIBRA

- P Blood Orange & Mango
- P Cucumber, Mint & Lime
- P Raspberry & Blackcurrant

### BARR

- P Bubblegum
- P Cherryade
- P Cola
- P Cola Diet
- P Cola Xtra
- P Cream Soda
- P D'N'B Dandelion 'N' Burdock
- P Ginger Beer
- P Lemonade
- P Lemonade Diet
- P Limeade
- P Orangeade
- P Pineapple
- P Raspberryade
- P Red Kola
- P Tizer

### BELVOIR FARM

- P Cordial Blueberry & Blackcurrant
- P Cordial Elderflower
- P Cordial Elderflower & Rose
- P Cordial Ginger
- P Cordial Honey, Lemon & Ginger
- P Cordial Lime
- P Cordial Raspberry & Lemon
- P Freshly Squeezed Lemonade
- P Ginger Beer
- P Lighter Sparkling Elderflower
- NK Mulled Winter Punch
- P Non Alcoholic Passionfruit Martini
- NK Non Alcoholic Peach Bellini
- P Raspberry Lemonade

- P Sparkling Apple Juice
- P Sparkling Cucumber & Mint
- P Sparkling Elderflower
- P Sparkling Elderflower & Rose

### BIG TOM

- P Spiced Tomato Mix

### BRAES O GOWRIE

- P Sparkling Elderflower

### BRITVIC

- P 100 Apple
- P 100 Orange
- P 55 Apple
- P 55 Orange
- P Bitter Lemon
- P Bitter Lemon Low Calorie
- P Cordial Blackcurrant
- P Cordial Lime
- P Cordial Orange
- P Ginger Ale
- P Ginger Beer
- P Indian Tonic Water
- P Indian Tonic Water Low Calorie
- P Juice Drink Cranberry
- P Juice Grapefruit
- P Juice Orange
- P Juice Pineapple
- P Soda Water
- P Tomato Juice Cocktail

### CALYPSO

- P Pure Juice Orange 🍹

### CAPRI SUN

- P Blackcurrant
- P Cherry
- NK Fruit Crush No Added Sugar  
Raspberry Strawberry
- NK Fruit Crush No Added Sugar  
Tropical
- P Orange
- P Tropical
- P Zero Blackcurrant & Apple
- P Zero Jungle Drink
- P Zero Orange

### COCA COLA

- P Coca Cola Cherry
- P Coca Cola Original Taste
- P Coke Diet
- P Coke Diet No Caffeine
- P Coke Diet Sublime Lime
- P Zero Sugar
- P Zero Sugar Cherry
- P Zero Sugar Vanilla

### COPELLA

- P Apple & Blackberry





# BAKERIES



- The Bagel Place**
- Bonjour**
- La Brioche Hendon**
- La Brioche Stanmore**
- Cake Street**
- Carmelli**
- Coco Bakery**
- Cohens Bakery**
- Crème de la Crème**
- Daniels Bagel Bakery**
- Grodz Edgware**
- Grodz Golders Green**
- Hendon Bagel Bakery**
- Just Baked**
- King's Bakery & Pizzeria**
- Munch 'N Crunch**
- Oh Brown Bear**
- Parkway Patisserie Finchley**
- Parkway Patisserie Golders Green**
- Parkway Patisserie Wembley**
- Perele's Cakes**
- Pourtoi Gluten Free**
- Renbake Patisserie**
- Sharon's**
- So Real Oldhill Street**
- So Real Cadoxton Avenue**
- Woodberry Down**
- Yossi's Bakery**



## SOFT DRINKS CONT'D...

- P Apple & Elderflower
- P Apple & Mango
- P Apple & Pear
- P Apple Cloudy
- P Orange Smooth

## DALSTON'S

- NK Cherry
- NK Ginger Beer
- NK Lemon

## DEL MONTE

- P Apple
- P Mango & Papaya
- P Orange
- P Pineapple
- P Tomato
- P Tropical

## DR PEPPER

- P Regular
- P Zero

## DRENCH

- P Berry
- P Tropical

## EAGER

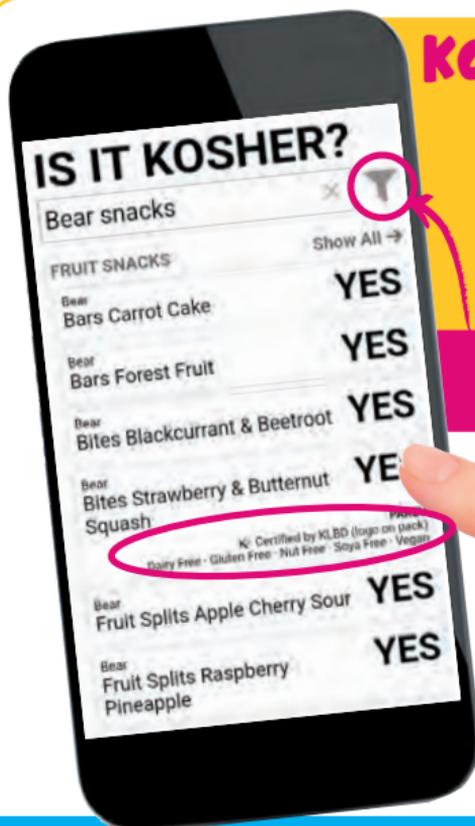
- P Cranberry Juice Drink

## FANTA

- P Fruit Twist
- P Fruit Twist Zero
- P Lemon
- P Orange
- P Orange Zero
- P Pineapple & Grapefruit
- P Pineapple & Grapefruit Zero
- P Raspberry Zero
- P Strawberry & Kiwi Zero

## FEVER TREE

- P Ginger Ale Premium
- P Ginger Ale Spiced Orange
- P Ginger Beer Premium
- P Lemonade Premium
- P Lemonade Sicilian Premium
- P Madagascan Cola
- P Soda Italian Blood Orange
- P Soda Mexican Lime
- P Soda Water Premium
- NK Soda White Grape & Apricot
- P Tonic Lemon
- P Tonic Water Aromatic
- P Tonic Water Elderflower



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info

**WWW.ISITKOSHER.UK**

Also available as an Android and iPhone app. Works offline.



- P Tonic Water Mediterranean
- P Tonic Water Premium Indian

## FEVER TREE REFRESHINGLY LIGHT

- P Cola Madagascan
- P Ginger Ale
- P Ginger Ale Spiced Orange
- P Ginger Beer
- P Lemonade Premium
- P Tonic Water Aromatic
- P Tonic Water Cucumber
- P Tonic Water Elderflower
- P Tonic Water Indian
- P Tonic Water Lemon
- P Tonic Water Mediterranean
- P Tonic Water Sweet Rhubarb & Raspberry

## FIREFLY

- NK Drinks

## FUZETEA

- P Mango Chamomile

## GLACEAU SMARTWATER

- P Sparkling
- P Still

## GLACEAU VITAMINWATER

- P Power C
- P XXX

## INNOCENT

- NK Bubbles
- P Coconut Water
- NK Juicy Water
- NK Smoothies

## IRN BRU

- P 1901
- P Original
- P Sugar Free
- P Xtra

## J<sub>2</sub>O

- P Apple & Mango
- P Apple & Raspberry
- NK Glitterberry
- P Orange & Passionfruit
- P Pear & Guava
- P Spritz Apple & Elderflower
- P Spritz Apple & Watermelon
- P Spritz Pear & Raspberry

## JAMES WHITE

- P Beet It Beetroot
- P Beet It Beetroot Ginger
- P Beet It Beetroot Shot

*Includes Beet It Sport Shots.*

- P Carrot British
- P Organic Apple
- P Organic Apple & Ginger
- P Organic Carrot
- P Organic Carrot & Apple
- P Organic Pear
- P Organic Pear & Raspberry
- P Organic Tomato
- P Organic Vegetable

## JUICE BURST

- P Apple
- P Apple & Blackcurrant
- P Apple Fairtrade
- P Apple Quencher
- NK Lemonade Raspberry
- P Orange
- NK Orange & Carrot
- NK Orange & Passionfruit
- P Orange Fairtrade
- P Orange Quencher
- NK Peach Ice Tea
- P Strawberry & Apple
- NK Watermelon & Raspberry

## KA

- P Abbott's Ginger Beer
- P Sparkling Black Grape
- P Sparkling Citrus Punch
- P Sparkling Fruit Punch
- P Sparkling Karibbean Kola
- P Sparkling Pineapple
- P Sparkling Strawberry
- P Sparkling Strawberry Soda
- P Sparkling Tropical Krush
- NK Still Black Grape
- P Still Fruit Punch
- P Still Pineapple
- P Still Strawberry

## LIPTON

- P Ice Tea Green Lime & Mint
- P Ice Tea Green Original
- P Ice Tea Lemon
- P Ice Tea Mango
- P Ice Tea Peach
- P Ice Tea Raspberry

## LUCOZADE ZERO

- P Orange
- P Original
- P Pink Lemonade

## MAAZA

- NK Guava

## MOJU

- P Shots Ginger Fresh Root
- P Shots Gut Health Tropical



Product  
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## SOFT DRINKS CONT'D...

- P Shots Immunity Hot Mango
- P Shots Immunity Multi Berry
- P Shots Turmeric

## OASIS

- P Citrus Punch
- P Citrus Punch Zero
- P Summer Fruits
- P Summer Fruits Zero

## OCEAN SPRAY

- P Blueberry
- P Cranberry & Apple
- NK Cranberry & Blackcurrant
- NK Cranberry & Raspberry
- P Cranberry Classic
- P Cranberry Classic Chilled
- P Cranberry No Added Sugar
- NK Cranberry Pink No Added Sugar

## ORANGINA

- P Sparkling

## PEPSI

- P Cola
- P Diet
- P Diet Caffeine Free
- P Max
- P Max Caffeine Free
- P Max Cherry
- P Max Lime
- P Max Mango
- P Max Raspberry

## PLJ

- P Cordial Lemon
- P Cordial Lime

## POMEGRAT

- P 100% Juice
- P Juice Drink

## PURDEY'S

- NK Refocus
- NK Rejuvenate
- P Replenish

## R WHITES

- P Lemonade
- P Lemonade Premium
- P Lemonade Premium Diet
- P Lemonade Premium Raspberry
- P Lemonade Premium Traditional Cloudy

## RIBENA

- P Drink Blackcurrant

- P Drink Blackcurrant Light
- P Drink Mango & Lime Light
- P Drink Pineapple & Passion Fruit Light
- P Drink Strawberry Light
- P Drink Very Berry
- P Squash Blackcurrant
- P Squash Blackcurrant No Added Sugar
- P Squash Pineapple & Passion Fruit
- P Squash Strawberry No Added Sugar

## ROBINSONS BARLEY WATER

- P Lemon
- P Orange

## ROBINSONS CORDIAL

- P Blackberry, Cranberry & Sloe
- P Crushed Apple & Cinnamon
- P Lime & Mint
- P Pear & Elderflower
- P Raspberry, Rhubarb & Orange Blossom
- P Strawberry, Cucumber & Mint

## ROBINSONS DOUBLE STRENGTH NO ADDED SUGAR

- P Apple & Blackcurrant
- NK Blackcurrant
- P Lemon
- P Orange
- P Orange & Pineapple
- P Summer Fruits

## ROBINSONS FRUIT & BARLEY

- P Apple & Pear
- P Orange
- P Peach
- P Pink Grapefruit
- P Summer Fruits

## ROBINSONS FRUIT CREATIONS

- P Blackberry & Blueberry
- P Lemon & Raspberry
- P Orange & Mango
- P Peach & Raspberry
- P Pineapple, Mango & Passion Fruit
- P Strawberry & Watermelon

## ROBINSONS FRUIT SHOOT

- P Hydro Apple & Raspberry
- P Hydro Blackcurrant
- P Hydro Orange & Pineapple
- NK Juiced Apple & Pear
- NK Juiced Strawberry & Raspberry
- P No Added Sugar Apple
- P No Added Sugar Apple & Berry
- P No Added Sugar Apple & Blackcurrant



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# Bug Checking Chart

Eating a fly or worm involves up to six Torah transgressions



A3 and A4 laminated posters are available from kosher shops and Jewish book stores or download a copy from our website

[www.kosher.org.uk/bugchart](http://www.kosher.org.uk/bugchart)



## SOFT DRINKS CONT'D...

- P No Added Sugar Orange
- P No Added Sugar Summer Fruits

## ROBINSONS MINI

- P Apple & Blackcurrant
- P Boost
- P Focus
- P Immunity
- P Lemon & Lime
- P Orange
- P Passion Fruit & Mango
- P Summer Fruits
- P Vitality

## ROBINSONS NO ADDED SUGAR

- P Apple & Blackcurrant
- P Boost
- P Immunity
- P Lemon
- P Orange
- P Orange & Pineapple
- P Summer Fruits
- P Vitality

## ROBINSONS READY TO DRINK

- P Blackberry & Blueberry

- P Peach & Mango
- P Raspberry & Apple

## ROCKS

- P Squash Blackcurrant
- P Squash Lemon
- P Squash Orange

## ROSE'S

- P Lime Juice Cordial

## RUBICON

- P Deluxe Guava
- P Deluxe Lychee
- P Deluxe Mango
- P Deluxe Passion
- P Guava
- P Lychee
- P Mango
- P Passion
- P Pomegranate
- P Sparkling Guava
- P Sparkling Lychee
- P Sparkling Mango
- P Sparkling Mango Zero
- P Sparkling Passion
- P Sparkling Pomegranate

- P** Sparkling Raspberry & Pineapple
- P** Spring Black Cherry Raspberry
- P** Spring Lemon Lime
- P** Spring Orange Mango
- P** Spring Strawberry Kiwi
- P** Still Pineapple
- P** Watermelon

## SAINSBURY'S

- P** Cola
- P** Cola Diet
- P** Cordial Lime No Added Sugar
- P** Ginger Ale
- P** High Juice Apple
- P** High Juice Apple & Mango
- P** High Juice Blackcurrant No Added Sugar
- P** High Juice Orange
- P** High Juice Orange No Added Sugar
- P** High Juice Summer Fruits
- P** Indian Tonic Water Diet
- P** Lemonade
- P** Lemonade Diet
- P** Soda Water

## SAN PELLEGRINO

- P** Aranciata
- P** Aranciata Rossa
- P** Limonata
- P** Limone & Menta
- P** Melograno & Arancia
- P** Pompelmo

## SCHWEPES

- P** Bitter Lemon Tonic
- P** Bitter Lemon Tonic Slimline
- P** Cordial Blackcurrant
- P** Cordial Lime
- P** Cordial Orange
- P** Cordial Peppermint
- P** Ginger Ale Canada Dry
- P** Ginger Ale Golden
- P** Ginger Ale Slimline
- P** Ginger Beer
- P** Juice Mix Tomato
- P** Juice Orange
- P** Juice Pineapple
- P** Lemonade
- P** Lemonade Slimline
- P** Pink Soda
- P** Soda Water
- P** Tonic Water Indian
- P** Tonic Water Light
- P** Tonic Water Slimline
- P** Tonic Water Slimline Elderflower
- P** Tonic Water Slimline Lemon Zest

## SHLOER

- NK** All Products

## SNAPPLE

- P** Apple
- NK** Fruit Punch
- P** Iced Tea Peach
- P** Kiwi Strawberry
- P** Lemonade
- P** Lemonade Pink
- P** Mango

## SODA STREAM

- P** All Varieties

## SPRITE

- P** Lemon Lime Low Calories
- P** Lemon Lime Zero Sugar

## STRATHMORE TWIST

- P** Sparkling Lemon & Lime
- P** Sparkling Strawberry & Blackberry
- P** Still Lemon & Lime
- P** Still Raspberry & Apple
- P** Still Strawberry & Blackberry

## SUN EXOTIC

- P** Sparkling Pineapple & Coconut
- P** Sparkling Tropical Fruit
- P** Still Citrus Twist
- P** Still Pineapple & Coconut
- P** Still Tropical Fruit

## SUSO

- NK** All Products

## TANGO

- P** Original Apple
- P** Original Orange
- P** Sugar Free Apple
- P** Sugar Free Berry Peachy
- P** Sugar Free Dark Berry
- P** Sugar Free Mango
- P** Sugar Free Orange
- P** Sugar Free Paradise Punch

## TASSONI

Available from kosher shops and independent retailers.

-  Cedrata
-  Fior di Sambuco
-  Soda Classica
-  Tonica Al Cedro
-  Tonica Superfine

## TESCO

- NK** Apple, Lemon & Ginger Juice

## THE LONDON ESSENCE CO

- P** Ginger Ale

## SOFT DRINKS CONT'D...

- P Ginger Beer
- P Soda Grapefruit & Lemon Verbena
- P Soda Roasted Pineapple
- P Soda Water
- P Soda White Peach & Jasmine
- P Tonic Water Grapefruit & Rosemary
- P Tonic Water Indian
- P Tonic Water Orange & Elderflower
- P Tonic Water Pomelo & Pink Pepper

## TROPICANA

- NK Fresh & Light Crisp Apple
- NK Fresh & Light Morning Orange
- NK Fruit Sensation
- P Hand Picked Blood Orange Sanguinello
- P Hand Picked Pineapple
- P Hand Picked Pink Grapefruit
- P Kids Pressed Apple
- P Kids Tropical Fruits
- NK Multivit Boost Mixed Berries
- P Multivit Boost Orange
- NK Mutivitamin Mixed Berries
- NK Multivitamin Multifruit
- P Orange & Mango
- P Orange Extra Pulp
- P Orange Original Juicy Bits
- P Orange Smooth No Bits
- P Pressed Orchard Apple
- P Sparkling Tropical Twist
- P Sparkling Zesty Orange
- P Strawberry & Banana
- P Tropical Fruits

## TWININGS

- NK Refresh

## VIM<sub>2</sub>O

- NK Fruity Water

## VIMTO

- NK Sparkling
- P Sparkling Raspberry, Orange & Passionfruit
- NK Squash
- NK Still
- NK Zero

## VIMTO DISCOVERY

- P Mango & Dragonfruit
- P Passionfruit & Lychee

## VIMTO NO ADDED SUGAR

- P Orange & Pineapple

- P Squash Blackberry, Raspberry & Blueberry
- P Squash Cherry, Raspberry & Blackcurrant
- P Squash Mango & Passionfruit
- P Squash Mango, Strawberry & Pineapple
- P Squash Orange, Strawberry & Lime
- P Squash Raspberry, Orange & Passionfruit
- NK Squash Real Fruit
- NK Still
- P Still Orange, Strawberry & Lime
- P Still Raspberry, Orange & Passionfruit
- P Still Watermelon, Strawberry & Peach

## VITA COCO

- S Coconut Water Pressed Coconut

## WHOLE EARTH

- NK Organic Sparkling Drinks

## ZINGER

- P Ginger Extra Hot
- P Ginger Organic
- P Lime & Chilli
- P Turmeric

**SUGAR FREE  
CONFECTIONERY**



## BENJAMISSIMO

Available from independent and online retailers.

-  No Added Sugar Chocolate Dark
-  No Added Sugar Chocolate Praline

## CHUPA CHUPS

- NK Sugar Free Assorted
- NK Sugar Free Cherry
- P Sugar Free Cola
- NK Sugar Free Strawberry

## GUYLIAN

- SD Bar Intense Dark Stevia
- SD Bar Milk Stevia

## NESTLE

- P Polo Mints Sugar Free 

## PLAMIL SO FREE

For stockists see [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk).

-  No Added Sugar Dark Chocolate 



-  No Added Sugar Dark Chocolate Espresso 
-  No Added Sugar Dark Chocolate Mint 
-  No Added Sugar Oat Milk Vegan

## RICOLA

- P** Sugar Free Blackcurrant
- P** Sugar Free Cranberry
- P** Sugar Free Elderflower
- P** Sugar Free Eucalyptus Cherry
- P** Sugar Free Glacier Peppermint
- P** Sugar Free Lemon Mint
- P** Sugar Free Liquorice
- P** Sugar Free Original
- P** Sugar Free Raspberry Mint

## SESAME KINGDOM

Sugar Free Halva certified KLBD Parev. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk). Available from [www.sesamekingdom.co.uk](http://www.sesamekingdom.co.uk).

## SIMPKINS

- P** Chocolate Dark
- P** Chocolate Dark Cranberry
- P** Chocolate Dark Orange
- D** Chocolate Milk
- D** Chocolate Milk Hazelnuts
- D** Chocolate White
- P** Sugar Free Drops Cappuccino
- P** Sugar Free Drops Citrus
- P** Sugar Free Drops Citrus Ginger 
- P** Sugar Free Drops Forest Fruit
- P** Sugar Free Drops Ginger
- P** Sugar Free Drops Mixed Fruit
- P** Sugar Free Drops Rhubarb & Custard
- P** Sugar Free Drops Tropical Fruit
- P** Sugar Free Lollipops

## WERTHER'S ORIGINAL

- D** Sugar Free Butter Candies
- D** Sugar Free Creamy Toffees

## SYRUPS & TOPPING

### ASKEYS

- P** Crackin' Choc Shell
- P** Treat Maple Syrup
- P** Treat Sauce Chocolate
- D** Treat Sauce Salted Caramel
- P** Treat Sauce Strawberry
- D** Treat Sauce Toffee



### BIRD'S

- NK** Dream Topping

## CARNATION NESTLE

- D** Chocolate Filling & Topping
- D** Drizzle Caramel
- D** Drizzle Original
- D** Dulce de Leche

## HILLTOP

For stockists see [www.lovehilltop.com](http://www.lovehilltop.com).

-  Maple Flavoured Syrup
-  Maple Syrup Amber
-  Maple Syrup Very Dark

## LYLE'S

-  Golden Syrup
-  Golden Syrup Breakfast

20g portion certified without the KLBD logo.

-  Golden Syrup Maple
-  Golden Syrup Pouring

-  **D** Toffee Topper

Mislabeled with a KLBD Parev logo but contains milk and is certified KLBD Dairy.

-  Topping Syrup Chocolate
- Old stock containing milk is Dairy and bears a KLBD D logo.

-  Topping Syrup Strawberry

## SWEET FREEDOM

- NK** Fruit Syrup

## THE GROOVY FOOD COMPANY

For stockists see [www.groovyfood.co.uk](http://www.groovyfood.co.uk).

-  Agave Blueberry
-  Agave Caramel
-  Agave Chocolate
-  Agave Chocolate Orange
-  Agave Cinnamon
-  Agave Honey
-  Agave Maple
-  Agave Nectar Chipotle
-  Agave Nectar Hot
-  Agave Nectar Light Amber & Mild
-  Agave Nectar Rich & Dark
-  Agave Strawberry
-  Agave Toffee
-  Agave Vanilla
-  Date Syrup
-  Sauce Agave Chocolate
-  Sauce Agave Chocolate & Orange
-  Sauce Agave Chocolate & Raspberry

## VERMONT

-  Maple Syrup



## YOGHURT DRINKS

### ACTIMEL

- D 0% Fat Multifruit
- D 0% Fat Original
- D 0% Fat Raspberry
- D 0% Fat Strawberry
- D Blueberry
- D Multifruit
- D Original
- D Peach Kids
- D Strawberry
- D Strawberry & Banana Kids
- D Supermix Cranberry, Redcurrant, Rosehip
- D Supermix Mango, Goji Berry, Turmeric
- D Vanilla



### BENECOL

- D Blueberry
- P Dairy Free Tropical Fruits
- D Mango & Passionfruit
- D Multifruit
- D No Added Sugar Original
- D No Added Sugar Peach & Apricot
- D No Added Sugar Pomegranate
- D No Added Sugar Raspberry
- D Strawberry

### BIOTIFUL

- D Kefir Baked Milk
- NK Kefir Flavoured
- NK Kefir Kids
- D Kefir Original
- D Kefir Original Organic

### MUNCH BUNCH SQUASHUMS

Please note that Munch Bunch Fromage Frais are Not Kosher.

- D Strawberry

### YAKULT

- D Balance
- D Original
- D Plus Peach

### YOPLAIT

- D Petits Filous Apple & Raspberry
- D Petits Filous Banana & Apricot
- P Petits Filous Dairy Free Apricot
- P Petits Filous Dairy Free Raspberry
- NK Petits Filous Magic Squares
- D Petits Filous Peach
- NK Petits Filous Pots Fromage Frais
- D Petits Filous Strawberry
- D Petits Filous Vitamin Rich Apricot, Peach & Carrot

- D Petits Filous Vitamin Rich Strawberry & Beetroot
- D Yop Raspberry
- D Yop Strawberry

## YOGHURTS & DAIRY DESSERTS



Ordinary plain and fruit flavoured yoghurts, including Greek style, are permitted except when they contain gelatine, cochineal (E120), grape juice or other problematic ingredients. (See list of problematic E numbers on p.7. Further information can be found on our website under FAQ's.) More complex products, such as yoghurt with chocolate, toffee or lemon curd should be avoided unless listed. Yoghurts should be avoided if they contain bramble fruits (whole or pieces), such as raspberries, blackberries and loganberries, as these fruits are commonly infested and require careful inspection. Fromage frais and quark are only permitted when produced under Rabbinical supervision.

### ACTIVIA GUT HEALTH

- D 0% Fat Blueberry
- D 0% Fat Cherry
- D 0% Fat Peach
- D 0% Fat Strawberry
- D 0% Fat Vanilla
- D Fig
- D Fusion Blueberry
- D Fusion Prune
- D Mango/Strawberry/Kiwi/Apricot
- D Muesli
- D Rhubarb
- D Strawberry
- D Vanilla & Granola
- D Walnut & Oats

### ALPRO

- P Blueberry
- P Blueberry/Cherry
- P Cherry
- P Greek Mango
- P Greek Passion Fruit
- P Greek Plain
- P Greek Strawberry Raspberry
- P Gut Health Peach
- P Gut Health Strawberry
- P No Added Sugars Mango
- P No Bits Peach Pear/Strawberry Banana
- P No Bits Strawberry Banana
- P Peach
- P Peach/Pineapple Passionfruit
- P Plain
- P Plain Coconut
- P Plain No Sugars
- P Plant Protein Red Berries
- P Plant Protein Tropical Mango & Banana



- P Strawberry
- P Vanilla

## ARLA LACTOFREE

- D Plain

## ARLA PROTEIN

- NK Pots
- NK Pouches

## BENECOL

- D Peach
- D Strawberry

## BIOTIFUL

- NK Kefir Flavoured Yoghurts
- D Kefir Yoghurt Original
- NK Kefir Yoghurt Protein

## LITTLE YEOS ORGANIC

- NK Pouches

## MULLER

Only the following Corners are approved.  
Other varieties including Bliss and Skyr are not permitted.

- D Corner Peach & Apricot
- D Corner Red Cherry
- D Corner Strawberry

Since formulations can change, you are advised to check the ingredients before purchase, to make sure there is no gelatine.

- D Light Banana & Custard
- D Light Cherry
- D Light Greek Style Coconut Vanilla
- D Light Greek Style Lemon
- D Light Greek Style Strawberry
- D Light Raspberry & Cranberry
- D Light Smooth Toffee

- D Light Strawberry
- D Light Vanilla Dark Chocolate Sprinkles
- D Light Vanilla, Orange, Caramel Dark Chocolate Sprinkles
- D Rice Apple
- NK Rice Multipacks
- D Rice Original
- NK Rice Raspberry
- NK Rice Strawberry
- D Rice Vanilla Custard

## MUNCH BUNCH SQUASHUMS

- D Strawberry

## OATLY

- P Oatgurt Greek
- P Oatgurt Plain
- P Oatgurt Strawberry

## THE COCONUT COLLAB

Other products are not approved.

- P Natural

## THE COLLECTIVE

- NK Suckies

## YOPLAIT

- D Frubes Tubes Banana & Strawberry
- D Frubes Tubes Strawberry
- D Frubes Tubes Strawberry, Red Berries & Peach
- D Liberte Greek Style

For a list of approved Liberte products, see [www.isitkosher.uk](http://www.isitkosher.uk).

- D Wildlife Choobs Apricot
- D Wildlife Choobs Raspberry
- D Wildlife Choobs Strawberry



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Thanks to the generosity of the community, Chai Cancer Care provides specialised support to thousands of people across the UK who have been affected by a cancer diagnosis.

To find out more please call our Freephone Helpline on **0808 808 4567** or visit **[www.chaicancercare.org](http://www.chaicancercare.org)**

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