



בס"ד

# KOSHER NOSH GUIDE SUMMER 2024



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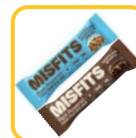
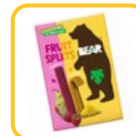
**Liri Sula**

*General Building Services*

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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 designation. You are advised to check the allergen information on each product.



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 the KLBD and we are delighted that Bendicks have decided to continue with KLBD certification of their products. In addition, the range of certified products continues to grow, including a new range of 10Acre Crisps, Airsnax Chickpea Puffs, Seed & Bean Chocolates, Misfits Bars, Trek Protein Flapjacks, Bear Fruit Splits, Fruit Bowl Fruit Peelers and Fruity Twists, Nakd Protein Bars, Nakd Fruit & Fibre Bars and Marmite 8g portions.

A number of supermarket own brand crisps have been approved, which will help with reducing the cost of purchasing these items.

This year, for the first time, we have included gluten free bread, which will be most helpful for those who need it.

Special thanks are due to Rosalind Coten, Michal Emanuel, Naomi Green, Dalia Bloch, Elisheva Wolfson, Lea Riegelhaupt and Paula Kaye 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 and sponsors.

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. 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  
Interim Director KLBD

## 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/Ennumbers](http://www.kosher.org.uk/Ennumbers).

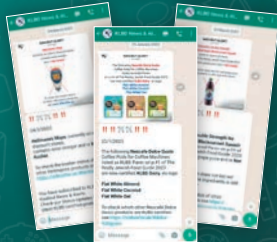
E120	E422	E430	E431	E432
E433	E434	E435	E436	E441
E442	E470	E470a	E470b	E471
E472a	E472b	E472c	E472d	E472e
E472f	E473	E474	E475	E476
E477	E479b	E481	E482	E483
E491	E492	E493	E494	E495
E542	E570	E572	E144	

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Email Enquiries  
[info@kosher.org.uk](mailto:info@kosher.org.uk)

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 KLBDO does not accept responsibility for its accuracy. You are advised to make your own, independent enquiries.

## BISCUITS GLUTEN FREE

### FREE

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



### POURTOI

KLBDO 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
- NK** Jaffa Cakes
- D** Melto
- D** Noccioli
- D** Rich Tea
- D** Snack Milk Chocolate
- D** Wafer Pocket

### WALKERS

- SD** Gluten Free Biscuits Chocolate Chunk & Orange
- SD** Gluten Free Biscuits Oat & Cranberry
- 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.

### COHEN'S BAKERY

Pas Yisrael. For stockists see [www.isitkosher.uk](http://www.isitkosher.uk).

- Bagels Assorted
- Challa Rolls

- Pitta Breads

### COHENS BAKERY BUCKINGHAM BOULANGERIE

Pas Yisrael. Hamotzi. Available from Ocado and Waitrose. Challas from the following branches of Morrisons: Borehamwood, Colindale, Stamford Hill and Watford.

- Challa
- Rye

### HOVIS

Only certified when bearing the KLBDO logo. Pas Palter. Bracha is Hamotzi.

- Best of Both
- Farmhouse Soft White
- Granary Authentic (800g)

400g loaf is not certified.

- Granary Wholemeal
- Nimble Wholemeal
- 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. Bracha is Hamotzi.

- White Scottish Plain
- Wholemeal

### WARBURTONS

Pas Palter. The bracha is Hamotzi for all products, including Bagels, Crumpets and Muffins with the exception of Fruit Loaf Cinnamon & Raisin. Only the following are certified:

- Bagels Cinnamon & Raisin
- Bagels Original
- Bagels Sesame
- Bagels Thin Cinnamon & Raisin
- Bagels Thin Original
- Bagels Thin Protein Seeded
- Crumpet Thins
- Crumpets
- Crumpets Giant
- Fruit Loaf Cinnamon & Raisin
- Fruit Loaf Orange
- Loaf Batch Seeded
- Loaf Bloomer Baker's White
- Loaf Danish Lighter White
- Loaf Danish Lighter Wholemeal
- Loaf Farmhouse White
- Loaf Half & Half
- Loaf Malted Grain & Seeds
- Loaf Old English White
- Loaf White Medium
- Loaf Wholemeal Medium
- Loaf Wholemeal Thick
- Muffins Breakfast

- Naans Soft
- Pittas Soft White
- Pittas Soft Wholemeal
- 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
- Naan
- Pitta Breads
- Pitta Breads Wholegrain
- Pitta Pockets
- Pizza Bases
- Rolls Panini
- Wraps Avocado
- Wraps High Protein
- Wraps Multigrain
- Wraps Quinoa & Chia Seed
- Wraps Sweet Potato
- Wraps Whole Grain

### SCHAR

- P** Bagels
- P** Baguette
- P** Baguette Mini
- 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
- P** Rolls Hamburger
- P** Rolls Panini
- P** Rolls White Frozen
- P** Super Sandwich

### WARBURTONS GLUTEN FREE

Some products may be available on prescription. Bloomer Sourdough Seeded

## BISCUITS



Only kosher certified biscuits should be purchased. Many KLBDO 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 the 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 Coconut Macaroon
- 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.

- Choc Chip
- Chocolate Oatie
- Digestive
- Digestive Dark Chocolate
- Ginger
- Nice
- Oatie Crunch
- Vanilla Bears

### WAITROSE DUCHY ORGANIC

- D** Biscuit Selection
- D** Biscuit Selection Savoury
- D** Biscuits Chocolate Ginger
- D** Biscuits Chocolate Orange
- D** Shortbread Chocolate & Vanilla
- D** Shortbread Fingers
- D** Shortbread Highland
- D** Shortbread Lemon
- D** Shortbread Stem Ginger

### WALKERS

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

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

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## BREAD GLUTEN FREE CONT'D...

- Bloomer Sourdough White
- Bloomer Tiger
- Crumpets
- Fruity Buns Cinnamon & Raisin
- Loaf Brown
- Loaf Multiseed
- Loaf White
- Pittas Soft White
- Rolls Brioche Soft Sliced
- Rolls Brown
- Rolls Seeded
- Rolls Super Soft Sliced
- Rolls White
- Thins White
- 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.11.

## CHOCOLATE & SWEET SPREADS



### CADBURY

- D** Milk Chocolate

### HERIDIAN

- P** Cocoa & Hazelnut
- P** Cocoa & Peanut

### NUTELLA

- D** + Cocoa
- D** Chocolate

### NATURAL WORLD

Certified with or without the KLBD logo. For stockists see [www.naturalworld.com](http://www.naturalworld.com).

- Chocolate Halva
- Sesame & Dates

### PLAMILLA

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

- Oat Milk Chocolate Orange
- Oat Milk Chocolate Original
- Oat Milk Chocolate Salted Caramel

### SESAME KINGDOM

Available from [www.sesamekingdom.co.uk](http://www.sesamekingdom.co.uk).

- Halva

- Tahini Chocolate

### TIPTREE

- D** Banoffee
- D** Chocolate
- D** Chocolate Orange
- D** Curd Black Currant
- D** Curd Lemon
- D** Curd Lime
- D** Curd Passionfruit
- D** Salted Caramel

## CONFECTIONERY

See also SUGAR FREE CONFECTIONERY p.43.



### ALTOIDS

- NK** Peppermints

### BARRATT

- NK** All Products

### BENEDICKS

Certified with or without the KLBD logo.

- Bittermints
- Mint Collection
- Mint Crisps
- Mint Fondants

### BENJAMISSIMO

Available from independent and online retailers.

- Dark Bulgarian Rose
- Dark Chia Grapefruit
- Dark Mint Maca
- Dark Raw Cacao Nibs
- Mylk Roasted Almond Mulberry
- White Matcha Lemon
- White Raw Cacao Nibs
- White Salted Caramel Almond
- White Strawberry Quinoa Pop

### 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** Crunchie
  - D** Crunchie Rocks
  - D** Curly Wurly
  - 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 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** Flake
- D** Fudge
- D** Heroes

Heroes containing any of the following chocolates are permitted: 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** Twirl
- D** Twirl Bites
- D** Twirl Orange
- 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 Giant
- 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

### 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

## CONFECTIONERY CONT'D...

### 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
-  Philippines Mindanao Island Milk
-  Solomon Islands Guadalcanal
-  Solomon Islands Guadalcanal Milk
-  Solomon Islands Makira Island
-  Vanuatu Malekula Island
-  Vanuatu Malekula Island Cocoa & Cocoa Nibs

### FOX'S

-  Chewy Mints Peppermint
-  Glacier Fruits
-  Glacier Mint Collection
-  Glacier Mints

### FOX'S

-  Bar Classic Original
-  Bar Rocky Caramel
-  Bar Rocky Chocolate
-  Bar Rocky Orange

### FRUITTELLA

Fruittella products are Not Kosher.

### FRY'S




-  Chocolate Cream
-  Peppermint Cream
-  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

-  Collection Classic
-  Collection Milk
-  Collection Tasting
-  Dark Chocolate 70%
-  Dark Chocolate 85%
-  Dark Chocolate Ginger
-  Dark Chocolate Hazelnut & Currant
-  Dark Chocolate Maya Gold
-  Milk Chocolate
-  Milk Chocolate Almond
-  Milk Chocolate Butterscotch
-  Milk Chocolate Sea Salt

-  Smooth
-  Smooth Mint
-  White Chocolate

### 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.

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

### JELLY BELLY





-  BeanBoozled
  -  Belly Flops
  -  Chewy Candy
  -  Harry Potter Chocolate
  -  Harry Potter Sweets
- Note that 'Harry Potter Sweets Collection' contains dairy chocolates.

-  Jelly Beans
-  Sport Beans
-  Super Hero






### JUST BRAZILS

-  Milk



### KINDER

-  Bueno
  -  Bueno Dark
  -  Bueno White
  -  Chocolate
- Includes Small and Medium.

-  Country
- Includes Mini.

-  Happy Hippo Cocoa
-  Happy Hippo Hazelnut
-  Joy
-  Schoko Bons
-  Surprise

### KINNERTON

-  Milk Chocolate Character Bars 🍫
-  Milk Chocolate Character Lollipops 🍭



# BAKERIES

The Bagel Place

Bonjour

La Brioche Hendon

La Brioche Stanmore

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

OvenEat

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

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



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## CONFECTIONERY CONT'D...

### 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
- D** Excellence Dark 99%
- P** Excellence Dark Caramel Sea Salt
- D** Excellence Dark Chilli

- D** Excellence Dark Cranberry, Almond & Hazelnut
  - D** Excellence Dark Intense Cherry
  - D** Excellence Dark Intense Lime
  - D** Excellence Dark Intense Mint
  - D** Excellence Dark Intense Orange Almonds
  - D** Excellence Dark Intense Raspberry
  - D** Excellence Dark Roasted Hazelnut
  - D** Excellence Dark Sea Salt
  - D** Excellence Milk 45%
  - D** Excellence Milk 55%
  - D** Excellence Milk 65%
  - D** Excellence Milk Extra Creamy
  - D** Excellence Tasting Collection
  - D** Excellence White Vanilla
  - D** Lindor Bar Milk
- Listing refers to 100g bar only. None of the other Lindor products are approved.*

### LION

**NK** All Products

### M & M'S

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

- K** Bar Biscuit
- K** Bar Chocolate 165g  
*Excludes 31g and 34g bars.*
- K** Bar Crispy 150g

**K** Brownie  
*M&M's Chocolate Brownies (Cakes) are not approved.*

**K** Salted Caramel

### HAOAH

**NK** All Products

### MARS

Available from discount stores.

- K** Balisto Bar Original
- K** Balisto Bar Yoberry

- K** Bounty Dark
- K** Bounty Fun Size
- K** Bounty Milk

*Certified with or without KLBD logo.*

- K** Celebrations
- K** Galaxy Cookie Crumble  
*Galaxy Vegan Crumbled Cookie and McVities Galaxy Cookie Crumble Slices are not approved.*

- K** Galaxy Counters
- K** Galaxy Minstrels  
*Certified with or without KLBD logo.*

- K** Galaxy Nut Crunch
- K** Galaxy Ripple
- K** Galaxy Salted Caramel
- K** Galaxy Smooth Caramel
- K** Galaxy Smooth Milk  
*Certified with or without KLBD logo.*

- K** Maltesers
- K** Maltesers Teasers
- K** Mars  
*Excludes 95 Kcal.*

- K** Mars Bites
- K** Mars Fun Size
- K** Mars Mix
- K** Milky Way
- K** Milky Way Fun Size
- K** Milky Way Magic Stars  
*Certified with or without KLBD logo. Dairy Free version is not approved.*

- K** Revels
- K** Snickers  
*Excludes 99 Kcal.*

- K** Snickers Bites
- K** Snickers Creamy Peanut Butter  
*Certified with or without KLBD logo.*

- K** Snickers Fun Size
- K** Twix
- K** Twix 99Kcal
- K** Twix Bites
- K** Twix Fun Size
- K** Twix Miniatures

- K** Twix Salted Caramel
- K** Twix Top
- K** Twix White

### MAYNARDS BASSETTS

Only the following are approved.

- P** Cherry Drops
- D** Everton Mints
- 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** Multi
- K** Orange & Lemon
- K** Raspberry
- K** Strawberry
- NK** Vinto
- 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 Bites
- 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
- D** Kit Kat Chunky Duo
- D** Kit Kat Chunky Peanut Butter



## CONFECTIONERY CONT'D...

- D** Kit Kat Dark 🍫
  - D** Kit Kat Dark 70% 🍫
  - D** Kit Kat Dark Mint 🍫
  - 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 🍫
  - D** Munchies 🍫
  - D** Munchies Gold 🍫
- Only the listed varieties of Munchies are approved.*

- 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 🍫
- NK** Smarties Buttons Milk 🍫
- D** Smarties Buttons Orange 🍫
- NK** Smarties Buttons White 🍫
- 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 SO FREE

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

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

## PLAYIN CHOC

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

- K** Gift Sets 🍫
- K** JustChoc 🍫
- K** 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
- P** Vegan Fruit Pastilles Strawberry & Blackcurrant
- P** Vegan Jelly Tots
- P** Vegan Pick & Mix
- P** Vegan Tropical Tots

## SEED & BEAN

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

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

## SESAME KINGDOM

KLBD certified flavoured halva. For a full list see [www.isitkosher.uk](http://www.isitkosher.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** Fruits
- P** Fruits Chewies
- P** Fruits Giants
- P** Fruits Whites
- NK** Squishy Cloudz
- P** Tropical
- P** Wild Berry

## SHINT

- 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.*

# KOSHER PRODUCT INFORMATION AT YOUR FINGERTIPS...



Search with dietary and kosher status filters

Tap for more info

## WWW.ISITKOSHER.UK

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





## CONFECTIONERY CONT'D...

### TAVERNS

**NK** All Products

### TERRY'S CHOCOLATE

**D** Mint Ball Milk  
**D** Orange Ball Dark  
**D** Orange Ball Milk  
**D** Orange Ball Toffee Crunch  
**D** Orange Ball White  
**D** Orange Bar Milk  
35g and 90g.

**D** Orange Minis Milk  
**D** Orange Minis White

### THE GREAT CHARACTER CANDY CO

**P** Surprise Egg Character

### 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** Crispy Coconut  
**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

### WORLD OF NUTS

KLBD certified chocolate coated fruit and nuts with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

### 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

### 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  
**D** Rice & Corn Cocoa, Date & Vanilla  
**P** Rice & Corn Honey  
**P** Rice Apple & Cinnamon  
**D** Rice Dark Chocolate  
**D** Rice Milk Chocolate  
**D** Rice Kids Choco Coconut Minis  
**P** Rice Lightly Salted  
**P** Rice Lightly Salted Organic  
**D** Rice Minis Belgian Dark Chocolate  
**D** Rice Minis Belgian Milk Chocolate  
**NK** Rice Sea Salt & Balsamic Vinegar  
**P** Rice Sesame Seed  
**D** Rice Thins Belgian Dark Chocolate  
**D** Rice Thins Belgian Milk Chocolate  
**P** Rice Thins Unsalted Organic  
**P** Rice Unsalted Organic  
**D** Rice Yoghurt  
**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

Kosher certified Corn Thins bearing the KA logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

### 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  
**D** Biscuits Oaten Seeded

### CRISPS & SNACKS

See also NUTS p.29.





### 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

### AIRSNAX

Available from kosher shops and online retailers.

 Chickpea Puffs Salt & Vinegar  
 Chickpea Puffs Salted  
 Chickpea Puffs Sweet Chilli

### ALDI SNACKRITE



**P** Crisps Ready Salted

### ASDA

**P** Crisps Ready Salted

### BEPPS

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

 Popped Barbecue  
 Popped Salt & Black Pepper

### BETT'R

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




 Chips Apple Original

### 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  
Light Chilli & Lemon Grills are not approved.

 Grills Potato Chilli Cheese  
 Grills Potato Jalapeno  
 Grills Potato Peri Peri  
 Grills Potato Sweet Chilli  
 Hoops Hot Chilli  
 Mix Balti  
 Mix Bombay  
Certified with or without KLBD logo.

 Mix Bombay Hot  
 Mix Bombay Luxury  
 Mix Jalfrezi  
 Mix London  
 Poppadam Curls Chilli Lemon  
 Poppadam Curls Mango Chutney  
Potato Grills Mango Chutney are not approved.

 Poppadam Curls Plain  
 Poppadam Curls Sweet Chilli  
 Spirals Hot Chilli

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## CRISPS & SNACKS CONT'D...



### DORITOS

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

### EAT REAL

-  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

### GOLDEN WONDER

-  Crisps Ready Salted
-  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

### JACOB'S



-  Twiglets

### KETTLE

*Certified with KLBD logo or stating 'Made in the UK.'*

-  Chips Lightly Salted
-  Chips Sea Salt Peppercorns

## KIDDYLICIOUS

-  Veggie Straws (Potato, Rice & Pea)
  -  Veggie Straws Sour Cream & Chive
- Other varieties are not approved.*

## KIRKLAND SIGNATURE

*Available from Costco.*

-  Crisps Crinkle Cut Himalayan Salt

## KP

-  Discos
-  Frisps

## LIOL SNAKTASTIC

-  Crisps Ready Salted

## LOVE CORN

-  Cheese & Onion
-  Habanero Chilli
-  Milk Chocolate & Sea Salt
-  Salt & Vinegar
-  Sea Salt
-  Smoked BBQ
-  Sour Cream & Chive

## MCCOYS

-  Ridge Cut Salted
- Excludes Chip Shop Sea Salted Chips. Flavoured varieties are not approved.*

## MONSTER MUNCH

-  All Varieties

## 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://wlovepurely.com/>.*

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

## RUDE HEALTH

-  Cornitas Black Bean
-  Cornitas Chickpea & Lentil
-  Triangles Chickpea

## CRISPS & SNACKS CONT'D...

- Triangles Corn
- Triangles Lentil High Protein

## SAINSBURY'S

- P** Crisps Ready Salted

## SCRUBBYS

Hummus, Lentil and Quinoa Chips certified KLBD Parev. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## SEVEN CONTINENTS

- Himalayan Pink Salt Ridged

## SHALIMAR

Snacks certified with or without KLBD logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## SMITHS

- NK** Chipsticks Salt 'n' Vinegar

## SNAPS

- NK** Spicy Tomato

## TESCO

- P** Crisps Ready Salted

## TESCO STOCKWELL & CO

- P** Crisps Ready Salted

## TYRELL'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 & KEFIR DRINKS p.44 and YOGHURTS & DAIRY DESSERTS p.45.

## ALPRO

- P** Chocolate
- P** Chocolate Dark
- P** Creamy Caramel
- P** Creamy Coconut
- P** Velvet Vanilla

## 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

## DOLE

- P** Fruit in Jelly Tropical
- Other varieties of Fruit in Jelly are Not Kosher.

## GREEN'S

- P** Mix Egg Custard Filling
- 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

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

- 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).

- Oatie Berry Blend
- Oatie Cacao Chocolate
- Oatie Carrot Cake
- Oatie Tropical Ginger Tea Tox
- Protein Orange Cacao
- Protein Salted Caramel
- Protein Spiced Apple

## 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

## MISFITS

For stockists see [www.misfits.health](http://www.misfits.health).

- Bar Chocolate Caramel
- Bar Chocolate Cookie Dough
- Bar Dark Choc Brownie
- Bar White Choc Cookies & Cream

## NAKO

- Protein Caramel
- Protein Cocoa Hazelnut
- Protein Peanut Butter

## NATURE VALLEY

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

## PERKIER

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

- D** Cacao & Cashew
- D** Cacao & Orange
- D** Crunchy Peanut
- D** Nutty Toffee & Dark Chocolate
- D** Salted Caramel & Cacao
- D** Salted Caramel & Dark Chocolate

## PHD

- NK** Smart Bars

## ROO'BAR

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



## ENERGY & PROTEIN SNACKS CONT'D...

### 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
- High Protein Cacao & Orange
- High Protein Cherry Bakewell
- High Protein Coconut & Macadamia
- 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. For stockists see [www.eattrek.com](http://www.eattrek.com).

- Energy Bar Cocoa Chaos
- Energy Bar Peanut Power
- Flapjack Cocoa Coconut
- Flapjack Cocoa Oat
- Flapjack Morning Berry
- Flapjack Original Oat
- Flapjack Peanut Butter
- Flapjack Smooth Lemon
- 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.32.



### BOOST

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

### GATORADE

- Cool Blue
- Orange
- Tropical Burst

### IRN BRU

- Energy
- Energy No Sugar

### LUCOZADE ENERGY

- Apple Blast
- Caribbean Crush
- Orange
- Original
- Wild Cherry

### LUCOZADE SPORT

- Caribbean Burst
- Cherry Kick
- Fitwater
- Fruit Punch
- Mango & Passion Fruit
- Orange
- Raspberry

### MONSTER ENERGY

- Energy
- Juiced Khaotic
- Juiced Mango Loco
- Juiced Monarch
- Juiced Ripper
- Lewis Hamilton
- Mule
- Punch Mixxd
- Punch Pacific
- Punch Pipeline
- The Doctor
- Ultra
- Ultra Black
- Ultra Blue
- Ultra Fiesta Mango
- Ultra Paradise
- Ultra Red
- Ultra Violet
- Zero Sugar

### MOUNTAIN DEW

- Citrus Blast
- Citrus Sugar Free

### POWERADE

- Berry & Tropical

### RED BULL

- Energy Drink
- Sugarfree
- The Edition Apricot
- The Edition Apricot Sugarfree
- The Edition Blue Juneberry
- The Edition Blue Juneberry Sugarfree
- The Edition Green Cactus Fruit
- The Edition Pink Forest Fruits Sugarfree
- The Edition Red Watermelon

- The Edition Red Watermelon Sugarfree
- The Edition Summer Curuba Elderflower
- The Edition Summer Curuba Elderflower Sugarfree
- The Edition Tropical
- The Edition Tropical Sugarfree
- Zero Calories

### RELENTLESS

- Apple & Kiwi
- Cherry
- Origin
- Passion Punch

### ROCKSTAR

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

### RUBICON

- Raw Apple & Guava
- Raw Cherry & Pomegranate
- Raw Orange & Mango
- Raw Raspberry & Blueberry

### WOW PROTEIN

- Protein 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. Some brands of Pineapple & Coconut Juice contain milk. You are advised to check the ingredients declaration on the carton for dairy or grape derived ingredients. See also SOFT DRINKS p.32.



## 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.8 and SNACK BARS p.31.



### 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

### 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 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 SNACKS CONT'D...

- 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
- On The Go Apple & Blueberry
- On The Go Apple & Mango
- On The Go Pear

## 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

- P** Apple & Apricot
- P** Apple & Raspberry
- P** Apple & Strawberry
- P** 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).

- Mango, Passionfruit & Cashews
- D** Pineapple
- D** Strawberry
- D** Strawberry & Banana

## THE FRUIT FACTORY

- NK** Fruit Strings

## URBAN FRUIT

- Banana
- Blueberries
- Cherries
- Coconut Chips
- Mango
- Mango & Passionfruit with Lime
- Pineapple
- Raspberry
- Strawberry

## WHITWORTHS SHOTS

Only the listed products are certified. For other Whitworths Shots see *NUTS* p.30.

- D** Berry & White Chocolate
- D** Fruity Biscuit
- D** Raisin & Chocolate

## HOT CHOCOLATE & MALTED DRINKS

### CADBURY

- Drinking Chocolate
- D** Highlights Milk Choc
- P** Hot Chocolate 30% Less Sugar
- D** Hot Chocolate Instant



- Hot Chocolate Original

## DIVINE

- P** Smooth Hot Chocolate

## FIRETREE

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

- Philippines Mindanao Island
- Solomon Islands Guadalcanal
- 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
- D** Luxuriously Thick

## GREEN & BLACK'S ORGANIC

- P** Hot Chocolate

## HORLICKS

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

## H & M'S

- D** Hot Chocolate

## MALTESERS

- D** Hot Chocolate

## MILKY WAY

- D** Hot Chocolate Magic Stars

## NESQUIK

- P** Hot Chocolate

## NESTLE

- D** Aero Hot Choc

## OPTIONS

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

## OVALTINE

- D** Chocolate Add Milk
- D** Chocolate Light Add Water
- D** Original Add Milk

- D** Original Light Add Water

## TWININGS

- D** Swiss Chocolate

## ICE CREAM CONES & WAFERS



## 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

## ICE CREAMS, LOLLIES & SORBET



## ALPINE

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

## BASKIN ROBBINS

Toppings, cones and flavours not listed are NOT KOSHER APPROVED. Individual Baskin Robbins SHOPS AND KIOSKS ARE NOT SUPERVISED by the KLBD. When purchasing from an open container, please ensure a CLEAN SCOOP is used.

- D** Banana 'n Strawberry
- D** Banana Caramel
- D** Blue Raspberry Sherbet
- D** Caramel Honeycomb Candy
- D** Chocolate
- D** Chocolate Chip Cookie Dough
- D** Coconut
- D** Cookies 'n Cream
- D** Cool Mint Cookie
- D** Cotton Candy
- D** Gold Medal Ribbon
- D** Jamoca
- D** Jamoca Almond Fudge
- D** Mango Tango
- D** Mint Choc Chip
- D** Mississippi Mud
- D** Nutty Coconut
- D** Old Fashioned Butter Pecan
- D** Orange Sherbet
- D** Pistachio Almond

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

- K** D Pralines 'n Cream
- K** D Rainbow Sherbet
- K** D Red Raspberry Sherbet
- NK** Rum Raisin
- K** D Sorbet Lemon
- K** D Sorbet Mango
- K** D Strawberry
- NK** Strawberry Cheesecake
- K** D Vanilla
- K** D Vanilla Chocolate Chip
- K** D Very Berry Strawberry
- K** D World Class Chocolate

## BEN & JERRY'S

- SD** Baked Alaska
- SD** Birthday Cake
- 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 Peaces
- SD** Cookie Dough S'wich Up
- SD** Cookie Dough Twist Raindough
- SD** Core Karamel Sutra
- SD** Dulce De Lish
- SD** Fairway to Heaven
- 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 Netflix & Chill'd
- SD** Non Dairy Phish Food
- SD** Non Dairy Salted Caramel Brownie
- SD** Non Dairy Sundae Berry Revolutionary
- 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** D Snackable Cookie Dough Chunks Chocolate Chip
- K** 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.boojabooya.com](http://www.boojabooya.com).

- K** Caramel Pecan Praline Tub
- K** Chocolate Fudge Brownie Tub
- K** Chocolate Salted Caramel Tub
- K** Cookie Dough Tub
- K** Deeply Chocolate Tub
- K** Hunky Punky Chocolate Tub
- K** Keep Smiling Vanilla M'Gorilla Tub
- K** Mango & Raspberry Tub
- K** Raspberry Ripple Tub
- K** Vanilla Tub

## CADBURRY

- 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

## GREEN & BLACK'S ORGANIC

- D** Chocolate Tub
- D** Vanilla Caramel Nut Tub
- D** Vanilla Tub

## HAAGEN DAZS

- SD** Belgian Chocolate
- SD** Collection Caramel
- SD** Collection Favourites
- SD** Collection Fruit
- SD** Collection Vanilla
- SD** Cookies & Cream
- SD** Dulce de Leche
- SD** Gelato 150 Calories
- SD** Lotus Biscoff Caramel, Biscuit & Cream Speculoos

# NO MATTER WHERE YOU ARE...



## CHECK WWW.ISITKOSHER.UK

Information applies to products purchased in the UK



Also available as an Android or iPhone app

- SD** Macaron Double Chocolate Ganache
- SD** Macaron Strawberry & Raspberry
- SD** Mango & Raspberry
- SD** Peanut Butter Crunch
- SD** Pralines & Cream
- SD** Salted Caramel
- SD** Strawberries & Cream
- SD** Strawberry Cheesecake
- SD** Vanilla

## J.O

- NK** Fruit Blended Orange & Passion Fruit Ice Lollies

## 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

- K** D Bounty Bar
- K** D Galaxy Heart Vanilla Bar
- K** D Galaxy Vanilla Bar
- K** D Mars Bar

- K** D Mars Salted Caramel Bar
- K** D Snickers Bar
- K** D Snickers Crisp Bar
- K** D Snickers White Bar
- K** D Twix Bar

## MR FREEZE

- K** Freezeps Blue Raspberry
- K** Freezeps Cola
- K** Freezeps Multipack
- K** Freezeps Multipack Sour
- K** Freezeps Multipack Sugar Free
- K** Freezeps Raspberry
- K** Freezeps Strawberry
- K** Freezeps Tropical
- 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.





# HOW TO CONTACT KLBD



Email  
info@kosher.org.uk

Ask us on  
KLBD Kosher Direct

Call Enquiry Line  
(office hours)  
020 8343 6247

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

### PIP ORGANIC

**NK** Fruity Lollies

### R WHITES

**P** Lemonade Lolly

### ROBINSONS FRUIT SHOOT

**P** Orange/Apple & Blackcurrant Mini Lollies

### ROWNTREE'S

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

### SAINSBURY'S FREE FROM

- K** Iced Dessert Choc
- K** Iced Dessert Vanilla

### SHOOZE

- S** Coconut
- S** Coconut & Mango
- S** Coconut & Pineapple
- S** Coconut & Pink Guava

### SNOWCREST

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

### SWEDISH GLACE

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

### SWIZZELS

**S** Love Hearts 2in1 Pop

- P** Love Hearts Fruit Lollies
- S** Refreshers 2in1 Pop

### TANGO

- S** Eezy Freezy 2in1 Pop
- 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

### THE COCONUT COLLAB

- NK** Chocolate Dipped Salted Caramel Sticks
- NK** Chocolate Dipped Sticks
- NK** Vanilla Tub

### TREATS

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

### VIMTO

**NK** Mixed Fruit Lolly

### WALL'S

- P** Calippo Cola
  - P** Calippo Mini Orange/Lime
  - P** Calippo Orange
  - 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 Stick
- D** Magnum Classic Stick
- D** Magnum Mini Almond Stick
- D** Magnum Mini Classic Stick

- D** Magnum Mini Classic/Almond/White Stick
  - D** Magnum Mini White Stick
  - D** Magnum Mini White/Almond White Stick
  - D** Magnum Mint Stick
- Excludes Mini Sticks.*

- D** Magnum Vegan Almond Stick
- D** Magnum Vegan Classic Stick
- D** Magnum Vegan Mini Classic/Almond Stick
- D** Magnum Vegan Sea Salt Caramel Stick
- D** Magnum White 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 Fruit Zingerrr Stick
- P** Twister Peek A Blue Stick
- D** Twister Pineapple Stick
- D** Viennetta Mint
- D** Viennetta Vanilla

## MILK SHAKES & MIXES



### ALPRO

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

### COSTA COFFEE

*Tassimo Coffee Pods with similar names are not approved.*

- D** Can Flat White
- D** Can Latte
- D** Can Latte Caramel
- D** Can Latte Vanilla

### CRUSHA

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

### 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** Chocolate Deluxe Chilled
- P** Chocolate

### VITA COCO

**S** Choc O Lot

## 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.8.*



### BIG D

- D** Almonds Smoked
- P** Cashews Salted
- P** Peanuts Birds Eye Chilli
- P** Peanuts Crunchy BBQ
- P** Peanuts Crunchy Chilli
- P** Peanuts Dry Roasted
- P** Peanuts Honey Roasted
- P** Peanuts Salted

### BORNA

*KLBD certified pistachios. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).*

### COFRESH

- K** Bites Peanut Brittle
- K** Cashews & Almonds Roasted Salted
- K** Cashews Balti
- K** Cashews Roasted Salted
- K** Nut Mix Caramel Sesame Coated
- K** Peanuts Balti

*Certified with or without KLBD logo.*

**K** Peanuts Caramel Sesame Coated

### KP

- P** Cashews Honey Roast
- P** Cashews Salted



# 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)



## NUTS CONT'D...

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

**K<sup>o</sup> D** Toffee & Pecan

## WORLD OF NUTS

KLBD certified whole, dry roasted and caramelised nuts with logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

## PEANUT BUTTER & MARMITE



### OUERR'S

- P** Peanut Crunchy
- P** Peanut Smooth

### MARMITE

Other sizes are not kosher.

**K<sup>o</sup>** 8g Portions

KLBD certified when bearing a KLBD logo on the outer case, or with an expiry date after 19th March 2024 on the individual portions. Available from kosher shops, Ocado, Amazon and other wholesalers.

**K<sup>o</sup>** 600g Tubs

Bear the KLBD logo. Available from kosher shops, Costco and other wholesalers.

### MERIDIAN

- P** Coconut & Peanut

- P** Gingernut
- P** Peanut Crunchy
- P** Peanut Crunchy Salt
- P** Peanut Richer Roast Crunchy
- P** Peanut Richer Roast Smooth
- P** Peanut Smooth
- P** Peanut Smooth Salt

### HERIDIAN ORGANIC

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

### SAINSBURY'S

- P** Peanut Crunchy
- P** Peanut Smooth

### SKIIPPY

Approved with or without the OU logo.

- P** Creamy
- P** Creamy Choc Chip
- P** Super Chunk

### SUN PAT

- P** Peanut Crunchy
- Excludes 15g portions.

- P** Peanut No Added Sugar Crunchy
  - P** Peanut No Added Sugar Smooth
  - P** Peanut Protein+ Crunchy
  - P** Peanut Protein+ Smooth
  - P** Peanut Smooth
- Excludes 15g portions.

### WHOLE EARTH

- P** Peanut 100% Crunchy
- P** Peanut 100% Smooth
- P** Peanut Crunchy
- P** Peanut Crunchy Dark Roasted
- P** Peanut Crunchy Hi Oleic
- P** Peanut Crunchy Organic
- P** Peanut Drizzler Golden Roasted
- P** Peanut Drizzler Super Smooth
- P** Peanut Smooth
- P** Peanut Smooth Hi Oleic
- P** Peanut Smooth Organic

### WOWBUTTER

- S** Peanut Free

## SNACK BARS

Products containing whole or chopped dates are not approved unless kosher certified as dates are often infested and difficult to check. See also FRUIT SNACKS p.23. 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).



### ALPEN

- NK** Bars

### CADBURY

- NK** Brunch Light
- D** Brunch Oats Choc Chip
- NK** Brunch Oats Choc Chip Bourville
- D** Brunch Oats Peanut
- D** Brunch Oats Raisin

### FREE

- K<sup>o</sup>** Oat Apple Sultana
- K<sup>o</sup>** Oat Apricot Chia
- K<sup>o</sup>** Oat Banana & Chocolate
- K<sup>o</sup>** Oat Banana Hemp Seed
- K<sup>o</sup>** Oat Chocolate Chip
- K<sup>o</sup>** Oat Cranberry

### GET FRUITY

- NK** Bars

### GO AHEAD

- NK** All Products

### JORDANS

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

### KELLOGG'S

- NK** Cereal Bars
- NK** Rice Krispies Squares

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

### LEXIS

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

- K<sup>o</sup> D** Crispy Treat Marshmallow Bliss
- K<sup>o</sup> D** Crispy Treat Strawberry & White Choc
- K<sup>o</sup> D** Crispy Treat Triple Choc Delight























### MERIDIAN

- NK** Bars



## SNACK BARS CONT'D...

### NAKO

-  Almond Macaroon
-  Apple Danish
-  Bakewell Tart
-  Banana Bread
-  Banoffee Pie
-  Berry Bliss
-  Berry Delight
-  Blueberry Muffin
-  Carrot Cake
-  Cashew Cookie
-  Cocoa Coconut
-  Cocoa Delight
-  Cocoa Mint
-  Cocoa Orange
-  Cocoa Twist
-  Coffee & Walnut
-  Fruit & Fibre Apple & Cinnamon
-  Fruit & Fibre Raspberry & Strawberry
-  Lemon Drizzle
-  Peanut Delight
-  Salted Caramel
-  Strawberry Sundae

### NATURE VALLEY

- P** Crunchy Canadian Maple Syrup
- 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 and bearing the logo. For a full list see [www.isitkosher.uk](http://www.isitkosher.uk).

### TRACKER OATS & GRAINS

-  **D** Chocolate & Peanut
-  **D** Peanut & Caramel
-  **D** 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.5). 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. Some brands of Pineapple & Coconut Juice contain milk. You are advised to check the ingredients declaration on the carton for dairy or grape derived ingredients. See also ENERGY & SPORTS DRINKS p.22.



### 7UP

- 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** Shandyade
- P** Soda Water
- P** Tizer

### BELVOIR FARM

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

- P** Cordial 100% Natural Blackcurrant
- P** Cordial 100% Natural Orange
- P** Cordial Blueberry & Blackcurrant
- P** Cordial Elderflower
- P** Cordial Elderflower & Rose
- P** Cordial Ginger
- P** Cordial Honey, Lemon & Ginger
- P** Cordial Lemon & Mint
- P** Cordial Lime
- P** Cordial Mulled Winter
- P** Cordial Raspberry & Lemon

# ONLY THE **BEST** HECHSHER FOR THE **BEST** RESTAURANTS

## Dairy Restaurants (Chalav Yisrael)

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



## Meaty Restaurants (Glatt)

Bagels Bar Grill House • Balagan  
Beit Hamadras • Burger Bar • Delicatessen  
Hummus Bar Golders Green  
Hummus Bar Hendon • Kaifeng  
Kasa Bar & Grill • Novellino Bistro  
Novellino Brighton • Sami's Edgware  
Sami's Golders Green • Sami's Hendon  
Sushi Haven • Tish • Tony Page at the Island Grill  
Tuk Tuk • White House Express

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





# THE PULSE OF ANGLO-JEWISH ORTHODOXY SINCE 1962



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**020 3240 0116**

**JEWISH**  
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## SOFT DRINKS CONT'D...

- P** Cordial Strawberry & Lime
- P** Freshly Squeezed Lemonade
- P** Fruit Punch
- P** Ginger Beer
- P** Lighter Raspberry Lemonade
- P** Lighter Sparkling Elderflower
- NK** Mulled Winter Punch
- P** Non Alcoholic J & T
- 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
- P** Sparkling Lime & Soda

## BIG TOM

- P** Spiced Tomato Mix

## 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

- NK** Aqua Juice Still
- 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** No Added Sugar Blackcurrant &  
Apple
- P** No Added Sugar Multivitamin
- P** No Added Sugar Orange
- P** No Added Sugar Safari Fruits
- P** Orange

- P** Summer Berries
- P** Tropical

## COCA COLA

- P** Coke Diet
- P** Coke Diet No Caffeine
- P** Coke Diet Sublime Lime
- P** Coke Diet Twisted Strawberry
- P** Original Taste
- P** Original Taste Cherry
- P** Zero Sugar
- P** Zero Sugar Cherry
- P** Zero Sugar Vanilla

## COPELLA

- P** Apple & Blackberry
- P** Apple & Elderflower
- P** Apple & Mango
- P** Apple & Pear
- P** Apple Cloudy
- P** Apple, Cucumber & Mint
- 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
- NK** Grape Zero

*A kosher certified version made in South Africa is available from kosher shops.*

- P** Lemon
- P** Orange
- P** Orange Zero
- P** Pineapple & Grapefruit



## SOFT DRINKS CONT'D...

- P Pineapple & Grapefruit Zero
- P Raspberry Zero
- P Strawberry & Kiwi Zero
- P What The Fanta Zero

## FEVER TREE

- P Ginger Ale Premium
- P Ginger Ale Smoky
- P Ginger Ale Spiced Orange
- P Ginger Beer Premium
- P Lemonade Premium
- P Lemonade Sicilian Premium
- P Madagascar Cola
- P Soda Italian Blood Orange
- P Soda Mexican Lime
- P Soda Raspberry & Rose
- P Soda Water Premium
- NK Soda White Grape & Apricot
- P Tonic Lemon Sicilian
- P Tonic Water Aromatic
- P Tonic Water Citrus
- P Tonic Water Elderflower
- P Tonic Water Mediterranean
- P Tonic Water Premium Indian

## FEVER TREE REFRESHINGLY LIGHT

- P Cola Madagascar
- P Ginger Ale
- P Ginger Ale Spiced Orange
- P Ginger Beer
- P Lemonade Handpicked Rose
- P Lemonade Premium
- P Lemonade Sicilian
- P Tonic Water
- P Tonic Water Aromatic
- P Tonic Water Clementine with Cinnamon
- P Tonic Water Cucumber
- P Tonic Water Elderflower
- 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 Sparkling Berry & Kiwi
- P Sparkling Green Apple
- P Sparkling Lemon
- P Still

## GLACEAU VITAMINWATER

- P Defence

- 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

## J2

- 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

- Kiddushim
- Party Platters
- Shul Events
- We supply caterers



VARIETY OF  
FRESH FISH



COOKED/  
FRIED FISH



SALADS  
& DIPS





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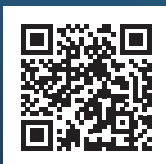
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[dov@makeAliyaheasy.com](mailto:dov@makeAliyaheasy.com)



### SOFT DRINKS CONT'D...

- 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 Gut Health Tropical
- P Immunity Hot Mango
- P Immunity Multi Berry
- P Vitality Ginger
- P Vitality Turmeric

### OASIS

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

### OCEAN SPRAY

- P Blueberry
- 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 Light
- P Orange

### 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 Raspberry
- P Drink Strawberry Light
- P Drink Very Berry
- P Sparkling Blackcurrant
- P Sparkling Raspberry
- 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



Product Enquiry Line  
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Bug Checking Chart  
On sale in Jewish shops  
or download at  
[www.kosher.org.uk/bugchart](http://www.kosher.org.uk/bugchart)



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## SOFT DRINKS CONT'D...

- 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
- 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 Apple Organic 🍏
- P Pear 🍐
- P Sparkling Elderflower
- P Sparkling Ginger & Wasabi
- P Sparkling Raspberry & Lime
- P Sparkling Strawberry & Blackcurrant
- P Squash Blackcurrant
- P Squash Lemon
- P Squash Orange
- P Still Blackcurrant & Elderflower
- P Still Mango & 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 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 & Alphonso Mango
- P High Juice Blackcurrant No Added Sugar
- P High Juice Lemon & Lime 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

# Quality Meets Meat



SCAN TO JOIN



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Butchers & Delicatessen

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[www.kosherdeli.co.uk](http://www.kosherdeli.co.uk)



[kosherdeliuk](https://www.facebook.com/kosherdeliuk)



[kosherdeli\\_uk](https://www.instagram.com/kosherdeli_uk)

## SOFT DRINKS CONT'D...

### 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 Russchian Pink Soda
- P Soda Water
- P Tonic Water Crisp
- 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.

- K Cedrata
- K Fior di Sambuco
- K Mirto in Fiore
- K Pescamara
- K Tonica Superfine
- K Tonica Superfine Con Limoni Del Garda

### TESCO

- NK Apple, Lemon & Ginger Juice

### THE LONDON ESSENCE CO

- P Ginger Ale
- 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 Fruit Sensation
- P Hand Picked Blood Orange
- P Hand Picked Pineapple
- P Hand Picked Pink Grapefruit
- P Kids Pressed Apple
- P Kids Tropical Fruits
- NK Multivit Boost Multifruit
- P Multivit Boost Orange
- NK Multivit Mixed Berries
- NK Multivitamin Boost
- P Orange & Mango
- P Orange Extra Pulpy
- P Orange Original Juicy Bits

- P Orange Smooth No Bits
- P Orchard Apple
- P Sparkling Tropical Fruit
- P Sparkling Zesty Orange
- P Strawberry & Banana
- P Tropical Fruits

### VIH<sub>2</sub>O

- NK Fruity Spring Water

### VIH<sub>TO</sub>

- NK Fizzy
- NK Squash
- NK Still
- NK Zero
- P Zero Mango, Strawberry & Pineapple
- P Zero Orange, Strawberry & Lime
- P Zero Raspberry, Orange & Passionfruit
- P Zero Watermelon, Strawberry & Peach

### VIH<sub>TO</sub> NO ADDED SUGAR

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

### VITA COCO

- S Coconut Water
- 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

### BENJAMISSINO

Available from independent and online retailers.

- K No Added Sugar Chocolate Dark

- K No Added Sugar Chocolate Praline

### CHUPA CHUPS

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

### NESTLE

- P Polo Mints Sugar Free

### PLAMIL SO FREE

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

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

### RED

Available from WH Smith and TK Maxx.

- K D Blonde Caramelised White Chocolate
- K D Dark Chocolate
- K D Dark Chocolate Orange & Almond
- K D Extra Dark Chocolate
- K D Milk Chocolate
- K D Milk Chocolate Hazelnut & Macadamia
- K D Milk Chocolate Nut Filling
- K D Milk Chocolate Pralines Coconut Filling
- K D Milk Chocolate Pralines Nut Filling

### 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 Licorice
- P Sugar Free Original
- P Sugar Free Raspberry Mint

### SESAME KINGDOM

KLBD certified flavoured halvas. 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



## SUGAR FREE CONFECTIONERY CONT'D...

- 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** Butter Candies Sugar Free

## SYRUPS & TOPPING

### ASKEYS

- P** Crackin' Chocolate Chunk
- P** Treat Maple Syrup
- P** Treat Topping Chocolate
- P** Treat Topping Raspberry
- P** Treat Topping Strawberry
- D** Treat Topping 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).

- K** Flavoured Maple Syrup
- K** Pure Maple Syrup Amber & Rich
- K** Pure Maple Syrup Dark & Strong

### LYLE'S

- K** Golden Syrup
- K** Golden Syrup Breakfast
- K** Golden Syrup Maple
- K** Golden Syrup Pouring
- K** Topping Syrup Butterscotch
- K** Topping Syrup Chocolate
- K** Topping Syrup Strawberry

### SWEET FREEDOM

- NK** Fruit Syrup

### THE GROOVY FOOD COMPANY

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

- K** Agave Blueberry
- K** Agave Caramel
- K** Agave Chocolate
- K** Agave Chocolate Orange
- K** Agave Cinnamon
- K** Agave Honey
- K** Agave Maple

- K** Agave Nectar Chipotle
- K** Agave Nectar Hot
- K** Agave Strawberry
- K** Agave Toffee
- K** Agave Vanilla
- K** Date Syrup
- K** Sauce Agave Chocolate
- K** Sauce Agave Chocolate & Orange
- K** Sauce Agave Chocolate & Raspberry

### VERMONT

- K** Maple Syrup

## YOGHURT & KEFIR 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
- 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

- NK** Kefir + Protein
- D** Kefir Baked Milk
- NK** Kefir Flavoured
- NK** Kefir Flavoured Shots
- NK** Kefir Kids
- D** Kefir Original
- NK** Kefir Plant Based Oat

### FLORA PRO.ACTIV

- D** Original
- D** Strawberry
- D** Tropical Fruit & Ginger

### MUNCH BUNCH SQUASHUMS

- D** Strawberry

## YAKULT

- D** Light
- D** Original

## YOPLAIT

- D** Petits Filous Apple & Raspberry
- D** Petits Filous Banana & Apricot
- D** Petits Filous Peach
- 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. 5. 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** Cereals
- D** Fig
- D** Fruit Layer Blueberry
- D** Fruit Layer Prune
- D** Intensely Creamy Blueberry
- D** Intensely Creamy Cherry
- D** Intensely Creamy Peach
- D** Intensely Creamy Strawberry
- D** Intensely Creamy Vanilla
- 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** Strawberry
- P** Vanilla

### ARLA LACTOFREE

- D** Blueberry
- NK** Mango
- D** Plain
- NK** Vanilla

### ARLA PROTEIN

- NK** Pots
- NK** Pouches

### BIOTIFUL

- NK** Kefir Flavoured

### LITTLE YEOS ORGANIC

- NK** Pouch Apple & Pear
- NK** Pouch Mango
- NK** Pouch Red Berries

### 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 Banoffee
- D** Light Greek Style Coconut Vanilla
- D** Light Greek Style Layers Cherry
- D** Light Greek Style Layers Peach & Passionfruit
- D** Light Greek Style Lemon
- D** Light Greek Style Strawberry
- D** Light Raspberry & Cranberry
- D** Light Smooth Toffee
- D** Light Strawberry
- D** Light Vanilla
- D** Light Vanilla Dark Chocolate Sprinkles
- D** Light Vanilla, Orange, Caramel Dark Chocolate Sprinkles



## YOGHURTS & DAIRY DESSERTS CONT'D...

- D** Rice Apple
- NK** Rice Multipacks
- D** Rice Original
- NK** Rice Raspberry
- NK** Rice Strawberry
- D** Rice Vanilla Custard

## MUNCH BUNCH SQUASHUMS

- P** Fruit Puree Apple, Strawberry & Apricot

Please note that Munch Bunch Fromage Frais are Not Kosher.

- D** Strawberry
- D** Strawberry & Blackcurrant
- D** Strawberry & Raspberry
- D** Strawberry & Tropical

## OATLY

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

## PROVAMEL

- P** Soya No Sugars
- P** Soya Vanilla

## 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).

- P** Petits Filous Dairy Free Apricot
- P** Petits Filous Dairy Free Raspberry
- NK** Petits Filous Magic Squares
- NK** Petits Filous Pots Fromage Frais
- D** Wildlife Choobs Apricot
- D** Wildlife Choobs Raspberry
- D** Wildlife Choobs Strawberry



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The Kosher Nosh Guide is published on behalf of the KLBD and the United Synagogue by **Jeux D'images Communications Ltd**  
Email: [info@jeuxdimages.co.uk](mailto:info@jeuxdimages.co.uk)



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# Chai's big \* of\*Care

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)**

*Services are available at:*

North West London  
South London | Essex  
Hackney | Southend  
Birmingham | Leeds  
Liverpool | South Manchester  
North Manchester  
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Advisory Services  
Advocacy & Information  
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on Cancer  
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Resources & Information

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**Support Groups**

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