



בס"ד

KOSHER NOSH GUIDE



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Only Sushi Haven is under KLBD supervision.

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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. Sign up for email alerts on 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 650 products listed are kosher certified by the KLBD and we are delighted that the range of certified products continues to grow, including Kiddylicious Veggie Straws, Warburtons Crumpet Thins, Cofresh Chakri Rice Sticks, Proper Chips, Nakd Protein Bars, an increased range of Booja Booja Ice Creams, Rude Health Triangles and Marmite in 600g tubs (only with the KLBD logo stamped on the lid). Vegan Friendly Rowntree's sweets are now approved. See p.15 for details.

Special thanks are due to Rosalind Coten, Michal Emanuel, Naomi Green, Dalia Bloch, Elisheva Wolfson, Lea Riegelhaupt, Paula Kaye and Esther Shindler 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, the KLBD Facebook group and Twitter Feed. You can check the kosher status of products using our superfast search at www.isitkosher.uk, also available as an Android app, with dietary information and product filters.

B'teavon
Rabbi Jeremy Conway (BA Hons)
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/Enumbers.

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

IS IT KOSHER?

bear snacks Show All →

- FRUIT SNACKS
- Bear Bars Carrot Cake **YES**
- Bear Bars Forest Fruit **YES**
- Bear Bites Blackcurrant & Beetroot **YES**
- Bear Bites Strawberry & Butternut Squash **YES**
- Bear Little Paws Apple & Blackcurrant **YES**
- Bear Little Paws Apple & Pumpkin **YES**

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 app. Works offline.

Eating a fly or worm involves up to six Torah transgressions!

Get your copy of the new and easy to use **KLBD BUG CHECKING CHART**

Online at www.kosher.org.uk/bugchart and in Jewish bookstores and kosher food shops

To request a list of products which are **GLUTEN or WHEAT FREE** email 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

Kookie Cat

Available from www.smartorganic.com.

- Almond Chocolate
- Cacao Nibs Walnut
- Chia Lemon
- Chocolate Covered Peanut Butter
- Double Choc Walnuts
- Hemp Cacao
- Pineapple Orange
- Salted Caramel Almond
- Vanilla Choc Chip

Pourtoi

KLBD certified gluten free, wheat free, dairy free, lactose free biscuits. Order from www.pourtoi.co.uk or call 020 3674 3156 for stockists. For a full list see www.isitkosher.uk.

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
- D** Jammy Wheels

Schar

- P** Choco Chip Cookies
- D** Chocolate Digestives
- D** Chocolate Fingers
- D** Custard Creams
- D** Digestives
- NK** Jaffa Cakes
- D** Melto
- D** Noccioni
- 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.

Cohens Bakery Buckingham Boulangerie

Pas Yisrael. For stockists see www.isitkosher.uk.

- Bagels
- Challa
- Challa Rolls
- Pitta Breads
- 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
- Pittas Soft White
- Pittas Soft Wholemeal
- Rolls Sliced Hotdog
- Rolls Sliced Soft White
- Rolls Sliced Wholemeal
- Thins Brown
- Thins Half & Half
- Thins White
- Toastie Super
- Toastie White

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
- Nice
- Spiced Ginger with Cinnamon
- 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

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 KLBDO certified gluten free cakes. So Real bakery sells products made from spelt. For a list of KLBDO supervised bakeries, see p.18.

Chocolate & Sweet Spreads



Cadbury

- D** Milk Chocolate

Meridian

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

Nutella

- D** + Cocoa
- D** Chocolate

Natural World

Certified with or without KLBDO logo. For stockists see www.naturalworld.com.

- Chocolate Halva
- Sesame & Dates

Plamilia

Available from independent health and wholefood shops and www.plamilfoods.co.uk.

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



Chocolate & Sweet Spreads Cont'd...

Sesame Kingdom

Available from www.sesamekingdom.co.uk.

- Halva
- Tahini Chocolate

Tiptree

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



Confectionery

See also SUGAR FREE CONFECTIONERY p.42.

Altoids

- Peppermints

Barratt

- All Products

Bendicks

- Bittermints
- Mint Collection
- Mint Fondants

Benjamissimo

Available from selected 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

Bett'r

Available from TK Maxx, Abel & Cole and www.smartorganic.com.

- Cups Almond Butter
- Cups Hazelnut Butter
- Cups Peanut Butter

Booja Booja

69g boxes only. For stockists see www.boojabooya.com.

- Truffles Chocolate Dark Ecuadorian
- Truffles Chocolate Raspberry

Cadbury

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

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

- D** Creme Egg Twisted Bag
- D** Crunchie
- D** Crunchie Rocks
- D** Curly Wurlly
- D** Dairy Milk

Includes Little Bars.

- D** Dairy Milk 30% Less Sugar
- D** Dairy Milk Buttons
- D** Dairy Milk Buttons Giant
- D** Dairy Milk Buttons Giant Orange
- D** Dairy Milk Buttons Mint
- D** Dairy Milk Buttons Mixed
- 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 Mint
- D** Dairy Milk Nut Chopped
- D** Dairy Milk Orange
- D** Dairy Milk Turkish
- D** Dairy Milk Wholenut
- D** Darkmilk Giant Buttons
- D** Darkmilk Original
- D** Darkmilk Salted Caramel
- D** Double Decker
- D** Eclairs
- Flake
- 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 Creme Eggs are not approved.

- Starbar
- D** Picnic
- D** Plant Almonds Salted Caramel
- D** Plant Almonds Smooth Chocolate
- D** Snack Sandwich Chocolate
- D** Snack Shortcake

- D** Twirl
- D** Twirl Bites
- D** Twirl Caramel
- 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
- 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

Available from selected supermarkets, Ocado and 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%
- P** Dark Chocolate Ginger & Orange
- P** Dark Chocolate Hazelnut Truffle
- P** Dark Chocolate Mint Crisp
- P** Dark Chocolate Pink Himalayan Salt
- P** Dark Chocolate Raspberries
- P** Dark Chocolate Thins Ginger
- P** Dark Chocolate Thins Mint
- D** Dark Chocolate Thins Salted Caramel
- D** Milk Chocolate 45%
- SD** Milk Chocolate Coins
- D** Milk Chocolate Orange
- D** Milk Chocolate Smooth
- D** Milk Chocolate Toffee & Sea Salt
- D** White Chocolate
- D** White Chocolate Strawberries

Elizabeth Shaw

- P** Honeycomb Crisp Mint Dark
- D** Honeycomb Crisp Mint Milk
- D** Honeycomb Crisp Orange Milk
- D** Honeycomb Crisp Salted Caramel Milk

Ferrero

- D** Bar Rocher Dark 55% Hazelnut
 - D** Bar Rocher Milk Original
 - D** Bar Rocher White Hazelnut
 - D** Collection
 - D** Collection Crispy Eggs Cocoa
 - D** Golden Gallery
- Includes boxes of 22 and 42 pieces.

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

Firetree

Available from Amazon and www.firetreechocolate.com.

- Madagascar Sambirano Valley
- Papua New Guinea Karkar Island
- Philippines Mindanao
- Solomon Islands Guadalcanal 69% and 100%.

- Solomon Islands Makira Island
- Vanuatu Malekula Island

Fox's

- P** Glacier Dark
- P** Glacier Fruits
- P** Glacier Mint Collection
- P** Glacier Mints
- P** Glacier Spearmints

Fox's

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

Fruittella

Fruittella products are Not Kosher.

Fry's

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

Go Nutz

KLBD certified chocolate coated fruit, nuts and confectionery with logo. For a full list see www.isitkosher.uk.

Confectionery Cont'd....

Godiva

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

Green & Black's Organic

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

Guylian

Many products are kosher certified and bear the OK D logo. For a full list see 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 begins with 01, 50 or contains 1FK.

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

Jelly Belly

- S BeanBoozled
- S Belly Flops
- S Chewy Candy
- SD Harry Potter Chocolate
- S Harry Potter Sweets

Note that 'Harry Potter Sweets Collection' contains dairy chocolates.

- S Jelly Beans
- S Sport Beans
- S Super Hero

Just Brazils

- D Milk

Kinder

- D Bueno
- D Bueno Dark
- D Bueno White
- D Chocolate

Includes Small.

- D Chocolate Cereals
- Includes Mini.

- D Chocolate Medium
- D Happy Hippo Cocoa
- D Happy Hippo Hazelnut
- D Joy
- D Schoko Bons
- D Surprise

Kinnerton

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

Klene

- NK Licorice

Kosher Delights

KLBD certified chocolate lentils and mini fruits with logo. For a full list see 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. Stockists should be able to advise which chocolates are kosher.

Lindt

- D Classic Crispy
- D Classic Hazelnut
- D Classic Milk
- D Classic Vegan Hazelnut
- D Classic Vegan Smooth
- D Creation Chocolate Cake
- D Creation Creme Brulee
- NK Creation Dessert
- D Creation Refreshing Lemon
- P Excellence Dark 70% Intense
- D Excellence Dark 78% Smooth
- P Excellence Dark 85% Robust
- P Excellence Dark 90% Supreme
- P Excellence Dark 99%
- D Excellence Dark Caramel Sea Salt
- D Excellence Dark Chili
- 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



Only the **best** hechsher for London's **best** restaurants

- Bagels Bar • Bagels Bar Grill House
 Balagan • Beit Café • Bread • Burger Bar
 Eli's Pizza Borehamwood • Eli's Pizza Edgware
 Hummus Bar Golders Green • Hummus Bar Hendon
 Kaifeng • La Fiesta • Mr Baker • Novellino
 Novellino Bistro • Portoberry • Pumpernick's
 Sababa • Sami's Edgware • Sami's Golders Green
 Sami's Hendon • Slice • Sushi Haven • Taboon
 Tasti Pizza • Tish • Tony Page at the Island Grill
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Confectionery Cont'd....

- 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
- K** Eggs Chocolate
- K** Salted Caramel

Maoam

- 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 Crispy
- K** Galaxy Honeycomb Crisp
- K** Galaxy Minstrels
- 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 Crisp
- 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** Vimto
- K** Watermelon

Nespresso

- D** Chocolate Dark
- D** Chocolate Dark Ginger
- D** Chocolate Milk
- D** Chocolate Milk Squares Salted Caramel

Confectionery Cont'd....

Nestle

- D** Aero Bar Caramel
- D** Aero Bar Chocolate
- D** Aero Bar Orange
- D** Aero Bar Peppermint
- D** Aero Bubbles Chocolate
- D** Aero Bubbles Peppermint
- D** After Eight Bites
- D** After Eight Mints
- D** Animal Bar
- NK** Black Magic
- D** Blue Riband Original
- D** Breakaway
- D** Caramac
- 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
- D** Kit Kat Dark
- D** Kit Kat Dark 70%
- D** Kit Kat Dark Mint
- D** Kit Kat Orange
- D** Kit Kat Vegan
- D** Kit Kat White
- D** Lion
- D** Lion Peanut
- D** Milkybar
- D** Milkybar Buttons
- D** Milkybar Buttons Giant
- D** Munchies

Original only. Flavoured varieties are not approved.

- P** Polo Fruits
- 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 Biscuits
- D** Yorkie Raisin & Biscuit

Nibbles

KLBD certified chocolate coated fruit, nuts and confectionery with logo. For a full list see www.isitkosher.uk.

Nipits

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

Nutella

- D** B ready

Pana Chocolate

- P** All Varieties

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

Available from independent health and wholefood shops and www.plamilfoods.co.uk.

- K** Cocoa Bites Salted Caramel
- K** Cocoa Bites Smooth Orange
- K** Cocoa Bites Strawberry
- K** Cocoa Bites White
- K** Thin Dark Chocolate Extra
- K** Thin Dark Chocolate Mint
- K** Thin Dark Chocolate Orange
- K** Thin Dark Chocolate Orange Tropical
- K** Thin Dark Chocolate Perfectly
- K** Thin White Vanilla
- K** Vegan Caramilk
- K** Vegan Oat Milk

Playin Choc

Available from www.playinchoc.com.

- K** Gift Sets
- K** JustChoc
- K** ToyChoc

Poppets

- P** Minty
- D** Orange
- 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

For sugar free products in boxes, see SUGAR FREE CONFECTIONERY p.42.

- P** Honey Herb
- 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

Sesame Kingdom

KLBD certified flavoured halva. For a full list see www.isitkosher.uk.

Sesame Snaps

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

Simpkins

Only products which are widely available are listed here. For a full list see 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

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SCAN QR CODE TO JOIN



Confectionery Cont'd....

- P** Fruits Giants
- P** Fruits Whites
- NK** Squishy Cloudz
- P** Tropical
- P** Wild Berry

Smint

- P** Mint
- P** Spearmint
- NK** XXL Strawberry

Starburst

- NK** Chewing Gum
- P** Chews Original Fruit
- P** Chews Original Minis

Other Chews are not approved.

Sultans

- P** Chocolate Ginger
- P** Stern Ginger Crystallised
- NK** Turkish Delight Luxury
- D** Turkish Delight Milk Chocolate Rose Bars
- D** Turkish Delight Milk Chocolate Rose Box
- P** Turkish Delight Rose & Lemon Box
- NK** Turkish Delight Rose & Lemon Pick & Mix

Taverners

- NK** All Products

Terry's Chocolate Orange

- D** Ball Dark
- D** Ball Milk
- D** Ball White
- D** Bar Biscuit
- D** Bar Milk

35g and 90g.

- D** Minis Biscuit
- D** Minis Milk
- D** 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
- P** Fresh Mint

NK Fruit Adventure

- P** Intense Mint
- NK** Lime & Orange
- NK** Mixers Cherry Cola
- P** Strawberry Fields

Tablerone

- 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** Soft Fruits
- 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.

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 White
- S** Gum Extra White Bubblemint

- S** Gum Juicy Fruit
- S** Gum Refreshers Extra Bubblemint
- S** Gum Refreshers Extra Peppermint
- S** Gum Refreshers Extra Spearmint
- S** Gum Refreshers Extra Tropical
- S** Mints Extra Peppermint

XXX

- NK** Extra Strong Mints

Crackers & Rice Cakes

Jacob's

Pas Palter.

- K** Cream Crackers
- K** Cream Crackers High Fibre
- K** Cream Crackers Snack Packs



Kallo

- P** Corn Ancient Grains
- P** Corn Lightly Salted
- P** Corn Thins
- 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 Cakes Dark Chocolate
- D** Rice Cakes 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

Pas Yisrael.

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

Real Foods

Kosher certified Corn Thins bearing the KA logo. For a full list see www.isitkosher.uk.

Rude Health

- K** Buckwheat
- K** Chickpea & Lentil
- K** Corn
- K** Multigrain
- K** Triangles Chickpea
- K** Triangles Corn
- K** Triangles Lentil High Protein

Tuc

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

- K** Crackers Original

Crisps & Snacks

See also NUTS p.29.



BEPSS

For stockists see www.bepssnacks.com.

- K** Popped Barbecue
- K** Popped Salt & Black Pepper

Bett'r

Available from TK Maxx, Abel & Cole and www.smartorganic.com.

- K** Chips Apple Original

Blanco Nino

For stockists see www.blanco-nino.com.

- K** Ancient Grain
- K** Chilli & Lime
- K** Lightly Salted

Cofresh

- K** Chakri Rice Sticks Chilli Lemon
- K** Chakri Rice Sticks Garlic
- K** Chakri Rice Sticks Plain
- K** Chakri Rice Sticks Salted
- K** Channa Dall
- K** Crinkles Hot Chilli
- K** Grills Potato Cheese & Onion
- K** Grills Potato Chilli & Lemon
- K** Grills Potato Chilli Cheese
- K** Grills Potato Jalapeno
- K** Grills Potato Peri Peri
- K** Grills Potato Sweet Chilli
- K** Hoops Hot Chilli
- K** Mix Balti
- K** Mix Bombay

Certified with or without KLBD logo.

- K** Mix Bombay Hot
- K** Mix Bombay Luxury
- K** Mix Jalfrezi
- K** Mix London
- K** Poppadum Curis Chilli Lemon
- K** Poppadum Curis Mango Chutney
- K** Poppadum Curis Plain



Bakeries



The Bagel Place

Bonjour

La Brioche Hendon

La Brioche Stanmore

The Brown Bear Bakery

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

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

info@kosher.org.uk • 020 8343 6247

Crisps & Snacks Cont'd...

- Poppadam Curlys Sweet Chilli
- Spirals Hot Chilli

Doritos

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

Eat Real

- Hummus Chips Chilli & Lemon
- Hummus Chips Creamy Dill
- Hummus Chips Salted
- Hummus Chips Sea Salt
- 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
- 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 Spinach, Tomato & Beetroot
- Veggie Straws Tomato, Kale & Spinach Kids

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

The varieties listed are certified when bearing KLBD logo or stating 'Made in the UK.' Other packs without the logo are not approved.

- Chips Lightly Salted

- Chips Sea Salt Peppercorns

Kiddylicious

Only listed products are KLBD certified.

- Veggie Straws Sour Cream & Chive
- Veggie Straws Tomato, Kale & Spinach

Kirkland Signature

- Crisps Crinkle Cut Himalayan Salt
- Available from Costco.

KP

- Discos
- Frisps
- Hula Hoops

Love Corn

- Cheese & Onion
 - Habanero Chilli
 - Milk Chocolate & Sea Salt
- Some packs have been mislabelled with a KLBD Parev logo.

- Salt & Vinegar
- Sea Salt
- Smoked BBQ

McCoy's

- 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

- Lentil Chips Sea Salt
- Other varieties are not approved.

Proper Corn

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

Purely

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

Rude Health

- Cornitas Black Bean
- Cornitas Chickpea & Lentil



Product Enquiry Line
020 8343 6247



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Bug Checking Chart
On sale in Jewish shops or download at
www.kosher.org.uk/bugchart

Crisps & Snacks Cont'd...

Scrubbys

For stockists see www.scrubbys.co.uk

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

Shalimar

Snacks certified with or without KLBD logo. For a full list see www.isitkosher.uk.

Smiths

- Chipsticks Salt 'n' Vinegar

Snaps

- Spicy Tomato

Ten Acre

Available from Waitrose, Holland & Barrett, Amazon and www.tenacresnacks.co.uk.

- Crisps Cheese & Onion
- Crisps Hickory BBQ
- Crisps Salt & Vinegar
- Crisps Sweet Chilli

Walkers

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

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

Desserts

See also YOGHURT DRINKS p.43 and YOGHURTS & DAIRY DESSERTS p.45.

Alpro

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

Ambrosia

- Deluxe Custard Belgian Chocolate
- Deluxe Custard Vanilla Clotted Cream
- Deluxe Custard Vanilla Madagascan
- Deluxe Custard Vanilla Salted Caramel
- Deluxe Rice Spiced Apple
- Deluxe Rice Vanilla West Country Cream
- Devon Custard
- Devon Custard Banana
- Devon Custard Chocolate
- Devon Custard Light
- Devon Custard Strawberry
- Devon Dream
- Mini Custard
- Mini Custard Banana
- Mini Custard Less Sugar
- Mini Rice
- Rice Pudding Chocolate

Dole

- Fruit in Jelly Tropical
- Other Fruit in Jelly varieties are Not Kosher.

Halo Top

- Desserts

Hartley's

- Fruit in Jelly Apple in Blackcurrant
- Fruit in Jelly Mandarin in Orange
- Fruit in Jelly Mango in Mango
- Fruit in Jelly Peach in Strawberry
- Fruit in Jelly Pineapple in Pineapple
- Glitter Jelly Mixed Berry
- Glitter Jelly Raspberry
- Glitter Jelly Strawberry
- Jelly Crystals Sugar Free
- Jelly Cubes
- Jelly Pots 10 Cal Apple & Watermelon
- Jelly Pots 10 Cal Black Forest Gateau
- Jelly Pots 10 Cal Blueberry & Blackcurrant
- Jelly Pots 10 Cal Cranberry & Raspberry
- Jelly Pots 10 Cal Elderflower & Lemonade
- Jelly Pots 10 Cal Key Lime Pie
- Jelly Pots 10 Cal Lemon Cheesecake
- Jelly Pots 10 Cal Mango & Passionfruit
- Jelly Pots 10 Cal Orange
- Jelly Pots 10 Cal Peach Melba
- Jelly Pots 10 Cal Raspberry
- Jelly Pots 10 Cal Strawberry
- Jelly Pots 10 Cal Strawberry & Kiwi

- Jelly Pots Blackcurrant
- Jelly Pots Lemon & Lime
- Jelly Pots Orange
- Jelly Pots Pineapple
- Jelly Pots Raspberry
- Jelly Pots Strawberry
- Juicy Jelly Pouches Lemon & Lime
- Juicy Jelly Pouches Orange
- Juicy Jelly Pouches Raspberry
- Juicy Jelly Pouches Strawberry
- No Added Sugar Jelly Pots Apple
- No Added Sugar Jelly Pots Blackcurrant
- No Added Sugar Jelly Pots Orange
- No Added Sugar Jelly Pots Raspberry
- No Added Sugar Jelly Pots Strawberry
- No Added Sugar Jelly Pots Tropical

Oatly

- Custard Vanilla

Provamel

- Soya Chocolate
- Soya Vanilla

The Bridge Bio

For stockists see 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.

Boostball

- Protein Bites

Bounce

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

- Plant Protein Ball Almond
- Plant Protein Ball Choc Brownie
- Plant Protein Ball Hazelnut Praline
- Plant Protein Ball Maple Pecan Cashew
- Plant Protein Ball Millionaire
- Plant Protein Ball Peanut Cacao
- Protein Ball Almond
- Protein Ball Cocoa Peanut

- Protein Ball Coconut Macadamia
- Protein Ball Peanut
- Protein Ball Salted Caramel

Creative Nature

Available from 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

- Vitamin & Protein Bars

Grenade

- Carb Killa Bars

Huel

Available from www.huel.com. Contain kosher grape juice.

- Bar Chocolate
- Bar Chocolate Orange
- Bar Coffee Caramel
- Bar Complete Banana Pudding
- Bar Complete Banoffee
- Bar Complete Peanut Butter
- Bar Complete Raspberry
- Bar Complete Salted Caramel
- Bar Peanut Butter
- Bar Raspberry & White Chocolate
- Bar Salted Caramel

Kind

Kosher certified gluten free bars bearing the OU logo. Parev or Dairy status may vary between batches, so check the individual wrappers.

Lex's

Available from www.lexistreats.com.

- Protein Blueberry Bliss
- Protein Double Choc Chip

Mars

- Hi Protein Bars

Nakd

- Protein Caramel
- Protein Cocoa Hazelnut
- Protein Peanut Butter

Nature Valley

- Protein Peanut & Chocolate
- Protein Salted Caramel Nut

Energy & Protein Snacks Cont'd...

Perkier

Available from supermarkets. For stockists see www.perkier.co.uk.

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

PhD

- NK Smart Bars

Roobar

For stockists see www.roobar.com.

- ☞ Brownie Ball Coconut Choc Chip
- ☞ Brownie Ball Double Chocolate
- ☞ Drops Cherry & Choco
- ☞ Protein Cherry & Maca
- ☞ Protein Chia & Spirulina
- ☞ Protein Choc Chip & Hazelnuts
- ☞ Protein Choc Chip & Vanilla
- ☞ Protein Choco Covered Peanut Butter
- ☞ Protein Chocolate Covered Almonds
- ☞ Protein Chocolate Covered Hazelnuts
- ☞ Protein Spirulina Lemon

Roobiotic

Available from www.smartorganic.com.

- ☞ Ball Ashwagandha Mango
- ☞ Ball Cacao Maca
- ☞ Ball Choc Chip Matcha
- ☞ Ball Coconut Guarana

The Protein Ball Co

Available from Holland & Barrett and Ocado. For other stockists see www.theproteinbalco.com. Contain kosher grape juice.

- ☞ Breakfast Muffin Oat Blueberry
- ☞ Breakfast Muffin Oat Coffee
- ☞ D High Protein Cacao & Orange
- ☞ High Protein Cherry Bakewell
- ☞ D High Protein Coconut & Macadamia
- ☞ D High Protein Peanut Butter
- ☞ Plant Protein Goji & Coconut
- ☞ Plant Protein Lemon & Pistachio
- ☞ Plant Protein Peanut Butter
- ☞ Plant Protein Raspberry Brownie

Trek Energy

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

- ☞ Bar Cocoa Chaos
- ☞ Bar Peanut Power

Tribe

Available from www.wearitribe.co.uk.

- ☞ D Bar Triple Decker Caramel

- ☞ D Bar Triple Decker Choc Maple
- ☞ D Bar Triple Decker Choc Peanut
- ☞ D Bar Triple Decker Vegan Honeycomb
- ☞ D Bites Triple Decker Choc Maple

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

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

Gatorade

- P Cool Blue
- P Orange
- P Tropical Burst

Irn Bru

- P Energy
- P Energy No Sugar

Lucozade Energy

- P Apple Blast
- P Brazilian Mango & Mandarin
- P Caribbean Crush
- P Citrus Chill
- P Orange
- P Original
- P Pink Lemonade
- P Watermelon & Strawberry
- P Wild Cherry

Lucozade Revive

- P Lemon & Lime
- P Orange & Passion Fruit

Lucozade Sport

- P Brazilian Guava
- P Caribbean Burst
- P Cherry Kick
- P Fitwater
- P Fruit Punch
- P Low Cal Lemon & Lime
- P Low Cal Orange

- P Mango & Passion Fruit
- P Orange
- P Raspberry

Monster Energy

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

Mountain Dew

- P Citrus Blast
- P Citrus Sugar Free

Powerade

- P Berry & Tropical

Red Bull

- P Energy Drink
- P Sugarfree
- P The Edition Green Cactus Fruit
- P The Edition Red Watermelon
- P The Edition Summer Juneberry
- P The Edition Tropical
- P The Edition Tropical Sugarfree
- P Zero Calories

Relentless

- P Apple & Kiwi
- P Cherry
- P Mango
- P Origin
- P Passion Punch

Rockstar

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

Rubicon

- NK Raw Cherry & Pomegranate

- P Raw Orange & Mango
- NK Raw Raspberry & Blueberry

Wow Protein

- NK 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. For Fruit Crisps see *CRISPS & SNACKS* p.17.

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 Strawberry Apple
- ☞ 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



Fruit Snacks Cont'd....

- Yoyos Smoothie Strawberry & Banana
- Yoyos Strawberry
- 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

Borna

For stockists see www.bornafoods.com.

- Trail Mix Blueberry, Cashew, Banana & Coconut
- Trail Mix Cherry, Almond, Chocolate & Raisin

Clearspring

Available from health shops, Waitrose, Ocado and 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 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

Available from www.freddiesfarmssnacks.co.uk.

- Fruit Shapes Apple
- Fruit Shapes Blueberry
- Fruit Shapes Raspberry

Fruit Bowl

- D** Dino Eggs
- Flakes Blackcurrant
- Flakes Raspberry
- Flakes Strawberry

- Flakes Unicorn
- Peelers Blackcurrant
- Peelers Raspberry
- Peelers Strawberry
- School Bars Apple
- School Bars Blackcurrant
- School Bars Raspberry
- School Bars Strawberry
- Yogurt Flakes Blackcurrant
- Yogurt Flakes Raspberry
- Yogurt Flakes Strawberry
- Yogurt Raisins

Go Go Squeeze

- 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

The Dormen Moments

Available from Tree of Life, The Health Store, independent wholesalers and www.thedormenfoodcompany.com.

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

The Fruit Factory

- NK** Fruit Strings

Urban Fruit

- 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.29.

- Berry & White Chocolate

- Date & Almond
- Fruity Biscuit
- Raisin & Chocolate
- Tropical Coconut

Hot Chocolate & Malted Drinks



Cadbury

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

Divine

- P** Smooth Hot Chocolate

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

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** White Choc

Ovaltine

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

Twinnings

- 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** Brandy Snap Baskets
- D** Cafe Curls
- P** Cones Classic
- P** Cones Cup
- P** Cones Waffle
- 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.isitkosher.uk.

ASDA Free From

- Vanilla Flavour Tub

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.

- Banana 'n Strawberry
- Banana Caramel
- Blue Raspberry Sherbet
- Caramel Honeycomb Candy
- Chocolate
- Chocolate Chip
- Chocolate Chip Cookie Dough
- Coconut
- Cookies 'n Cream
- Cotton Candy
- Gold Medal Ribbon

Ice Creams, Lollies & Sorbet Cont'd...

- IK** **D** Jamoca
- IK** **D** Jamoca Almond Fudge
- IK** **D** Mango Tango
- IK** **D** Mint Choc Chip
- IK** **D** Mississippi Mud
- IK** **D** Nutty Coconut
- IK** **D** Old Fashioned Butter Pecan
- IK** **D** Orange Sherbet
- IK** **D** Pistachio Almond
- IK** **D** Pralines 'n Cream
- IK** **D** Rainbow Sherbet
- IK** **D** Red Raspberry Sherbet
- IK** **NK** Rum Raisin
- IK** **D** Sorbet Lemon
- IK** **D** Sorbet Mango
- IK** **NK** Strawberry Cheesecake
- IK** **D** Vanilla
- IK** **D** Vanilla Chocolate Chip
- IK** **D** Very Berry Strawberry
- IK** **D** World Class Chocolate

Ben & Jerry's

- SD** Baked Alaska
- SD** Birthday Cake
- SD** Caramel Cream Party
- SD** Caramel Chew Chew
- SD** Chip Happens
- SD** Chocolate Fudge Brownie
- SD** Chunky Monkey
- SD** Cone Together
- SD** Cookie Dough
- IK** **D** Cookie Dough Chunks Chocolate Chip
- IK** **D** Cookie Dough Chunks Salted Caramel
- SD** Cookie Dough Peaches
- SD** Cookie Dough S'wich Up
- SD** Cookie Dough Twist Doughable Chocolate
- SD** Cookie Dough Twist Raindough
- SD** Core Blondie Brownie
- SD** Core Karamel Sutra
- SD** Fairway to Heaven
- SD** Half Baked
- SD** Minter Wonderland
- SD** Moophoria Caramel Cookie Fix
- SD** Moophoria Cookie Dough Chocolate
- SD** Moophoria Cookie Dough Peanut Butter
- SD** Moophoria Salted Caramel Brownie
- SD** Netflix & Chill'd
- SD** Non Dairy Chocolate Fudge Brownie
- 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** Peace Pop
- SD** Peanut Butter Cup
- SD** Phish Food
- SD** Sofa So Good
- SD** Strawberry Cheesecake
- SD** Sundae Berry Revolutionary
- SD** Sundae Cookie Vermontster
- SD** Sundae Hazelnuttin' But Chocolate
- SD** Sundae Oh My Banoffee Pie
- SD** Vanilla

Booja Booja

Available from Ocado and Waitrose. For other stockists see www.boojabooja.com.

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

Cadbury

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

Carte D'Or

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

Del Monte

- NK** 100% Juice Orange Lolly
- P** 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

NO MATTER WHERE YOU ARE...



CHECK WWW.ISITKOSHER.UK

Information applies to products purchased in the UK



Haagen Dazs

- SD** Belgian Chocolate
- SD** Belgian Chocolate & Hazelnut
- SD** Collection Caramel
- SD** Collection Favourites
- SD** Collection Fruit
- SD** Collection Vanilla
- SD** Cookies & Cream
- SD** Dulce de Leche
- SD** Duo Belgian Chocolate Strawberry Crunch
- SD** Duo Belgian Chocolate Vanilla Crunch
- SD** Duo Dark Chocolate Salted Caramel Crunch
- SD** Gelato 150 Calories
- SD** Macaron Double Chocolate Ganache
- SD** Macaron Strawberry & Raspberry
- SD** Mango & Raspberry
- SD** Peanut Butter Crunch
- SD** Pralines & Cream
- SD** Salted Caramel
- SD** Salted Caramel Cappuccino
- SD** Strawberries & Cream
- SD** Strawberry Cheesecake
- SD** Vanilla
- SD** Watermelon & Strawberry

J2O

- 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

- IK** **D** Bounty Bar
- IK** **D** Galaxy Heart Bar
- IK** **D** Galaxy Heart Caramel Bar
- IK** **D** Galaxy Heart Vanilla Bar
- IK** **D** Galaxy Vanilla Bar
- IK** **D** Mars Bar
- IK** **D** Mars Salted Caramel Bar
- IK** **D** Snickers Bar
- IK** **D** Snickers Crisp Bar
- IK** **D** Snickers White Bar
- IK** **D** Twix Bar

Mr Freeze

- Freeze pops Blue Raspberry
- Freeze pops Cola
- Freeze pops Multipack
- Freeze pops Multipack Sour
- Freeze pops Multipack Sugar Free
- Freeze pops Raspberry
- Freeze pops Strawberry
- Freeze pops Tropical
- Jubbly Cola Lollies
- Jubbly Lemonade Lollies
- Jubbly Orange Lollies
- Jubbly Strawberry Lollies

Nestle

- Fab Strawberry & Tropical Minis Lolly
 - Fab Strawberry Lolly
 - Nobbly Bobbly Stick
 - Skinny Cow Mint Double Choc Stick
 - Smarties Pop Up
 - Toffee Crumble Stick
- 70ml only.

Pip Organic

- Fruity Lollies

R Whites

- Lemonade Lolly

Robinsons

- Freeze Pops
- Multipack containing Summer Fruits, Orange & Pineapple and Apple & Blackcurrant.

- Freeze Pops Orange & Pineapple

Robinsons Fruit Shoot

- Orange/Apple & Blackcurrant Mini Lollies
- Squeeze Pops

Rowntree's

- Fruit Blaster Lolly
- Fruit Pastilles Lolly
- Fruit Push Up Blackcurrant Lolly
- Fruit Push Up Orange Lolly
- Fruit Twisties Lolly
- Push Up Multipack

Contains Blackcurrant, Strawberry and Tropical.

Sainsbury's Free From

- Iced Dessert Choc
- Iced Dessert Vanilla

Slush Puppie

Only certified when bearing the KLBD logo. Products not bearing the logo and drinks from Slush Puppie machines are not approved.

- Freeze, Squeeze, Drink Blue Raspberry
- Freeze, Squeeze, Drink Sour Cherry
- Freeze, Squeeze, Drink Strawberry

Smooze

- Coconut
- Coconut & Mango
- Coconut & Pineapple
- Coconut & Pink Guava

Snowcrest

KLBD certified ice creams with logo. For a full list see www.isitkosher.uk.

Swedish Glace

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

Swizzels

- Love Hearts 2in1 Pop
- Love Hearts Fruit Lollies
- Refreshers 2in1 Pop

Tango

- Eezy Freezy 2in1 Pop
- Liquid Ice Cherry Lollies
- Sub Zero Tang Cherry Lollies
- Sub Zero Tang Orange Lollies

The Coconut Collab

- Coconutters Chocolate Dipped Sticks
- Coconutters Vanilla Tub

Treats

- Festival Mint Stick
- Festival Original Stick
- Zzapp Stick

Vimto

- Mixed Fruit Lolly

Wall's

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

Only multipacks of 6.

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

Only multipacks of 6.

- Cream of Cornish Vanilla Tub
- Feast Original Stick
- Magnum Almond Stick
- Magnum Classic Stick
- Magnum Mini Almond Stick
- Magnum Mini Classic Stick
- Magnum Mini Classic/Almond/White Stick
- Magnum Mini White Stick
- Magnum Mint Stick

Excludes Mini Sticks.

- Magnum Vegan Almond Stick
- Magnum Vegan Classic Stick
- Magnum Vegan Mini Classic/Almond Stick
- Magnum Vegan Sea Salt Caramel Stick
- Magnum White Stick
- Mini Milk Chocolate Stick
- Mini Milk Strawberry Stick
- Mini Milk Vanilla Stick
- Soft Scoop Vanilla Light Tub
- Soft Scoop Vanilla Tub
- Solero Exotic Stick
- Solero Red Berries Stick
- Twister Pineapple Stick
- Viennetta Mint
- Viennetta Vanilla

Milk Shakes & Mixes**Alpro**

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

Costa Coffee

Tassimo Coffee Pods with similar names are not approved.

- Can Flat White
- Can Latte
- Can Latte Caramel
- Can Latte Vanilla

Crusha

- Chocolate
- Strawberry
- Strawberry No Added Sugar

Frijj

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

Mars

- Bounty
- Galaxy
- Maltesers
- Mars Milk
- Mars Milk Caramel
- Mars Skimmed
- Milky Way
- Snickers
- Twix
- Vegan Bounty Coconut
- Vegan Galaxy Oat
- Vegan Mars Oat

Nesquik

- Powder Banana
- Powder Chocolate
- Powder Strawberry

Oatly

- Chilled Chocolate Deluxe
- Chocolate

Rude Health

- Oat Hot Choc
- Turmeric Latte

Vita Coco

- 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

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







Borna

KLBD certified pistachios. For a full list see www.isitkosher.uk.



Nuts Cont'd...

Cofresh

-  Bites Peanut Brittle
-  Cashews & Almonds Salted Roasted
-  Cashews Balti
-  Cashews Roasted Salted
-  Peanuts Balti
- Certified with or without KLBD logo.*
-  Peanuts Caramel Sesame Coated

Go Nutz

KLBD certified raw and dry roasted nuts, and flavoured peanuts with logo. For a full list see www.isitkosher.uk.

KP

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

Nibbles

KLBD certified plain and flavoured nuts, and dry roasted peanuts with logo. Available from kosher shops. For a full list see www.isitkosher.uk.

Natural World






KLBD certified dry roasted nuts with logo. For a full list see www.isitkosher.uk. For stockists see www.naturalworld.com.

Shalimar

KLBD certified flavoured nuts. For a full list see www.isitkosher.uk.







The Dormen

Available from www.thedormenfoodcompany.com.

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

Whitworths Shots

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

-  **D** Chocolate & Hazelnut
-  Nuts Chilli
-  Nuts Salsa
-  Nuts Salted Caramel
-  Nuts Smoke
-  **D** Toffee & Pecan

World of Nuts



KLBD certified whole, dry roasted and caramelised nuts with logo. For a full list see www.isitkosher.uk.

Peanut Butter & Marmite



Bett'r

Available from TK Maxx, Abel & Cole and www.smartorganic.com.

-  Peanut Crunchy
-  Peanut Smooth

Duerr's

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

Marmite

The 600g size only is now certified KLBD Parev, when it has "KLBD Kosher" inkjetted on the lid. Other sizes are Not Kosher. The KLBD certified tubs are available from kosher shops. Other wholesalers, such as Costco, also sell the 600g tubs but it is important to check before purchase that each tub has "KLBD Kosher" on the lid, as old stock in identical tubs and not bearing the KLBD stamp, is Not Kosher. At the present time, we do not recommend purchasing these tubs from online retailers such as Amazon as they may still be selling old, non-kosher stock. Follow KLBD updates or check www.isitkosher.uk for any changes to this information.

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

Meridian Organic

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

Sainsbury's

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

Skippy

Approved with or without the OU logo.

- P** Choc Chip Swirl
- P** Smooth
- P** Super Chunk

Sun Pat

Covers both Smooth and Crunchy varieties. 15g portions not included.

- P** Peanut
- P** Peanut No Added Sugar
- P** Peanut Protein+

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 

Zeal

KLBD certified Smooth and Crunchy Peanut Butter. Available from kosher shops.

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.

Alpen

- NK** Bars

Cadbury

- D** Brunch Bar Choc Chip
- D** Brunch Bar Peanut
- D** Brunch Bar Raisin

Freee

-  Oat Bars Apple Sultana
-  Oat Bars Apricot Chia
-  Oat Bars Banana Hemp Seed
-  Oat Bars Chocolate Chip

Get Fruity

- NK** Bars

Go Ahead

- NK** All Products

Jordans

- P** Fusli Apple & Cinnamon
- NK** Fusli Blueberries

- P** Crusli Cranberries & Apple
- P** Crusli Raisins & Hazelnuts
- P** Crusli Red Berries

Kellogg's

- NK** Cereal Bars
- NK** Pop Tarts
- 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 gluten free bars bearing the OU logo. Parev or Dairy status may vary between batches, so check the individual wrappers.

Lexi's




















Available from www.lexistreats.com.

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

Meridian

- NK** Bars

Nakd

-  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 Orange
-  Cocoa Twist
-  Coffee & Walnut
-  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



Snack Bars Cont'd....

Nestle

- D** Cheerios Honey
- D** Nesquik

Quaker

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

Roo'Bar

Available from www.smartorganic.com.

- K** Cacao
- K** Cacao Nibs
- K** Cherry Party
- K** Chia Coconut
- K** Chocolate Covered Almonds
- K** Chocolate Covered Coconut
- K** Chocolate Covered Hazelnuts
- K** Chocolate Covered Peanut
- K** Coconut
- K** Goji Berry
- K** Hemp Protein
- K** Inca Berry
- K** Licorice Chilli
- K** Maca Cranberry
- K** Mango Magic
- K** Mulberry Vanilla
- K** Peanut
- K** Sour Cherry White Choco
- K** Strawberries 4Ever
- K** Strawberry Pink Choco

Rude Health

- K** Banana
- K** Berry
- K** Cacao
- K** Coconut
- K** Peanut

Tracker Oats & Grains

- K D** Chocolate & Peanut
- K D** Peanut & Caramel
- K D** Salted Caramel Fudge



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. For Freeze & Squeeze drinks see SLUSH PUPPIE p.28.

7Up

- P** Free
- P** Free Cherry
- P** Regular

Appletiser

- P** Appletiser

Aqua Libra

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

Barr

- P** Bubblegum
- P** Cheryade
- 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** Shandy
- P** Soda Water
- P** Tizer

Belvoir Farm

For stockists see 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
- 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

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



VARIETY OF FRESH FISH



COOKED/ FRIED FISH



SALADS & DIPS



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Soft Drinks Cont'd...

- P Sparkling Elderflower
- P Sparkling Elderflower & Rose
- P Sparkling Lime & Soda

Big Tom

- P Spiced Tomato Juice

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 Clear Lemon & Lime 🍋
- P Clear Mixed Berry 🍓
- P Clear Orange & Mango 🍌
- P Clear Tropical Orange & Strawberry Multipack 🍓
- P Pure Juice Apple
- P Pure Juice Orange 🍋
- P Pure Juice Shots Apple 🍓
- P Pure Juice Shots 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

All varieties are Not Kosher.

Del Monte

- P Apple
- P Just Juice Apple
- P Just Juice Cranberry
- P Just Juice Orange
- P Just Juice Pineapple
- P Just Juice Tomato
- 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 is available from kosher shops when stated 'Manufactured in South Africa'.

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



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Bug Checking Chart
On sale in Jewish shops
or download at
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Soft Drinks Cont'd...

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** Madagascan 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** Ginger Ale
- P** Ginger Ale Spiced Orange
- P** Ginger Beer
- P** Lemonade Handpicked Rose
- P** Lemonade Premium
- P** Lemonade Sicilian
- P** Madagascan Cola
- 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** Fruit Juices
- NK** Smoothies

Irn Bru

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

J₂O

- 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
- P** Strawberry & Apple
- NK** Watermelon & Raspberry

Juicy Water

- NK** All Products

KA

- P** Abbott's Ginger Beer
- P** Sparkling Black Grape
- P** Sparkling Citrus Punch

- P** Sparkling Fruit Punch
- P** Sparkling Karibbean Cola
- 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

Oasis

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

Ocean Spray

- P** Blueberry
- NK** Cranberry Blackcurrant
- P** Cranberry Classic
- P** Cranberry Classic Chilled
- P** Cranberry Classic Chilled Light
- P** Cranberry Classic No Added Sugar
- P** Cranberry Mango

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 Raspberry

PLJ

- P** Cordial Lemon
- P** Cordial Lime

PomeGreat

- P** 100% Juice
- P** Juice Drink



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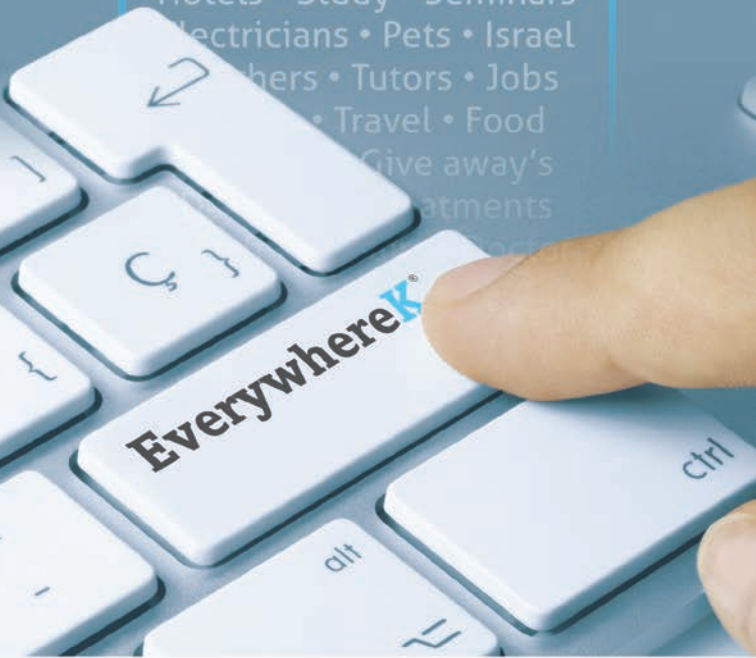
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Soft Drinks Cont'd...

Pukka

NK Aqua Herbs

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 Cordial Crisp Pear & Rose
P Cordial White Peach & Hibiscus
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 Raspberry & Rhubarb
P Squash Strawberry No Added
 Sugar

Robinsons Barley Water

P Lemon
P Orange

Robinsons Cordial

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

Robinsons Double Strength No Added Sugar

P Apple & Blackcurrant
NK Blackcurrant

Old stock which does not list red grape juice in the ingredients is still approved Parev.

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



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 or download at
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Soft Drinks Cont'd...

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

San Pellegrino

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

Schweppes

- 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** No Sugar
- P** Regular

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 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

- P** Apple & Strawberry
- NK** Berry Boost

- P** Grapefruit Golden
- P** Grapefruit Pink
- P** Lean Citrus Fruit
- NK** Lean Mixed Berries
- P** Lean Tropical Fruit
- NK** Mixed Berries
- NK** Multivitamin Boost
- NK** Orange & Lime
- P** Orange & Mango
- P** Orange Extra Juicy Bits
- P** Orange Original
- P** Orange Smooth
- P** Power Punch
- P** Pressed Apple
- NK** Red Grape
- P** Ruby Breakfast
- P** Sanguinello
- NK** Sensations Passion Fruit Punch
- P** Sensations Pineapple
- NK** Trop 50 Multivitamins
- P** Trop 50 Orange
- P** Trop 50 Orange & Mango
- P** Tropical Fruit
- P** Vitamin Victory
- P** Viva Vitality

Twinnings

Only the listed Cold Infuse products are approved.

- P** Cold Infuse Apple, Cucumber & Mint
- P** Cold Infuse Coconut, Pineapple & Green Tea
- K** Cold Infuse Kids Strawberry Lemonade
- P** Cold Infuse Pink Grapefruit & Orange
- K** Cold Infuse Rose Lemonade
- K** Cold Infuse Watermelon, Strawberry & Mint

Vim₂O

- NK** Fruity Spring Water

Vimto

- NK** Fizzy
- NK** Squash
- NK** Still
- NK** Zero

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Soft Drinks Cont'd...

- P** Zero Mango, Strawberry & Pineapple
- P** Zero Orange, Strawberry & Lime
- P** Zero Raspberry, Orange & Passionfruit
- P** Zero Watermelon, Strawberry & Peach

- P** Ginger Organic
- P** Lime & Chilli
- P** Turmeric

Sugar Free Confectionery



Benjamissimo

Available from selected independent and online retailers.

- K²** No Added Sugar Chocolate Dark
- K²** 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
- P** Polo Mints Sugar Free Extra Strong

Plamil So Free

For stockists see www.plamilfoods.co.uk.

- K²** No Added Sugar Dark Chocolate
- K²** No Added Sugar Dark Chocolate Espresso
- K²** No Added Sugar Dark Chocolate Mint
- K²** No Added Sugar Vegan Oat Milk

Red

Available from WH Smith and TK Maxx.

- K² D** Dark Chocolate
- K² D** Dark Chocolate Orange & Almond
- K² D** Extra Dark Chocolate
- K² D** Milk Chocolate

- K² D** Milk Chocolate Hazelnut & Macadamia
- K² D** Milk Chocolate Nut Filling
- K² D** Milk Chocolate Pralines Coconut Filling
- K² D** Milk Chocolate Pralines Nut Filling

Ricola

- P** Sugar Free Alpine Sage
- P** Sugar Free Apple Mint
- P** Sugar Free Cranberry
- P** Sugar Free Elderflower
- P** Sugar Free Glacier Peppermint
- P** Sugar Free Lemon Mint
- P** Sugar Free Liquorice
- P** Sugar Free Mountain Mint
- P** Sugar Free Orange Mint
- P** Sugar Free The Original

Sesame Kingdom

KLBD certified flavoured halvahs. For a full list see www.isitkosher.uk. Available from www.sesamekingdom.co.uk.

Simpkins

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

Werther's Original

- D** Butter Candies Sugar Free

Syrups & Toppings



ASDA

- K²** Golden Syrup

Askeys

- P** Crackin' Choc Caramel
- P** Crackin' Chocolate Chunk
- P** Treat Maple Syrup
- P** Treat Sauce Chocolate
- P** Treat Sauce Raspberry

- P** Treat Sauce Strawberry
- D** Treat Sauce Toffee

Carnation Nestle

- D** Drizzle Caramel
- D** Drizzle Original
- D** Dulce de Leche

Hilltop

For stockists see www.hilltop-honey.com.

- K²** Pure Maple Syrup Amber & Rich
- K²** Pure Maple Syrup Dark & Strong

Lyle's

- K²** Golden Syrup
- K²** Golden Syrup Breakfast
- K²** Golden Syrup Maple
- K²** Golden Syrup Pouring
- K²** Topping Syrup Butterscotch
- K² D** Topping Syrup Chocolate
- K²** Topping Syrup Strawberry

Morrisons

- K²** Golden Syrup

Sainsbury's

- K²** Golden Syrup

Sweet Freedom

- NK** Fruit Syrup

The Groovy Food Company

For stockists see www.groovyfood.co.uk.

- K²** Agave Blueberry
- K²** Agave Caramel
- K²** Agave Chocolate
- K²** Agave Chocolate Orange
- K²** Agave Cinnamon
- K²** Agave Honey
- K²** Agave Maple
- K²** Agave Strawberry
- K²** Agave Toffee
- K²** Agave Vanilla
- K²** Date Syrup
- K²** Sauce Agave Chocolate
- K²** Sauce Agave Chocolate & Orange
- K²** Sauce Agave Chocolate & Raspberry

Vermont

- K²** Maple Syrup

Yoghurt Drinks

Actimel

- D** 0% Fat Multifruit
- D** 0% Fat Original



Yoghurt Drinks Cont'd...

- D** 0% Fat Raspberry
- D** 0% Fat Strawberry
- D** Blueberry
- D** Coconut
- P** Dairy Free Blueberry
- P** Dairy Free Mango Passion Fruit
- 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 Peach & Apricot
- D** No Added Sugar Pomegranate
- D** No Added Sugar Raspberry
- D** Original
- D** Strawberry
- D** Vanilla

Biotiful

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

Flora pro.activ

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

Munch Bunch Squashums

- D** Strawberry

Yakult

- D** Light
- D** Original

Yoplait

- D** Frubes Strawberry
- D** Petits Filous Apple & Raspberry
- D** Petits Filous Strawberry
- 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

- 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** Gut Health
- D** Intensely Creamy Blueberry
- D** Intensely Creamy Cherry
- D** Intensely Creamy Peach
- D** Intensely Creamy Strawberry
- D** Intensely Creamy Vanilla
- D** Muesli
- D** Rhubarb
- D** Strawberry
- D** Vanilla & Granola
- D** Walnut & Oats

Alpro

- P** Blueberry
- P** Blueberry/Cherry
- P** Cherry
- P** Greek Coconut
- P** Greek Mango
- P** Greek Oat
- P** Greek Passion Fruit
- P** Greek Plain
- P** Greek Strawberry Raspberry
- P** Gut Health Peach
- P** Gut Health Strawberry
- P** Kids Peach & Pear
- 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

Benecol

- D** Strawberry/Cherry

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, Crunch, Skyr and Creations 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 Strawberry
- D** Light Toffee
- D** Light Vanilla

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

Munch Bunch Squashums

- 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.
- 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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Manicures

Group Activities

Art Workshop
Chai-ly Active Classes
Computer Lessons
Creative Writing
Israeli Dancing
Jewellery Workshop
Knitting
Laughter Therapy
Lymphoedema Exercise
Meditation
Mindfulness
Music Workshop
Open/Supervised Gym Sessions
Pet Therapy
Pilates
Table Tennis
Walking Group
Wednesday Afternoon Social
Yoga

Support Groups

BRCA Groups
Bereavement Groups
Breast Buddies
Groups for Cancer Patients/Carers
Lifestyle Group
Men's Support Group
Women's Support Group
Young People's Support Group

By Your Side

Volunteer Service



Mental health problems aren't something you have to cope with alone.

STRUGGLING TO COPE?

Help is at hand.



If you need support or are supporting someone else, visit jamiuk.org/get-support or call 020 8458 2223



For immediate help, contact Shout's 24/7 crisis text service. Text **Jami to 85258**



For free, anonymous online counselling and emotional support, visit qwell.io/jami



Jami
Mental Health
for our Community

Registered charity no. 1003345. A company limited by guarantee.
Registered in London no. 2618170

jamiuk.org | 020 8458 2223

MORE THAN A CAFE, A PLACE TO CONNECT

Head Room by Jami is a community hub offering delicious kosher food and drink, and a peer-led support programme that is open to everyone.



Head Room
89 Golders Green Rd
London NW11 8EN

Opening times:

Sunday to Thursday
8am-4pm

Friday
8am-4pm
2pm in Winter



headroomcafe.org
020 3301 0274

Check us out at
f @ headroomcafe

