



Kosher Nosh Guide Summer 2021



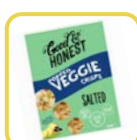
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Shneider's

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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.

COLORED WITH REAL FRUIT JUICE



- NO ARTIFICIAL COLOR
- VEGAN
- GLUTEN FREE

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KLBD GUESS WHAT'S IN YOUR FOOD



Hi Noshers!

Even in these difficult times, and perhaps now more than ever, we need our Nosh!

But can we be sure it's Kosher? 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 700 products listed are kosher certified by the KLBD and we are delighted that the range of certified products continues to grow, including M & M's Biscuit, M & M's Brownie, Rowse ChocoBee Honey, Warburtons Soft Pittas, Kind Breakfast Bars. BEPPS Popped snacks and Good & Honest Popped Veggie Crisps.

This year has also seen the publication of the first KLBD Virtual Kosher Cookbook, which can be downloaded free of charge at www.kosher.org.uk/cookbook.

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 our new KLBD WhatsApp News & Alerts, email alerts, our Facebook group and Twitter Feed, or download the Kosher London app to receive notifications. You can check the kosher status of products using our superfast search at www.isitkosher.uk, also available as an Android app, which now includes dietary information and product filters.

Keep well, keep safe and keep kosher!

B'tevon

Rabbi Jeremy Conway (BA Hons)

Director KLBD

KLBD USING THE PRODUCT LISTINGS




PRODUCTS WHICH ARE KLBD CERTIFIED

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

PRODUCTS WITHOUT CERTIFICATION, APPROVED FOR THE NOSH GUIDE

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

EXPLANATION OF KASHRUT SYMBOLS

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

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

PROBLEMATIC E NUMBERS

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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AND NEWS OF THE **LATEST CERTIFIED PRODUCTS** AND
SPECIAL OFFERS VIA STATUS UPDATES

First ever KLBD Virtual Cookbook!

All recipes vegetarian or vegan and some gluten free



www.kosher.org.uk/cookbook

Download for free

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

BISCUITS

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

DOVES FARM FREE

Gluten free.

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

KOOKIE CAT

Gluten free. For stockists see www.kookiecat.com.

- Almond Chocolate
- Cacao Nibs Walnut
- Chia Lemon
- Hemp Cacao
- Pineapple Orange
- Salted Caramel Almond
- Vanilla Choc Chip

NESPRESSO

Only the following are approved. Available from Nespresso shops and www.nespresso.com/uk.

- P** Amaretti
- D** Cantuccini

OREO

Oreos purchased from supermarkets and regular shops are Not Kosher. A kosher supervised version of Oreos is available from kosher stores.

POURTOI

KLBID 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

Gluten free. 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

RAKUSEN'S

Pas Yisrael.

- Choc Chip
- Chocolate Bears
- Chocolate Oatie

- Digestive
- Digestive Dark Chocolate
- Nice
- Spiced Ginger with Cinnamon
- Vanilla Bears

ROO'BAR

Gluten free. For stockists see www.roobar.com.

- Brownie Ball Coconut Choc Chip
- Brownie Ball Double Chocolate

WAITROSE DUCHY ORGANIC

- D** Biscuits Chocolate Ginger
- D** Biscuits Chocolate Orange
- D** Biscuits Oaten
- D** Biscuits Oaten Rosemary & Thyme
- D** Shortbread Chocolate & Vanilla
- D** Shortbread Highland
- D** Shortbread Lemon
- D** Shortbread Stem Ginger

WALKERS

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

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

Pas Palter. Only certified when bearing the KLBID logo.

- Best of Both
- Farmhouse Soft White
- Farmhouse Wholemeal
- Granary Authentic (800g)
400g loaf is not certified.
- Granary Wholemeal
- Nimble Wholemeal
- Seed Sensations Half Loaf Full Slice
- Seed Sensations Seven Seeds Original (800g)
400g loaf is not certified.

- Seed Sensations Sunflower & Pumpkin Seed

- Seed Sensations Wholemeal
- Soft White
- Soft White Half Loaf
- White Bloomer
- Wholemeal Tasty
- Wholemeal Tasty Half Loaf

LE BOSQUET

Pas Yisrael. Available from kosher shops.

- Brioche Chocolate Chips
- Brioche Original

MOTHERS PRIDE

Pas Palter.

- White Scottish Plain
- Wholemeal

WARBURTONS

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

- Bagels Cinnamon & Raisin
- Bagels Plain
- Bagels Sesame
- Bagels Thin Cinnamon & Raisin
- Bagels Thin Plain
- Bagels Thin Protein Seeded
- Bloomer Baker's White
- Crumpets
- Crumpets Giant
- Fruit Loaf Cinnamon & Raisin
- Fruit Loaf Orange
- Half Loaf White Medium
- Loaf Batch Pulses & Seeds
- Loaf Batch Seeded
- Loaf Danish
- Loaf Farmhouse White
- Loaf Half White Half Wholemeal
- Loaf Malted Grain & Seeds
- Loaf Old English White
- Loaf White Medium
- Loaf White Thickest
- Loaf Wholegrain & Oat
- Loaf Wholemeal Medium
- Loaf Wholemeal Thick
- Muffins Breakfast
- Pittas Soft White
- Pittas Soft Wholemeal
- Rolls Hotdog Sliced
- Rolls White Large
- Rolls White Sliced
- Rolls Wholemeal Sliced
- Teacakes Fruity
- Thins Brown
- Thins Half & Half
- Thins White
- Thins Wonder
- Toastie Super
- Toastie 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. So Real bakery sells products made from spelt.



CHOCOLATE & SWEET SPREADS



CADBURY

- D** Milk Chocolate

MERIDIAN

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

NUTELLA

- D** Chocolate

NUTURAL WORLD

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

- Chocolate Halva
- Sesame & Dates

PLAMIL SO FREE

For stockists see www.plamilfoods.co.uk.

- Chocolate Alternative to Milk
- Chocolate Dark Rich

ROWSE

- ChocoBee

SESAME KINGDOM

Available from www.sesamekingdom.co.uk.

- Halva
- Tahini Chocolate

SWEET FREEDOM

- INK** Choc Pot

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.42.

ALMIGHTY FOODS

KLBID certified Chocolate + CBD. No logo. For a full list see www.isitkosher.uk.

ALTOIDS

- INK** Peppermints

CONFECTIONERY CONT'D...

AUSTRALIAN SOFT EATING LIQUORICE

Available from Lakeland.

- P** Green Apple
- P** Original
- P** Strawberry

BARRATT

- NK** All Products

BENDICKS

- K** Bittermints
- K** Mint Collection
- K** Mint Crisps
- K** Mint Fondants

BENJAMISSIMO

Available from www.econaturalproducts.co.uk.

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

BOOJA BOOJA

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

- K** Truffles Chocolate Dark Ecuadorian
- K** Truffles Chocolate Raspberry

CADBURY

- D** Bitsa Wispa
- NK** Boost
- P** Bournville Classic
- P** Bournville Giant Buttons
- P** Bournville Old Jamaica
- P** Bournville Orange
- D** Caramel Egg
- 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
- Includes Giant Buttons.

- D** Dairy Milk Buttons Giant Orange
- D** Dairy Milk Buttons Mint
- D** Dairy Milk Buttons Mixed
- 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 Orange
- D** Dairy Milk Turkish
- D** Dairy Milk Twirl Orange
- D** Dairy Milk Wholenut
- D** Darkmilk Giant Buttons
- D** Darkmilk Original
- D** Darkmilk Salted Caramel
- D** Double Decker
- D** Eclairs
- D** Flake
- D** Fudge
- D** Heroes

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
- Not to be confused with Mini Creme Eggs, which are not approved.

- D** Picnic
 - D** Snack Sandwich Chocolate
 - D** Snack Shortcake
 - NK** Starbar
 - D** Twirl
 - D** Twirl Bites
 - D** White
 - D** White Buttons
- Includes Giant Buttons.

- 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** Strawberry
- D** Strawberry Cream
- D** Vanilla
- P** Watermelon

DARRELL LEA

- S** Liquorice Soft Original
- S** Liquorice Soft Strawberry

passiondesigns123@gmail.com



Certified by the KLBD (Parev) logo on pack



Certified by the KLBD (Parev) no logo

Carmelli Bakery

020 8455 2074 • www.carmelli.co.uk

Follow us on  [carmelli.bakery](https://www.instagram.com/carmelli.bakery)  [Carmelli bakery](https://www.facebook.com/Carmelli.bakery)

Fresh bagels, pastries, cakes and platters every day.

Special cakes for Birthday, Anniversary, Weddings, Bar and Bat Mitzvah.



Yossi's Bakery

020 8905 4548

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Fresh bagels, pastries, cakes and platters every day.

Special cakes for Birthday, Anniversary, Weddings, Bar and Bat Mitzvah.



CONFECTIONERY CONT'D...

DIVINE

- P** Dark Chocolate 70%
- P** Dark Chocolate 85%
- P** Dark Chocolate Ginger & Orange
- P** Dark Chocolate Hazelnut
- 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** Crisp Dark Mint
- D** Crisp Milk Mint
- D** Crisp Milk Orange
- D** Crisp Milk Salted Caramel

FERRERO

- D** Collection
 - D** Eggs Cocoa
 - D** Golden Gallery
- Includes boxes of 22 and 42 pieces.*

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

FIRETREE

Available from www.firetreechocolate.com and Amazon.

-  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 Mints
- P** Glacier Spearmints

FOX'S

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

FRUITTELLA

Fruittella products are Not Kosher.

FRY'S

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

GO NUTZ

KLBD certified Chocolate coated fruit, nuts and confectionery with logo. Available from kosher stores. For a full list see www.isitkosher.uk.

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 stores.

HUBBA BUBBA

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

JELLY BELLY

- S** Jelly Beans Assorted
- S** Jelly Beans Fruit Bowl
- S** Jelly Beans Ice Cream Parlour Mix
- S** Jelly Beans Smoothie Blend
- S** Jelly Beans Sours
- S** Jelly Beans Tropical Mix
- S** Sport Beans



CONFECTIONERY CONTD...

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. Available from kosher stores. 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. Most Leonidas stockists should be able to advise which chocolates are kosher.

LINDT

D Creation Milk Chocolate Cake
D Creation Milk Creme Brulee
D Creation Milk Fresh Lemon
D Creation Milk Pistachio Delight
P Excellence Dark 70%
D Excellence Dark 78%
P Excellence Dark 85%
P Excellence Dark 90%
P Excellence Dark 99%
D Excellence Dark Caramel Sea Salt
D Excellence Dark Chilli
D Excellence Dark Intense Cherry
D Excellence Dark Intense Coconut
D Excellence Dark Intense Lime
D Excellence Dark Intense Mint
D Excellence Dark Intense Orange
D Excellence Dark Intense Raspberry
D Excellence Dark Roasted Hazelnut
D Excellence Dark Sea Salt
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.

NK Petits Desserts
D Swiss Classic Milk Chocolate

LION

NK All Products

LUCKY COUNTRY

Check OU logo to see if Parev or Dairy.

SD Licorice Apple
SD Licorice Black
SD Licorice Blackcurrant
SD Licorice Strawberry

M&M'S

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

Kc **D** Biscuit
Kc **D** Brownie
Kc **D** Crunchy Caramel
Kc **D** Eggs Chocolate
Kc **D** Salted Caramel

MAOAM

NK All Products

MARS

Balisto products are available from discount stores.

Kc **D** Balisto Bar Original
Kc **D** Balisto Bar Yoberry
Kc **D** Bounty Dark
Kc **D** Bounty Fun Size
Kc **D** Bounty Milk

Certified with or without logo.

Kc **D** Celebrations
Kc **D** Galaxy Caramel
Kc **D** Galaxy Cookie Crumble
Not to be confused with Galaxy Vegan Crumbled Cookie and McVities Galaxy Cookie Crumble Slices, which not approved.

Kc **D** Galaxy Counters
Kc **D** Galaxy Crispy
Kc **D** Galaxy Honeycomb Comb
Kc **D** Galaxy Minstrels
Kc **D** Galaxy Nut Crunch
Kc **D** Galaxy Ripple
Kc **D** Galaxy Salted Caramel
Kc **D** Galaxy Smooth Milk
Certified with or without logo.

Kc **D** Galaxy Swirlers Crunch Caramel
Kc **D** Galaxy Swirlers Crunch Shortbread
Kc **D** Galaxy Wafer Curis Chocolate
Kc **D** Galaxy Wafer Curis Hazelnut
Kc **D** Maltesers
Kc **D** Maltesers Teasers Bar
Kc **D** Mars

Kc **D** Mars Bites
Kc **D** Mars Fun Size
Kc **D** Mars Mix
Kc **D** Milky Way
Kc **D** Milky Way Crispy Rolls
Kc **D** Milky Way Fun Size
Kc **D** Milky Way Magic Stars
Certified with or without logo.

Kc **D** Revels
Kc **D** Snickers
Kc **D** Snickers & Hazelnut
Kc **D** Snickers Bites
Kc **D** Snickers Crisp
Kc **D** Snickers Fun Size
Kc **D** Topic
Kc **D** Twix
Kc **D** Twix 99Kcal
Kc **D** Twix Bites
Kc **D** Twix Fun Size
Kc **D** Twix Miniatures
Kc **D** Twix Salted Caramel
Kc **D** Twix Top
Kc **D** 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 stores.

MILLIONS

The following are certified with or without logo.

Kc Apple

Kc Banana
Kc Blackcurrant
Kc Bubblegum
Kc Cola
Kc Multi
Kc Orange & Lemon
Kc Raspberry
Kc Strawberry
NK Vimto

NESPRESSO

Available from Nespresso shops and www.nespresso.com/uk.

D Chocolate Dark
D Chocolate Milk

NESTLE

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 Assortment
D Blue Riband Original
D Breakaway 🍫
D Breakaway Caramac 🍫
D Caramac 🍫
D Crunch Milk
NK Dairy Box The Classic Collection
D Kit Kat 🍫
D Kit Kat Chunky
D Kit Kat Chunky Duo
D Kit Kat Chunky Peanut Butter
D Kit Kat Dark 🍫
D Kit Kat Dark 70% 🍫

FOR ALL YOUR KOSHER INFORMATION



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✉ Email alerts sign up
www.kosher.org.uk

@ Email Enquiries
info@kosher.org.uk



Bakeries



The Bagel Place

Bonjour Hendon

Bonjour Borehamwood

La Brioche

The Brown Bear Bakery

Carmelli

coco Bakery

Crème de la Crème

Daniels Bakery

Grodz of Edgware

Hendon Bagel Bakery

Just Baked

Kings Bakery

Munch 'N Crunch

Parkway Finchley

Parkway Golders Green

Parkway Wembley

Perele's Cakes

Pour-foi (Gluten Free)

Renbake

Sharon's Edgware

Sharon's Hendon

So Real

Tami's Bakery

Woodberry Down

Yossi's Bakery

CONFECTIONERY CONT'D...

- D Kit Kat Orange
 - D Lion
 - D Lion Peanut
 - D Milkybar
 - D Milkybar Buttons
- Includes Giant Buttons.*

- D Munchies
- 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 Purely Purple Ones
- 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 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. Available from kosher stores. For a full list see www.isitkosher.uk.

NIPITS

- P Aniseed
- P Menthol
- P Original

NUTELLA

- D B ready

PANA CHOCOLATE

- P All Varieties

PANDA NATURAL

- D Liqueur Bar Mint Filled
- P Liqueur Bar Original
- P Liqueur Bar Raspberry
- P Liqueur Bears Original
- D Liqueur Creams
- P Liqueur Original
- P Liqueur Raspberry
- D Liqueur Torpedoes

PAYNE'S POPPETS

- P Mint
- D Toffee

PLAMIL So FREE

For stockists see www.plamilfoods.co.uk.

- K^{ca} Chocolate Bears Smooth
- K^{ca} Chocolate Hearts Gift Box
- K^{ca} Chocolate Hearts Smooth
- K^{ca} Cocoa Bites Dark
- K^{ca} Cocoa Bites Salted Caramel
- K^{ca} Cocoa Bites Smooth
- K^{ca} Cocoa Bites Smooth Orange
- K^{ca} Cocoa Bites Strawberry
- K^{ca} Cocoa Bites White
- K^{ca} Dark Chocolate Coconut Blossom
- K^{ca} Dark Chocolate Extra
- K^{ca} Dark Chocolate Mint
- K^{ca} Dark Chocolate Orange Tropical
- K^{ca} Dark Chocolate Perfectly
- K^{ca} Giant Buttons
- K^{ca} Smooth Cocoa & Coconut
- K^{ca} White Vanilla

PLAYIN CHOC

Available from www.playinchoc.com.

- K^{ca} Gift Sets
- K^{ca} JustChoc Boxes
- K^{ca} ToyChoc Boxes

QUIGGIN'S

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

RICO LA

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

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

ROWNTREES

- NK All Products

SESAME KINGDOM

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

SESAME SNAPS

- P Chocolate
- P Coconut
- P Original

SIMPKINS

For a full list see www.isitkosher.uk.

- P After Dinner Mints
- P Drops Barley Sugar
- P Drops Forest Fruit
- P Drops Mixed Fruit



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15

CONFECTIONERY CONTD...

- 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** Fruits
- P** Fruits Chewies
- P** Fruits Giants
- P** Fruits Whites
- 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
- P** Turkish Delight Hazelnut
- NK** Turkish Delight Luxury
- D** Turkish Delight Milk Chocolate Rose Bars
- D** Turkish Delight Milk Chocolate Rose Box
- P** Turkish Delight Pistachio

- P** Turkish Delight Rose & Lemon Box
- NK** Turkish Delight Rose & Lemon Pick & Mix

SUPERNATURE

For stockists see www.supernature.com.

- K** Chocolate Covered Hazelnuts
- K** Hazelnut Clusters
- K** Peanut Butter Cups

TAVENERS

- NK** All Products

TERRY'S

- D** Chocolate Orange Dark
- D** Chocolate Orange Milk
- D** Chocolate Orange Milk Bar
- D** Chocolate Orange Minis Milk
- D** Chocolate Orange Minis White
- D** Chocolate Orange White

THE GREAT CHARACTER CANDY CO

- P** Surprise Egg Character

THE JELLY BEAN FACTORY

Kosher certified products bearing the OU logo are permitted. 🍩

THE NATURAL CONFECTIONERY COMPANY

- NK** All Products

TIC TAC

- P** Apple Burst
- NK** Cherry Passion
- P** Fresh Mint
- NK** Fruit Adventure
- P** Intense Mint
- NK** Lime & Orange
- P** Mint Rush

- NK** Mixers Cherry Cola
- P** Spearmint Twist
- P** Strawberry Fields

TOBLERONE

- D** Crispy Coconut
- D** Crunchy Almonds
- D** Dark
- D** Fruit & Nut
- 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. Available from kosher stores. For a full list see www.isitkosher.uk.

WRIGLEY'S

- P** Gum Airwaves Black Mint
- P** Gum Airwaves Blackcurrant
- P** Gum Airwaves Cherry Menthol
- P** Gum Airwaves Extreme
- P** Gum Airwaves Menthol & Eucalyptus
- P** Gum Doublemint
- P** Gum Extra Bubblegum
- P** Gum Extra Cool Breeze
- P** Gum Extra Ice Peppermint
- P** Gum Extra Ice Spearmint
- P** Gum Extra Minis Peppermint
- P** Gum Extra Minis Spearmint
- P** Gum Extra Peppermint
- P** Gum Extra Spearmint
- P** Gum Extra Strawberry
- P** Gum Extra White
- P** Gum Extra White Bubblemint
- P** Gum Juicy Fruit
- P** Gum Spearmint
- P** Mints Extra Peppermint

XXX

- NK** Extra Strong Mints

CRACKERS & RICE CAKES



JACOBS

Pas Paller.

- K** Cream Crackers
- K** Cream Crackers Baker's Choice
- K** Cream Crackers High Fibre
- K** Cream Crackers Snack Packs

KALLO

- P** Corn Cake Thins
- P** Corn Cakes Ancient Grains
- P** Corn Cakes Lightly Salted
- P** Protein Lentil Cakes
- P** Rice & Corn Cakes Blueberry & Vanilla
- D** Rice & Corn Cakes Cocoa, Date & Vanilla
- P** Rice Cake Minis Belgian Dark Chocolate
- D** Rice Cake Minis Belgian Milk Chocolate
- P** Rice Cake Thins Belgian Dark Chocolate
- D** Rice Cake Thins Belgian Milk Chocolate
- P** Rice Cake Thins Unsalted Organic
- P** Rice Cakes Apple & Cinnamon
- P** Rice Cakes Lightly Salted
- P** Rice Cakes Lightly Salted Organic
- NK** Rice Cakes Sea Salt & Balsamic Vinegar
- P** Rice Cakes Sesame Seed
- P** Rice Cakes Unsalted Organic
- D** Rice Cakes Yoghurt
- NK** Veggie Cakes Beetroot

RAKUSEN'S

- K** Snackers
- K** Snackers Chocolate
- K** Snackers Gluten Free

REAL FOODS

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

RUDE HEALTH

- K** Crackers Brown Rice
- K** Crackers Buckwheat & Black Bean
- K** Crackers Buckwheat & Chia
- K** Crackers Chickpea & Lentil
- K** Crackers Corn
- K** Crackers Multigrain
- K** Crackers Oat & Spelt

TUC

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

- K** Crackers Original

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Sharon Feldman-Vazan
Retail Food & Drink Manager
KLBD Kosher Certification

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CRISPS & SNACKS

See also NUTS p.31 and POPCORN p.32.



BEPPS

Available from Tesco.

- Barbecue
- Salt & Black Pepper

COFRESH

- Channa Dall
- Crinkles Hot Chilli
- Grills Cheese & Onion
- Grills Chilli & Lemon
- Grills Chilli Cheese
- Grills Jalapeno
- Grills Peri Peri
- Grills Sweet Chilli
- Hoops Hot Chilli
- Mix Balti
- Mix Bombay

Certified with or without logo.

- Mix Bombay Hot
- Mix Bombay Luxury
- Mix Jalfrezi
- Mix London
- Poppadum Curis Chilli Lemon
- Poppadum Curis Mango Chutney
- Poppadum Curis Plain
- Poppadum Curis Sweet Chilli
- Rice Sticks Plain

Also known as Chakri. Some packs say 'Savoury Indian Snack'. Flavoured Rice Sticks are not approved.

- Spirals Hot Chilli

CORNERS

Kosher certified snacks bearing the OU logo. For a full list see www.isitkosher.uk.

DORITOS

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

EAT REAL

- Chips Hummus Chilli & Lemon
- Chips Hummus Chilli Cheese
- Chips Hummus Creamy Dill
- Chips Hummus Sea Salt
- Chips Hummus Sea Salt Organic
- Chips Hummus Sour Cream & Chives
- Chips Hummus Tomato & Basil
- Chips Lentil Chilli & Lemon
- Chips Lentil Creamy Dill
- Chips Lentil Mango & Mint
- Chips Lentil Sea Salt
- Chips Lentil Sea Salt Organic
- Chips Lentil Tomato & Basil
- Chips Quinoa Chilli & Lime

- Chips Quinoa Paprika
- Chips Quinoa Sour Cream & Chives
- Chips Quinoa Sundried Tomato & Roasted Garlic
- Chips Quinoa Sweet Chilli
- Puffs Quinoa & Kale Cheddar White
- Puffs Quinoa & Kale Jalapeno & Cheddar
- Puffs Quinoa Cheddar White
- Puffs Quinoa Infused Mediterranean
- Puffs Quinoa Jalapeno & Cheddar
- Straws Cheezie
- Straws Veggie Kale, Tomato & Spinach
- Straws Veggie Sea Salt
- Straws Veggie Sea Salt Organic

FREYA'S

Available from Aldi.

- Fruit Crisps Apple
- Fruit Crisps Pineapple

GOLDEN WONDER

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

GOOD & HONEST POPPED CRISPS

- Protein Salt & Black Pepper
- Protein Sweet BBQ
- Salted
- Sweet & Salty
- Sweet BBQ
- Sweet Chilli
- Veggie Salted
- Veggie Sweet Chilli

INDUS

Available from ASDA and independent retailers.

- Bombay Mix

JACOBS

- NK** Twiglets

KETTLE

Only the following are approved.

- Chips Lightly Salted
- Chips Sea Salt Peppercorns

KIRKLAND SIGNATURE

Available from Costco.

- Crisps Ridge Cut Sea Salt

KP

- NK** Discos
- NK** Frisps
- NK** Hula Hoops

LOVE CORN

- Cheese & Onion
- Habanero Chilli
- Salt & Vinegar
- Sea Salt
- Smoked BBQ



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Mccoys

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

MONSTER MUNCH

NK All Varieties

NIMS

For stockists see www.nimsfruitcrisps.com.

- Crisps Apple & Beetroot
- Crisps Beetroot & Parsnip
- Crisps Peppers & Courgette
- Crisps Pineapple & Beetroot
- Crisps Pineapple & Cucumber
- Crisps Tomato & Cucumber
- Fruit Crisps Apple
- Fruit Crisps Melon & Orange
- Fruit Crisps Pear
- Fruit Crisps Pineapple
- Fruit Crisps Pineapple & Kiwi
- Fruit Crisps Watermelon
- Kids Crisps Courgette
- Kids Fruit Crisps Apple
- Kids Fruit Crisps Pear
- Kids Fruit Crisps Pineapple

PERRY COURT FARM

- Crisps Apple Sweet
- Crisps Apple Tangy
- Crisps Pear

PRINGLES

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

RUDE HEALTH

- Cornitas Black Bean
- Cornitas Chickpea & Lentil

SCRUBBYS

Available from kosher shops.

- 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. Available from kosher stores and independent shops. For a full list see www.isitkosher.uk.

SMITHS

- NK** Chipsticks Salt 'n' Vinegar

SNAPS

- NK** Spicy Tomato

SNYDER'S OF HANOVER

Kosher certified pretzel snacks bearing the OU D logo. For a full list see www.isitkosher.uk.

TEN ACRE

For stockists see www.tenacrecrisps.co.uk.

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

TIPTREE

Available from www.tiptree.com.

- Crisps Beetroot & Parsnip
- Crisps Pepper & Courgette
- Crisps Tomato & Cucumber
- Fruit Crisps Apple
- Fruit Crisps Pear
- Fruit Crisps Pineapple

WALKERS

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

- P** Crisps Hint of Salt Natural Sea Salt
- P** Crisps Ready Salted
- P** Crisps Salt & Shake

WILD CASSAVA CHIPS

For stockists see www.wildcassavachips.com.

- Pacific Sea Salt
- Salt & Vinegar
- Sweet Chilli & Onion

DESSERTS

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

ALPRO

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

AMBROSIA

- D** Deluxe Custard Belgian Chocolate
- D** Deluxe Custard Vanilla Clotted Cream

- D** Deluxe Custard Vanilla Salted Caramel
- D** Deluxe Custard Vanilla West Country Cream
- D** Deluxe Rice Spiced Apple
- D** Deluxe Rice Vanilla West Country Cream
- D** Devon Custard
- D** Devon Custard Banana
- D** Devon Custard Chocolate
- D** Devon Custard Light
- NK** Devon Custard Strawberry
- D** Devon Dream
- D** Mini Custard
- D** Mini Custard Banana
- D** Mini Custard Less Sugar
- D** Mini Rice
- D** Rice Pudding Chocolate

DoLE

- P** Blackcurrants in Blackcurrant Jelly
- P** Blueberries in Blueberry Jelly

HALO Top

- NK** Desserts

HARTLEY'S

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

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

OATLY

- P** Custard Vanilla

PROVAMEL

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

THE BRIDGE Bio

For stockists see www.thebridgebio.com.

- Avena Cacao
- Avena 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**

- NK** Protein Balls
- NK** Protein Bites

BoUNCE

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

Not to be confused with Protein Ball Almond and Protein Ball Cocoa Peanut, which are Dairy.

- Plant Protein Ball Almond
- Plant Protein Ball Cocoa Peanut
- Plant Protein Ball Maple Pecan Cashew
- 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

Available from *Ocado* and www.creativeaturesuperfoods.co.uk.

- Flapjack Apple Pie Protein
- Flapjack Cacao Orange

ENERGY & PROTEIN SNACKS CONT'D...

- Flapjack Raw Cacao
- Flapjack Raw Ginger Teatox
- Flapjack Raw Goji Goodness
- Flapjack Salted Caramel
- Snack Bar Raw Carrot Cake

FULFIL

- NK** Vitamin & Protein Bars

GRANADE

- NK** Carb Killa Bars

HUEL

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

- Bar Chocolate
- Bar Chocolate Orange
- Bar Coffee 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 you are advised to check the individual wrappers. For a full list see www.isitkosher.uk.

LEXI'S

Available from www.lexistreats.com.

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

MARS

- NK** Protein Bars

MAXI NUTRITION

- NK** Promax Bars

NATURE VALLEY

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

PHD

- NK** Smart Bars

ROO'BAR

For stockists see www.roobar.com.

- Chocolate Covered Protein Almonds
- Chocolate Covered Protein Hazelnuts
- Protein Cherry & Macca
- Protein Chia & Spirulina
- Protein Choc Chip & Vanilla

ROO'BIOTIC

For stockists see www.roobar.com.

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

SIS SCIENCE IN SPORT

- NK** Bars

THE PROTEIN BALL CO

Contain kosher grape juice. For stockists see www.theproteinballco.com.

- Breakfast Muffin Blueberry Oat
 - Breakfast Muffin Coffee Oat
 - D** High Protein Cacao & Orange
 - High Protein Cherry Bakewell
 - D** High Protein Coconut & Macadamia
 - D** High Protein Peanut Butter
- Labelled in error with a KLBD Parev logo. These are KLBD Dairy.

- Plant Protein Goji & Coconut
- Plant Protein Lemon & Pistachio
- Plant Protein Peanut Butter
- Plant Protein Raspberry Brownie

TREK

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

- Bar Energy Cocoa Chaos
- Bar Energy Peanut Power

ENERGY & SPORTS DRINKS

Protein water may be problematic as it often contains 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.33.



BOOST

- P** Energy Cherry Burst
- P** Energy Citrus Zing
- 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

COCA COLA

- P** Energy
- P** Energy Cherry
- P** Energy No Sugar

GATORADE

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

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

MARKS & SPENCER

- NK** Protein Super Water

MONSTER ENERGY

- P** Energy
- D** Espresso Milk
- D** Espresso Vanilla
- P** Export
- NK** Hydrosport Charge
- NK** Juiced Mango Loco
- P** Juiced Ripper
- P** Lewis Hamilton
- NK** Punch Mixdd
- P** Punch Pipeline
- P** The Doctor
- P** Ultra
- P** Ultra Blue
- NK** Ultra Red
- P** Ultra Violet
- P** Zero Sugar

MOUNTAIN DEW

- P** Citrus Blast
- P** Citrus Sugar Free

POWERADE

- P** Berry & Tropical
- P** Orange

RED BULL

- P** Energy Drink
- P** Organics Bitter Lemon
- P** Organics Ginger Ale
- P** Organics Simply Cola
- P** Organics Tonic Water
- P** Sugarfree
- P** The Edition Blue
- P** The Edition Tropical
- P** The Edition Tropical Sugarfree
- P** Zero Calories

RELENTLESS

- P** Apple & Kiwi

- P** Lemon
- P** Cherry
- P** Lemon Ice
- P** Mango
- P** Origin
- P** Passion Punch

ROCKSTAR

- NK** First Start Mixed Berries
- P** First Start Orange & Clementine
- P** Juiced El Mango
- P** Juiced Passion Frutas
- P** Juiced Tropical Orange & Passion Fruit
- P** Juiced Tropical Punch
- P** Original
- P** Original No Sugar
- P** Punched Fruit Punch
- P** Punched Sour Bubble Burst
- P** Punched Sour Raspberry
- P** Punched Tropical Guava
- P** Revolt Killer Citrus
- P** Revolt Killer Cooler
- P** Supersours Bubble Burst
- P** Supersours Raspberry
- P** Xdurance Blueberry Pomegranate Acid

VIEVE

- NK** Protein Water

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. See also SOFT DRINKS p.33.



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 ingredient 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.7 and SNACK BARS p.32. For Fruit Crisps see CRISPS & SNACKS p.18.



BEAR

- Bars Carrot Cake
- Bars Forest Fruit
- Bars Choco Nut
- Bites Blackcurrant & Beetroot

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- Paws Mango Carrot 🍌
- Paws Raspberry Blueberry 🍌
- Paws Strawberry Apple 🍌
- Yoyos Apple 🍌
- Yoyos Blackcurrant 🍌
- Yoyos Giant Apple & Blackcurrant 🍌
- Yoyos Giant Strawberry & Mango 🍌
- Yoyos Mango 🍌
- Yoyos Pineapple 🍌
- Yoyos Raspberry 🍌
- Yoyos Strawberry 🍌
- Yoyos Super Sour Blackcurrant & Apple 🍌
- Yoyos Super Sour Mango & Apple 🍌
- Yoyos Super Sour Strawberry & Apple 🍌

CHEFS 4 CO

Available from Amazon and www.drinks-quest.co.uk.

- Natural Apple Slices
- Natural Prunes
- Natural Red Cherries

FREDDIE'S FARM

Available from www.freddiesfarmsnacks.co.uk.
Certified with or without KLBID logo.

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

FROOTZ

- Blackcurrant
- Raspberry
- Strawberry

FRUIT BOWL

- S** Flakes Blackcurrant 🍌
- S** Flakes Mango 🍌
- S** Flakes Raspberry 🍌
- S** Flakes Strawberry 🍌
- S** Flakes Unicorn
- S** Peelers Blackcurrant
- S** Peelers Raspberry
- S** Peelers Strawberry
- S** School Bars Apple 🍌
- S** School Bars Blackcurrant 🍌
- S** School Bars Raspberry 🍌
- S** School Bars Strawberry 🍌
- D** Yoghurt Flakes Blackcurrant
- D** Yoghurt Flakes Raspberry
- D** Yoghurt Flakes Strawberry
- D** Yoghurt Raisins

FRUIT HEROES

- P** Apple & Raspberry
- P** Strawberry

Go Go SQUEEZ

- S** Apple
- S** Apple Berries
- S** Apple Mango
- S** Apple Peach
- S** Apple Strawberry
- S** Apple Tropical

HUMZINGERS

- S** Fruit Sticks

KELLOGG'S

- S** Winders Doubles Apple & Strawberry
- S** Winders Doubles Strawberry & Blackcurrant
- S** Winders Strawberry

OCEAN SPRAY

- P** Craisins Original

PERRY COURT FARM

Certified with or without KLBID logo.

- Bar Apple & Blueberry
- Bar Apple & Raspberry
- Bar Apple & Strawberry

THE DORMER MOMENTS

For stockists see www.thedormerfoodcompany.com.

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

THE FRUIT FACTORY

- NK** Fruit Strings

URBAN FRUIT

- Cherry
- Coconut Chips
- Mango
- Mango & Passionfruit, Lime
- Pineapple
- Raspberry
- Strawberry

WHITWORTHS SHOTS

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

- K D** Berry & White Chocolate
- K** Date & Almond
- K D** Raisin & Chocolate
- K** Tropical Coconut

ZEINA

KLBID certified dried fruits. For a full list see www.isitkosher.uk.



HOT CHOCOLATE & MALTED DRINKS

CADBURY

- Drinking Chocolate
- Highlights Bournville
- Highlights Fudge
- Highlights Milk Chocolate
- Hot Chocolate 30% Less Sugar
- Hot Chocolate Instant
- Hot Chocolate Original

DIVINE

- Drinking Chocolate

GALAXY

- Drinking Chocolate
- Hot Chocolate Instant
- Hot Chocolate Instant Light Style
- Hot Chocolate Ripple
- Hot Chocolate Ultimate Frothy
- Luxuriously Thick
- Mocha Latte

GREEN & BLACK'S ORGANIC

- Hot Chocolate

HORLICKS

- Chocolate
- Instant
- Original

MALTESERS

- Hot Chocolate Malty
- Hot Chocolate White Pieces
- Instant Malty Drink

MILKY WAY

- Hot Chocolate Magic Stars

NESQUIK

- Hot Chocolate

NESTLE

- Aero Hot Choc

OPtIONS

- Belgian Choc
- Belgian Choc Honeycomb
- Belgian Choc Mint
- Belgian Choc Orange
- Belgian Choc Salted Caramel
- White Choc

OVAlTINE

- Chocolate Add Milk
- Chocolate Light Add Water
- Original Add Milk
- Original Light Add Water

TWININGS

- Swiss Chocolate



ICE CREAM CONES & WAFERS

ALPINE

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

ASKEYS

- Brandy Snap Baskets
- Cafe Curls
- Cones Classic
- Cones Cup
- Cones Waffle
- Pompadour Fans
- Wafers



ICE CREAMS, LOLLIES & SORBET

ALPINE

KLBD certified ice creams and sorbets with logo. Available from kosher stores and supermarkets with a kosher section. For a full list see www.isitkosher.uk.

BASKIN ROBBINS

Toppings, cones and flavours not listed are NOT KOSHER APPROVED. Individual Baskin Robbins STORES 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
- Jamoca
- Jamoca Almond Fudge
- Mango Tango
- Mint Choc Chip
- Mississippi Mud
- Nutty Coconut
- Old Fashioned Butter Pecan
- Orange Sherbet
- Pistachio Almond
- Pralines 'n Cream
- Rainbow Sherbet
- Red Raspberry Sherbet
- Rum Raisin
- Sorbet Lemon
- Sorbet Mango
- Strawberry Cheesecake
- Vanilla
- Vanilla Chocolate Chip
- Very Berry Strawberry
- World Class Chocolate



BEN & JERRY'S

- Baked Alaska
- Berry Neighbourly
- Birthday Cake
- Caramel Chew Chew
- Chip Happens
- Chocolate Fudge Brownie
- Classic Cool-Lection
- Cone Together
- Cookie Dough
- Cookie Dough Chunks Chocolate Chip
- Cookie Dough S'wich Up
- Core Blondie Brownie
- Core Karamel Sutra
- Fairway to Heaven
- Half Baked
- Minter Wonderland
- Moophoria Caramel Cookie Fix
- Moophoria Chocolate Cherry Garcia
- Moophoria Chocolate Cookie Dough
- Moophoria Poppin' Popcorn
- Moophoria Salted Caramel Brownie
- Netflix & Chill'd
- Non Dairy Chocolate Fudge Brownie
- Non Dairy Cookies on Cookie Dough
- Non Dairy Peanut Butter & Cookies
- Non Dairy Save Our Swirled Now

- Peanut Butter Cup
- Phish Food
- Sofa So Good
- Strawberry Cheesecake
- Topped Chocolate Caramel Cookie Dough
- Topped Salted Caramel Brownie
- Topped Strawberry Swirled
- Vanilla
- Wich Cookie Dough

BOOJA BOOJA

For stockists see www.boojabooya.com.

- Caramel Pecan Praline Tub
- Chocolate Salted Caramel Tub
- Hazelnut Chocolate Truffle Tub
- Heavens on Earth Tub
- Honeycomb Caramel Tub
- Hunky Punky Chocolate Tub
- Keep Smiling Vanilla M'Gorilla Tub
- Raspberry Ripple Tub

CADBURY

- Creme Egg Stick
- Creme Egg Tub
- Crunchie Blast Stick
- Dairy Milk & Caramel Minis Stick
- Dairy Milk Buttons Cone
- Dairy Milk Caramel Stick
- Dairy Milk Stick
- Flake 99 Cone
- Flake Tub



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Email Enquiries
info@kosher.org.uk

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

CARTE D'OR

- D** Les Classiques Mint Chocolate Tub
- D** Les Classiques Rum & Raisin Tub
- D** Les Classiques Salted Caramel Tub
- D** Les Classiques Strawberry Tub
- D** Les Classiques Vanilla Light Tub
- D** Les Classiques Vanilla Tub

DE ROMA

- 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

HAAGEN DAZS

- SD** Belgian Chocolate
- SD** Belgian Chocolate & Hazelnut
- SD** Blueberries & Cream
- SD** Collection Mini Cups
- SD** Cookies & Cream
- SD** Dark Chocolate & Caramelised Almond
- 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** Juicy White Peach & Raspberry
- SD** Mango & Raspberry
- SD** Peanut Butter Crunch
- SD** Pralines & Cream
- SD** Salted Caramel
- SD** Salted Caramel Chocolate
- SD** Strawberries & Cream
- SD** Strawberry Cheesecake
- SD** Summer Berries & Cream
- SD** Vanilla
- SD** Vanilla Caramel Brownie
- SD** Zesty Lemon & Mandarin

HALO TOP

Tubs only. Sticks are not approved.

- SD** Birthday Cake Tub
- SD** Chocolate Chip Cookie Dough Tub
- SD** Gooney Brownie Tub
- SD** Peanut Butter Cup Tub
- SD** Plant Based Caramel Chocolate Pretzel Tub

- SD** Plant Based Peanut Butter Chocolate Tub
- SD** Sea Salt Caramel Tub
- SD** Strawberry Cheesecake Tub
- SD** Vanilla Bean Tub

J2O

- P** Fruit Fusion Apple & Mango Lollies
- P** Fruit Fusion Orange & Passion Fruit 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** Fruit Splits Strawberry Stick
- D** Vanilla Block
- D** Vanilla Tub

MARS

- K** **D** Bounty Bar
- K** **D** Bounty Mini Bar
- K** **D** Galaxy Heart Bar
- K** **D** Galaxy Heart Caramel Bar
- K** **D** Galaxy Heart Vanilla Bar
- K** **D** Galaxy Vanilla Bar
- K** **D** Mars Bar
- K** **D** Mars Caramelised Almond Bar
- K** **D** Mars Darker Bar
- K** **D** Mars Mini Bar
- K** **D** Mars Salted Caramel Bar
- K** **D** Milky Way Mini Bar
- K** **D** Snickers Bar
- K** **D** Snickers Crisp Bar
- K** **D** Snickers White Bar
- K** **D** Twix Bar
- K** **D** Twix Cappuccino Bar

MR FREEZE

- P** Freezepops Cola
- P** Freezepops Multipack
- P** Freezepops Orange
- P** Freezepops Raspberry
- P** Freezepops Strawberry
- NK** Jubbly Cherry Ice Lollies
- P** Jubbly Cola Ice Lollies
- NK** Jubbly Lemonade Ice Lollies
- P** Jubbly Orange Ice Lollies
- P** Jubbly Strawberry Ice Lollies

NESTLE

- D** Fab Strawberry & Tropical Minis Lolly
- D** Fab Strawberry Lolly
- D** Nobbly Bobbly Stick
- D** Nobbly Bobbly Strawberry & Chocolate Minis Stick
- D** Nobbly Bobbly Vanilla & Chocolate Minis Stick

No matter where you are...



check www.isitkosher.uk

Information applies to products purchased in the UK



- D** Skinny Cow Mint Double Choc Stick
- D** Smarties Pop Up
- D** Toffee Crumble Stick *70ml only.*
- P** Fruit Pastilles Push Up Blackcurrant Lolly
- P** Fruit Pastilles Push Up Orange Lolly
- NK** Fruit Screamers Lolly
- P** Push Up Multipack *Contains Blackcurrant, Strawberry and Tropical.*

PERFECT WORLD

- S** Caramel Pecan
- S** Double Choc Chip
- S** Mint Choc Chip
- S** Pistachio
- S** Sweet Espresso

PIP ORGANIC

- NK** Fruity Lollies

R WHITES

- P** Lemonade Lolly

ROBINSONS

- P** Freeze Pops

ROBINSONS FRUIT & BARLEY

- P** Summer Fruits Lollies

ROBINSONS FRUIT SHOOT

- P** Orange/Apple & Blackcurrant Mini Lollies
- NK** Squeezee Pops

ROWNTREES

- P** Fruit Blaster Lolly
- P** Fruit Pastilles Lolly

SAINSBURY'S FREE FROM

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

SLUSH PUPPIE

Available from kosher stores, B & M and other convenience stores. Drinks from Slush Puppie Machines are not approved

- K** Freeze, Squeeze, Drink Blue Raspberry

- K** Freeze, Squeeze, Drink Sour Cherry
- K** Freeze, Squeeze, Drink Strawberry

SMOOZE

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

SNOWCREST

KLBD certified ice creams with logo. Available from kosher stores. For a full list see www.isitkosher.uk.



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

SWEDISH GLACE

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

SWIZZELS

- P** Love Heart Fruit Lollies

TANGO

- P** Liquid Ice Blue Raspberry Lollies
- P** Liquid Ice Cherry Lollies
- P** Liquid Ice Orange Lollies

THE COCONUT COLLABORATIVE

- NK** Snowconut All Flavours

THE GRUFFALO

- D** Ice Tusks

TREATS

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

VIMTO

- NK** Mixed Fruit Lolly

WALL'S

Where pack sizes are specified, other packs are not approved as they are made at different sites.

- P** Calippo Mini Orange/Lemon Lime
- P** Calippo Orange
- D** Cornetto Classico

Only multipacks of 6.

- D** Cornetto Mint
- D** Cornetto Strawberry
- D** Cream of Cornish Vanilla Tub
- D** Feast Chocolate Stick

Where applicable, both single and multipacks are approved.

- D** Magnum Almond Stick
- D** Magnum Classic Stick
- D** Magnum Mini Almond Stick
- D** Magnum Mini Classic Stick
- D** Magnum Mini Classic/Almond/White
- D** Magnum Mini White Stick
- D** Magnum Mini White/Almond White
- D** Magnum Mint Stick
- D** Magnum White Chocolate Honeycomb & Almond Stick
- D** Magnum White Stick

- D** Mini Milk Chocolate Stick
- D** Mini Milk Strawberry Stick
- D** Mini Milk Vanilla Stick
- D** Soft Scoop Mint Choc Chip Tub
- D** Soft Scoop Neapolitan Tub
- D** Soft Scoop Raspberry Ripple Tub
- NK** Soft Scoop Vanilla Light Tub
- D** Soft Scoop Vanilla Tub

- D** Solero Exotic Stick
- D** Solero Red Berries Stick
- D** Twister Pineapple Stick
- D** Viennetta Mint
- D** Viennetta Vanilla

MILK SHAKES & MIXES

ALPRO

Where applicable, listing applies to chilled and UHT versions.

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



COSTA COFFEE

Ready-to-Drink coffee in cans.

- P** Can Americano
- D** Can Latte
- D** Can Latte Caramel

CRUSHA

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

FRIJJ

- D** Banana
- D** Chocolate
- D** Fudge Brownie
- D** Strawberry

MARS

- D** Bounty
- D** Galaxy
- D** M & M's
- D** Maltesers
- D** Mars Milk
- D** Mars Milk Caramel
- D** Milky Way
- D** Snickers Shake

M+LK PLUS

- NK** Salted Honeycomb Hazelnut

NESCAFE AZERA

- P** Nitro Americano
- D** Nitro Latte

NESQUIK

- P** All Natural
- P** Banana
- P** Chocolate
- P** Strawberry

OATLY

- P** Chilled Chocolate Deluxe
- P** Chocolate
- P** Orange Mango

RUDE HEALTH

- Oat Hot Choc
- Turmeric Latte

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.7.

BIG D

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

BORNA

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

COFRESH

- Cashew & Almond Salted Roasted
 - Cashews Balti
 - Cashews Roasted Salted
 - Peanuts Balti
- Certified with or without logo.*
- Peanuts Caramel Sesame Coated

GO NUTZ

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

NATURAL WORLD

KLBD certified dry roasted nuts with logo. For stockists see www.naturalworld.com.

SHALIMAR

Flavoured nuts sold in kosher stores and independent shops. Certified with or without KLBD logo. For a full list see www.isitkosher.uk.

THE DORMEN

Available from Ocado and www.thedormentfoodcompany.com.

- Almonds Salted
- Bar Mix Salted
- Cashew Salted
- Peanuts Salted
- Pistachios Salted



WHITWORTHS SHOTS

Only the listed products are certified. For other Whitworths Shots see FRUIT SNACKS p.23.

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

WORLD OF NUTS

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

ZEINA

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

PEANUT BUTTER

ALMIGHTY FOODS

KLBD certified peanut butter. No logo. For a full list see www.isitkosher.uk.



DUERR'S

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

KERNEL KING

- P** Economy
- P** No Added Salt & Sugar
- P** Peanut Crunchy
- P** Peanut Smooth

MERIDIAN

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

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

Available with an OU hechsher from kosher stores and Costco. Other jars which say made in the UK are approved Parev but those made in the Netherlands are not approved.



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PEANUT BUTTER CONT'D...

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 Crunchy
- P** Peanut Crunchy Dark Roasted
- P** Peanut Crunchy Hi Oleic
- P** Peanut Crunchy Organic
- P** Peanut Smooth
- P** Peanut Smooth Hi Oleic
- P** Peanut Smooth Organic
- P** Peanuts 100% Crunchy
- P** Peanuts 100% Smooth

WowBUTTER

- S** Peanut Free 

ZEAL

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

POPCORN



POPZ

-  Butter 
-  Paprika 
-  Ready Salted 50% Less Fat 
-  Salted 
-  Sweet 
-  Sweet & Salty 
-  Wasabi 

PROPERCORN

-  Kids Simply Sweet
-  Lightly Sea Salted
-  Peanut Butter & Almond
-  Sweet
-  Sweet & Salty

SNACK BARS



Products containing whole or chopped dates are not approved unless kosher certified as dates are often infested and are 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

COFRESH

-  Peanut
-  Sesame

DOVES FARM FREE

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

GET FRUITY

- NK** Bars

GO AHEAD

- NK** Crispy Slices
- NK** Fruit Bakes
- NK** Yogurt Breaks

JORDANS

- P** Fruсли Apple & Cinnamon
- NK** Fruсли Blueberries
- P** Fruсли Cranberries & Apple
- P** Fruсли Raisins & Hazelnuts
- P** Fruсли Red Berries

KELLOGG'S




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

Only the following Special K Cereal Bars are kosher:

- SD** Special K Apricot & Sultana
- SD** Special K Chocolate Milk
- SD** Special K Dark Chocolate & Cranberry
- SD** Special K Peach & Apricot
- SD** Special K Red Berry
- SD** Special K Red Berry Juicy

KIND

These and other varieties may be available with an OU logo. Check logo for Parev or Dairy status.


-  **D** Breakfast Almond Butter
-  **D** Breakfast Blueberry Almond
-  **D** Breakfast Honey Oat

LARABAR

- P** Choc Chip Banana
- P** Choc Chip Peanut Butter

LEXI'S



























Available from www.lexistreats.com.

-  **D** Crispy Treat Choccy Orange 
-  **D** Crispy Treat Dark Choc Mint 
-  **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
-  Crunch Apple
-  Crunch Apricot
-  Crunch Banana
-  Crunch Cocoa
-  Crunch Strawberry
-  Ginger Bread
-  Lemon Drizzle
-  Peanut Delight
-  Pecan Pie
-  Salted Caramel
-  Strawberry Sundae

NATURE VALLEY

- P** Crunchy Canadian Maple Syrup
- P** Crunchy Coconut
- P** Crunchy Ginger Nut
- P** Crunchy Oats & Berries
- P** Crunchy Oats & Dark Chocolate
- P** Crunchy Oats & Hazelnut
- P** Crunchy Oats & Honey
- P** Crunchy Peanut Butter
- P** Crunchy Roasted Almond
- P** Crunchy Variety Pack
- D** Sweet & Salty Nut Dark Chocolate & Nuts
- D** Sweet & Salty Nut Roasted Peanut

NATURE'S PATH

- SD** Granola Bars Dark Choc Chip
- SD** Granola Bars Trail Mix

QUAKER

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

ROO'BAR

For stockists see www.roobar.com.



-  Baobab Ginger
-  Cacao
-  Cacao Nibs
-  Cherry Party
-  Chia Coconut
-  Chocolate Covered Almonds
-  Chocolate Covered Coconut

-  Chocolate Covered Hazelnuts
-  Goji Berry
-  Hemp Protein
-  Inca Berry
-  Liquorice Chilli
-  Maca Cranberry
-  Mango Magic
-  Mulberry Vanilla
-  Strawberries 4Ever

RUDE HEALTH

-  Banana
-  Berry
-  Coconut
-  Peanut
-  Sweet Potato & Cacao
-  The Beetroot
-  The Pumpkin

TRACKER

-  **D** Chocolate & Peanut
-  **D** Peanut & Caramel

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. Please note smoothies often contain grape juice and thus even varieties not containing grape juice may be problematic due to shared use of equipment. See also ENERGY & SPORTS DRINKS p.22. For Freeze & Squeeze drinks see SLUSH PUPPIE p.29.



TUP

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

APPLETISER

- P** Appletiser

AQUA LIBRA

- P** Cucumber Mint & Lime
- P** Grapefruit & Pineapple
- P** Raspberry & Apple
- P** Raspberry & Blackcurrant

BARR

- P** Appleade
- 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



SUMMER'S HERE

SHAUL RESNICK
SHAUL@JEWISHTRIBUNE.COM
020 3021 2295/020 3240 0116

JEWISH
TRIBUNE

SOFT DRINKS CONTD...

- P Lemonade Diet
- P Limeade
- P Orangeade
- P Pineapple
- P Raspberryyade
- P Red Kola
- P Shandy
- P Soda Water
- P Tizer

BIG TOM

- P Spiced Tomato Juice

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

BLOSSOM COTTAGE

- NK** Cordial Elderflower

BRITVIC

- P 100 Apple Juice
- P 100 Orange Juice
- 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 Orange
- P Orange
- P Summer Berries
- P Tropical

COCA COLA

- P Coke Diet
- P Coke Diet Caffeine Free
- 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 Cinnamon
- 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 Smooth Orange

DEL MONTE

- P Apple
- P Apple, Pink Guava & Lime
- NK** Fruit Burst Five Fruit
- P Fruit Burst Orange
- P Fruit Burst Tropical
- P Just Juice Apple
- P Just Juice Cranberry
- P Just Juice Grapefruit
- P Just Juice Orange
- P Just Juice Pineapple
- P Just Juice Tomato
- P Mango & Papaya
- P Orange
- P Orange & Mandarin
- P Pineapple
- P Tomato
- P Tropical

DR PEPPER

- P Regular
- P Zero



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35

SOFT DRINKS CONTD...

DRENCH

- P Berry
- P Citrus
- P Tropical

EAGER

- P Cranberry Juice Drink

FANTA

- P Fruit Twist
- P Fruit Twist Zero
- NK Grape Zero
- P Lemon
- P Orange
- P Orange Zero
- P Raspberry Zero

FEVER TREE

- P Ginger Ale Premium
- P Ginger Ale Refreshingly Light
- P Ginger Ale Smoky
- P Ginger Ale Spiced Orange
- P Ginger Ale Spiced Orange Refreshingly Light
- P Ginger Beer Premium
- P Ginger Beer Refreshingly Light
- P Lemonade Handpicked Rose Refreshingly Light
- P Lemonade Premium
- P Lemonade Premium Refreshingly Light
- P Lemonade Sicilian Premium
- P Lemonade Sicilian Refreshingly Light
- P Madagascan Cola
- P Madagascan Cola Refreshingly Light
- P Soda Italian Blood Orange
- P Soda Mexican Lime
- P Soda Raspberry & Rose
- P Soda Water Premium
- P Tonic Lemon Sicilian
- P Tonic Water Aromatic
- P Tonic Water Aromatic Refreshingly Light
- P Tonic Water Citrus
- P Tonic Water Cucumber Refreshingly Light
- P Tonic Water Elderflower
- P Tonic Water Elderflower Refreshingly Light
- P Tonic Water Lemon Refreshingly Light
- P Tonic Water Mediterranean
- P Tonic Water Mediterranean Refreshingly Light
- P Tonic Water Premium Indian
- P Tonic Water Refreshingly Light
- P Tonic Water Sweet Rhubarb & Raspberry Refreshingly Light

FIREFLY

- NK Drinks

FUZETEA

- P Mango Chamomile
- P Peach Hibiscus

GLACEAU VITAMINWATER

- P Defence
- P Multi V
- P Power C
- P Sunshine
- P XXX

IDRIS

- P Ginger Beer

INNOCENT

- NK Bubbles
- P Coconut Water
- NK Fruit Juices
- NK Smoothies

IRN BRU

- P Original
- P Sugar Free
- P Xtra

J2O

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

JAMES WHITE

- P Beet It Beetroot
- P Beet It Beetroot Ginger
- P Beet It Beetroot Passion
- P Beet It Beetroot Shot
- Includes Beet It Sport Shots.*
- P Carrot British
- P Organic Apple
- P Organic Apple & Cherry
- 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



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SOFT DRINKS CONTD...

- P Apple Fairtrade
- P Apple Quencher
- NK Berry Burst
- P Blackcurrant
- NK Blood Orange
- NK Cranberry
- NK Lemonade Raspberry
- NK Lemonade Still
- NK Mango
- P Orange
- NK Orange & Carrot
- NK Orange & Passionfruit
- P Orange Fairtrade
- P Orange Quencher
- NK Pomegranate & Blueberry
- P Sour Cherry
- P Strawberry & Apple
- P Tropical

JUICY WATER

- NK All Products

KA

- P Abbott's Ginger Beer
- P Sparkling Black Grape
- P Sparkling Fruit Punch
- P Sparkling Karibbean Kola

- P Sparkling Pineapple
- P Sparkling Strawberry
- NK Still Black Grape
- P Still Fruit Punch
- P Still Pineapple
- P Still Strawberry

LILT

- P Pineapple & Grapefruit
- P Pineapple & Grapefruit Zero

LIPTON

- P Green Ice Tea Lime & Mint
- P Green Ice Tea 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 Blackcurrant Apple

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

OCEAN SPRAY

- P Blueberry
- NK Cranberry Blackcurrant
- NK Cranberry Blueberry
- P Cranberry Classic
- P Cranberry Classic Chilled
- P Cranberry Classic Chilled Light
- P Cranberry Classic No Added Sugar
- P Cranberry Mango
- NK Cranberry Pomegranate
- NK Cranberry Raspberry
- NK Wholeberry

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 Ginger
- P Max Raspberry

PLJ

- P Lemon Cordial
- P Lime Cordial

POMEGRAT

- P 100% Juice
- P Juice Drink

PURDEY'S

- NK Purdey's Edge
- NK Rejuvenate

R WHITES

- P Lemonade
- P Lemonade Premium
- P Lemonade Premium Diet
- P Lemonade Premium Pear & Elderflower
- 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 Crushed Apple & Cinnamon
- P Lime & Mint
- P Pear & Elderflower
- P Raspberry, Rhubarb & Orange Blossom
- P Strawberry, Cucumber & Mint
- P Superfruit Orange & Acerola Cherry
- NK Superfruit Raspberry & Goji Berry

ROBINSONS DOUBLE STRENGTH NO ADDED SUGAR

- P Apple & 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 Orange & Mango
- P Peach & Raspberry
- P Pineapple, Mango & Passion Fruit
- P Strawberry & Watermelon

ROBINSONS FRUIT CREATIONS & BARLEY

- P Apple & Elderflower
- P Raspberry & Cranberry
- P Strawberry & Kiwi

ROBINSONS FRUIT SHOOT

- P Hydro Apple & Raspberry
- P Hydro Blackcurrant
- P Hydro Orange & Pineapple
- P Hydro Sparkling Orange & Peach
- P Hydro Sparkling Strawberry & Raspberry

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www.kosher.org.uk

SOFT DRINKS CONT'D...

- 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 Peach & Mango
- P** No Added Sugar Summer Fruits

ROBINSONS NO ADDED SUGAR

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

ROBINSONS REFRESH'D

- P** Apple & Kiwi
- NK** Orange & Passion Fruit
- P** Raspberry & Apple
- P** Sparkling Apple & Blackberry
- NK** Sparkling Grape & Pear

ROBINSONS SQUASH'D

- P** Apple & Blackcurrant
- P** Citrus
- P** Lemon & Lime
- P** Orange
- P** Passion Fruit & Mango
- P** Summer Fruits

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** Mango Light & Fruity
- P** Passion
- P** Pomegranate
- P** Sparkling Guava
- P** Sparkling Lychee
- P** Sparkling Mango
- P** Sparkling Passion
- P** Sparkling Pomegranate
- P** Spring Black Cherry Raspberry
- P** Spring Lemon Lime
- P** Spring Orange Mango
- P** Spring Strawberry Kiwi

SAINSBURY'S

- P** Classic Cola
- P** Classic Cola Diet
- P** Ginger Ale Dry
- P** High Juice Apple
- P** High Juice Apple & Alphonso Mango
- P** High Juice Apple, Pomegranate & Raspberry
- P** High Juice Blackcurrant
- 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** Lime Cordial No Added Sugar
- P** Soda Water

SAN PELLEGRINO

- P** Clementine
- P** Grapefruit
- P** Lemon
- P** Lemon & Mint Infusion
- P** Orange
- P** Orange & Blood Orange
- P** Orange & Prickly Pear
- P** Pomegranate & Orange

SCHWEPPE'S

- 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 Orange
- P** Juice Pineapple
- P** Juice Pink Grapefruit
- P** Lemonade
- P** Lemonade Slimline
- P** Russchian Pink Soda
- P** Soda Water
- P** Tomato Juice Mix
- P** Tonic Water Crisp
- P** Tonic Water Cucumber
- P** Tonic Water Indian
- P** Tonic Water Light
- P** Tonic Water Salty Lemon
- 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** 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 Raspberry & Apple
- P** Sparkling Strawberry & Blackberry
- P** Still Lemon & Lime
- P** Still Raspberry & Apple

- P** Still Strawberry & Blackberry

SUN EXOTIC

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

TANGO

- P** Original Apple
- P** Original Cherry
- P** Original Orange
- P** Sugar Free Dark Berry
- P** Sugar Free Orange
- P** Sugar Free Strawberry Watermelon
- P** Sugar Free Tropical

TASSOMI

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

THE LONDON ESSENCE CO

- P** Ginger Ale
- P** Ginger Beer
- P** Soda Elderberry & Hibiscus
- P** Soda Grapefruit & Lemon Verbena
- P** Soda Rhubarb & Cardamom
- P** Soda Water
- P** Soda White Peach & Jasmine
- P** Tonic Water Classic
- P** Tonic Water Grapefruit & Rosemary
- P** Tonic Water Indian
- P** Tonic Water Orange & Elderflower
- P** Tonic Water Pomelo & Pink Pepper

TROPICANA

- NK** Berry Boost
- P** Grapefruit Golden
- P** Grapefruit Pink
- NK** Lean Mixed Berries



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SOFT DRINKS CONT'D...

- NK** Mixed Berries
- NK** Multivitamin Boost
- NK** Orange & Lime
- P** Orange & Mango
- P** Orange Extra Juicy Bits
- P** Orange Original
- P** Orange Smooth
- P** Pineapple
- P** Pressed Apple
- NK** Red Grape
- P** Ruby Breakfast
- P** Sanguinello
- NK** Trop 50 Multivitamins
- P** Trop 50 Orange
- P** Trop 50 Orange & Mango
- P** Tropical Fruit

TWININGS

- K** Kids Cold Infuse Blackcurrant & Apple
- K** Kids Cold Infuse Mango & Orange
- K** Kids Cold Infuse Strawberry Lemonade

V WATER

- P** Ginger & Mango
- P** Lemon & Lime
- P** Pomegranate & Blueberry

VIM₂o

- NK** Fruity Spring Water

VIMTO

- P** Fizzy Mango, Strawberry & Pineapple
- P** Fizzy Orange, Strawberry & Lime
- NK** Fizzy Original
- NK** Fizzy Original Zero
- P** Fizzy Raspberry, Orange & Passionfruit
- P** Fizzy Watermelon, Strawberry & Peach
- P** Squash Blackberry, Raspberry & Blueberry
- P** Squash Cherry, Raspberry & Blackcurrant
- P** Squash Mango, Strawberry & Pineapple
- P** Squash Orange, Strawberry & Lime
- NK** Squash Original
- NK** Squash Original No Added Sugar
- P** Squash Raspberry, Orange & Passionfruit
- P** Squash Watermelon, Strawberry & Peach
- P** Still Orange, Strawberry & Lime
- NK** Still Original
- NK** Still Original No Added Sugar
- P** Still Raspberry, Orange & Passionfruit
- P** Still Watermelon, Strawberry & Peach

VITA COCO

- S** Coconut Water
- S** Coconut Water Peach & Mango
- S** Coconut Water Pineapple
- S** Coconut Water Pressed Coconut

WHOLE EARTH

- NK** Apple
- NK** Cola
- NK** Cranberry
- NK** Elderflower
- NK** Ginger
- NK** Lemonade
- NK** Orange & Lemon

ZINGER

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

SUGAR FREE CONFECTIONERY



BENJAMISSIMO

For stockists see www.econaturalproducts.co.uk.

- K** No Added Sugar Chocolate Dark
- K** No Added Sugar Chocolate Praline

CHUPA CHUPS

- NK** Sugar Free Assorted

NESTLE

- P** Polo Mints Sugar Free
- P** Polo Mints Sugar Free Extra Strong

PLAMIL

For stockists see www.plamilfoods.co.uk.

- K** No Added Sugar Chocolate Bears
- K** No Added Sugar Chocolate Hearts

PLAMIL EXPRESSIONS

For stockists see www.plamilfoods.co.uk.

- K** No Added Sugar Chocolate Milk
- Xylitol

PLAMIL SO FREE

For stockists see www.plamilfoods.co.uk.

- K** No Added Sugar Dark Chocolate
- K** No Added Sugar Dark Chocolate Espresso
- K** No Added Sugar Dark Chocolate Hemp Seed
- K** No Added Sugar Dark Chocolate Mint

RED

Available from WH Smith stores.

- K** Dark Chocolate
- K** Dark Chocolate Orange & Almond
- K** Extra Dark Chocolate
- K** Milk Chocolate

- K** Milk Chocolate Hazelnut & Macadamia

- K** Milk Chocolate Nut Filling
- K** Pralines Milk Chocolate Coconut Filling
- K** Pralines Milk Chocolate Nut Filling

RICO LA

- 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 halva. Available from www.sesamekingdom.co.uk. For a full list see www.isitkosher.uk.

SIMP KINS

- 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 Citrus Selection
- 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

SPARX

Available in kosher shops.

- K** Berry
- K** Citrus
- K** Fruit

SPRY

- K** Chewing Gum Cinnamon
- K** Chewing Gum Fresh Fruit
- K** Chewing Gum Green Tea
- K** Chewing Gum Peppermint
- K** Chewing Gum Spearmint
- K** Mints Berry Blast
- K** Mints Cinnamon
- K** Mints Lemonburst
- K** Mints Power Peppermint

WERTHER'S ORIGINAL

- D** Butter Candies Sugar Free

SYRUPS & TOPPINGS

ASDA

- K** 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

Available from Amazon.

- 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 Maple
- K** Topping Syrup Strawberry

MORRISONS

- K** Golden Syrup

SAINSBURY'S

- K** Golden Syrup

SESAME KINGDOM

Available from www.sesamekingdom.co.uk.

- K** Silan Date Syrup

SWEET FREEDOM

- NK** Fruit Syrup

THE GROOVY FOOD COMPANY

For stockists see 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 Strawberry
- K** Agave Toffee
- K** Agave Vanilla
- K** Sauce Agave Chocolate
- K** Sauce Agave Chocolate & Orange
- K** Sauce Agave Chocolate & Raspberry

VERTMONT

- K** Maple Syrup

YOGHURT DRINKS



(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.

ACTIMEL

- D** 0% Fat Original
- 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** Raspberry
- D** Strawberry
- D** Strawberry & Banana Kids
- D** Vanilla

BENECoL

- D** Blueberry
- P** Dairy Free Tropical Drink
- 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

- D** Kefir Baked Milk
- NK** Kefir Flavoured
- D** Kefir Original

FLORA Pro.ACTIV

- D** Blackberry & Blueberry
- D** Original
- D** Pomegranate & Raspberry
- D** Strawberry

MUNCH BUNCH SQUASHUMS

- D** Strawberry

YAKULT

- D** Light
- D** Original

YoPLAIT

- D** Frubes Strawberry
- D** Frubes Strawberry Banana
- D** Petits Filous Strawberry
- D** Petits Filous Vanilla
- 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.



ACTIVIA

- D** 0% Fat Blueberry
- D** 0% Fat Cherry
- D** 0% Fat Peach
- D** 0% Fat Strawberry
- D** 0% Fat Vanilla
- NK** Cherry
- D** Fig
- D** Fruit Fusion Prune
- NK** Intensely Creamy Blueberry
- NK** Intensely Creamy Cherry
- D** Intensely Creamy Peach
- D** Intensely Creamy Strawberry
- D** Intensely Creamy Vanilla
- D** Mango
- D** Natural Big Pot
- D** Pouring Natural
- D** Pouring Strawberry
- D** Pouring Vanilla
- D** Prune
- D** Rhubarb
- D** Snackpots Fat Free Cherry
- D** Snackpots Fat Free Peach
- D** Snackpots Fat Free Strawberry
- D** Strawberry

ALPRO

- P** Blackcurrant Elderflower/Pomegranate
- P** Blueberry
- P** Blueberry/Cherry
- P** Cherry
- P** Greek Blueberry
- P** Greek Mango
- P** Greek Passion Fruit
- P** Greek Plain
- P** Greek Strawberry Raspberry
- P** Greek Vanilla
- P** Kids Mango
- P** Kids Peach & Pear
- P** Kids Strawberry
- P** Kids Strawberry & Banana
- P** No Added Sugars Apple Kiwi
- P** No Added Sugars Cherry
- P** No Added Sugars Mango
- P** Peach
- P** Peach & Pear
- P** Peach Pear/Strawberry Banana
- P** Peach/Pineapple Passionfruit
- P** Plain
- P** Plain Almond

- P** Plain Coconut
- P** Plain No Sugars
- P** Plain Oats
- P** Strawberry
- P** Strawberry & Banana
- P** Vanilla

ARLA

- D** Lactofree Plain

BENECoL

- D** Strawberry/Cherry

DANONE KIDS

- D** Pouch Mango & Carrot
- D** Pouch Raspberry & Banana
- D** Pouch Strawberry & Banana

LITTLE YeoS

- NK** Pouches

MULLER

Only the following Corners are approved. Other varieties including Bliss, Crunch and Muesli are not permitted.

- D** Corner Blueberry
- D** Corner Mini Strawberry
- 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 that gelatine has not been added.

- NK** Light Amore Morello Cherry
- D** Light Banana & Custard
- D** Light Cherry
- NK** Light Fruitopolis
- NK** Light Greek Style
- NK** Light Kremas
- D** Light Natural
- D** Light Orange Dark Chocolate
- D** Light Raspberry & Cranberry
- D** Light Strawberry
- D** Light Toffee
- D** Light Vanilla
- D** Light Vanilla Dark Chocolate
- D** Light Vanilla, Orange, Caramel Dark Chocolate

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

MUNCH BUNCH

Please note that Munch Bunch Fromage Frais are Not Kosher.

- D** Apricot
- NK** Organic Pouches
- D** Strawberry

MUNCH BUNCH SQUASHUMS

- NK** Huge Tubes
- D** Strawberry
- D** Strawberry & Peach
- D** Strawberry & Raspberry

oATLY

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

PROVAMEL

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

THE COCONUT COLLABORATIVE

- NK** Blueberry
- NK** Mango & Passion Fruit

THE COLLECTIVE

- NK** Suckies

Yeo

- NK** Bio Live No Added Refined Sugar Fruit Yogurts

Regular Yeo Valley fruit yoghurts fall under general guidelines.

YoPLAIT

- D** Frubes Pouches Strawberry/Raspberry
 - D** Frubes Tubes Banana & Strawberry
 - D** Frubes Tubes Chocolate Caramel
 - 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.
- D** Perle de Lait Coconut
 - D** Perle de Lait Lemon

Some Petits Filous yoghurts contain Fromage Frais, which is Not Kosher. You are advised to check the ingredients declaration before purchase.

- NK** Petits Filous Greek Style
- D** Petits Filous Little Desserts Chocolate/Vanilla
- NK** Petits Filous Magic Squares
- NK** Petits Filous My First Vanilla
- NK** Petits Filous Pots Fromage Frais
- D** Petits Filous Pots Yoghurt Strawberry/Raspberry
- D** Petits Filous Smoothie Peach & Apricot
- D** Petits Filous Smoothie Strawberry & Banana
- D** Wildlife Choobs Apricot
- D** Wildlife Choobs Raspberry
- D** Wildlife Choobs Strawberry



Certified by the KLBD (Parev) logo on pack



Certified by the KLBD (Parev) no logo

P Approved Parev **D** Dairy (not Chalav Yisrael) **NK** Not Kosher
S Certified by other Rabbinate **CY** Chalav Yisrael



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The US

Chai's big C* 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**

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Leeds
Liverpool
South Manchester
North Manchester
Glasgow
Clients' Homes

Chai Helpline Cancer Care Registered Charity No. 1078956

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chai cancer care
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Struggling to cope is more normal than you think.

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jamiuk.org/get-support or call **020 8458 2223**



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