



LONDON BETH DIN UPDATE OCTOBER 2018

**THIS UPDATE TO THE REALLY JEWISH FOOD GUIDE
2018 REPLACES ALL PREVIOUS UPDATES.**

For the latest information visit

isitkosher.uk

Works offline and also available as an Android App

KLBD LICENSEE NEWS

Bonbonnieres

The telephone number of **Kosher Candy King** on p.169 is 07552 343901 and not as printed in the guide.

Caterers

► New contact details for **Penashe (Fun Foods)**:

Tel: 07768 333763

micaela@penashe.co.uk

www.penashe.co.uk

Food Manufacturers

The email address for **Rakusen's** on p.158 has changed to sales@rakusens.com.

New KLBD Licensed **Bakery**:

Tami's Cakery

157 Audley Road

Hendon NW4 3EN

Mob: 07907 955346

tamiscakery@gmail.com

tamiscakery.wixsite.com/tamiscakery

Delis & Shops

New ownership of Deli Counter in Selfridges

Hermolis

Fresh Deli Counter and Fridge

Selfridges Food Hall

400 Oxford Street W1A 1AB

Tel: 020 8810 2341

sales@hermolis.com

www.hermolis.com

► Fruit & Veg Direct

Tel: 020 7107 4558

orders@fruitandvegdirect.com

www.fruitandvegdirect.com

New KLBD licensed **Restaurants**:

Sophie's (Dairy)

295 Hale Lane

Edgware HA8 7 AX

Tel: 020 8958 1555

info@sophieskosher.co.uk

www.sophieskosher.co.uk

Tish (Glatt Meat)

196 Haverstock Hill

Belsize Park NW3 2AG

020 7431 3828

eat@tish.london

www.tish.london

► Yerushalmi (Meat)

119 Golders Green Road

Golders Green NW11 8HR

Tel: 020 8248 4592

eatyerushalmi@gmail.com

CHANGES

KEY

► = New information since previous update

KLBD = Certified by the London Beth Din (logo on pack)

KLBD = Certified by the London Beth Din (no logo on pack)

P = Parev

D = Dairy (Not Chalav Yisrael)

S = Certified by other Rabbinate

NK = Not Kosher

FOOD

BABY CEREALS

Cow & Gate p23

Was approved Parev but is now approved Dairy.

D ► Baby Rice

D ► Cereal Tropical Fruit

D ► Porridge Banana Multigrain

CEREAL, FRUIT & NUT BARS

Cofresh p33

The following bars were previously branded Eat Real, but are now Cofresh. They are still certified KLBD Parev with logo.

KLBD ► Coconut

KLBD ► Peanut

KLBD ► Sesame

Not to be confused with Sesame Bites Bar which is neither certified nor approved.

CEREALS

Dorset Cereals p34

KLBD D Granola Choc Cherry

Was KLBD Parev, has changed formulation and is now KLBD Dairy and bears the KLBD D logo on the box.

KLBD D Muesli Ultimate Adventures Machu Picchu

Some batches have been mis-labelled 'KLBD', but they are in fact Dairy.

Weetabix p37

Previously approved Parev, now certified KLBD Dairy.

KLBD D Crunchy Bran

Previously certified KLBD Dairy, but are now KLBD Parev.

KLBD ► Oatibix Flakes Golden Oat

KLBD ► Oatibix Flakes Mixed Raisin & Sultana

Previously approved Dairy now certified KLBD Dairy.

KLBD D Weetos Chocolatey Hoops

CHIPS

McCain p38

S ► Fries Crispy French (900g)

750g and 1.4kg sizes now also available with a KLBD logo from kosher stores.

COFFEE MACHINES

Alterra Coffee Roasters p40

Previously delisted, but now re-certified KLBD Parev.

KLBD ► Rich Roast

COFFEE SHOPS (STARBUCKS, COSTA, CAFFE NERO ETC)

It is always preferable to purchase hot drinks from a kosher supervised establishment, but if this is not possible, it would be permitted to have plain coffee in a disposable cup from any coffee shop, provided that the coffee and water come from a machine which does not dispense any liquid other than water or plain coffee. One may add cold milk or plain soya milk from its original container. Hot water, milk or coffee from jugs is better avoided.

Whipped toppings, frothed milk and beverages such as frappuccinos and hot chocolate etc are not permitted.

Starbucks Coffee Syrups are no longer KLBD Certified.

CONFECTIONERY

Lindt

Previously delisted, are now approved as shown:

- P Excellence Dark 90%
- D Excellence Dark Chilli
- D Swiss Classic Milk Chocolate

Lucky Country p46

Previously listed as S Parev, but now available in S Parev and S Dairy versions. Check logo for kosher status.

Products bearing OU are Parev and those bearing OU-D are Dairy,

- S D ▶ Licorice Apple
- S D ▶ Licorice Black
- S D ▶ Licorice Blackcurrant
- S D ▶ Licorice Strawberry

GLUTEN FREE BISCUITS & CAKES

Doves Farm Freee p66

Rebranded from Doves Farm to Doves Farm Freee and certified KLBD Parev, with logo.

- KLBD** ▶ Cookies Chocolate Chip
- KLBD** ▶ Cookies Double Chocolate
- KLBD** ▶ Cookies Lemon Zest

GLUTEN FREE CEREALS

Doves Farm Freee p68

Rebranded from Doves Farm to Doves Farm Freee and certified KLBD Parev, with logo. Selected products available from Asda, Sainsbury's and online from Amazon & Ocado. For all products visit www.dovesfarm.co.uk.

- KLBD** ▶ Chocolate Stars
- KLBD** ▶ Corn Flakes
- KLBD** ▶ Flakes Cereal

Was approved Dairy, now Parev.

Gluten Free Flour & Baking Powder

Doves Farm Freee p70

Rebranded from Doves Farm to Doves Farm Freee and certified KLBD Parev, with logo.

- KLBD** ▶ Flour Corn

JAMS & FRUIT SPREADS

Granny Cool p80

Granny Cool Spreads are only permitted when bearing KLBD logo. For stockists, see www.grannycool.com.

Tiptree p81

Previously approved Dairy now certified KLBD Dairy.
KLBD D Curd Lemon

POPCORN

Propercorn

Available from Boots, Waitrose and online from Ocado and Amazon.

KLBD D Chocolate

The Chocolate flavour 6 pack has the 'D' missing from the KLBD-D logo, but is still certified KLBD Dairy.

SOFT DRINKS

Juice Burst p97

The following products have changed formulation and are now Not Kosher:

- NK** Blood Orange
- NK** Orange & Carrot
- NK** Orange & Passionfruit

Previously listed as Not Kosher has changed formulation and is now approved Parev.

- P Tropical

ALCOHOL

CIDER & PERRY

Strongbow p116

Was NK, but has been reformulated and is now approved Parev.

- P ▶ Dark Fruit

PRESCRIPTION ONLY MEDICINES

p135

Previously Not Kosher, now approved Parev.

- P Desmomelt Tablets

NEW PRODUCTS

FOOD

BABY CEREALS

Kendamil Mehadrin

Available from kosher shops. Not to be confused with other Kendamil cereals which are not approved.

- S Fruit Breakfast Gluten Free

BABY FOODS

Cow & Gate

- NK** ▶ Jar Custard Egg
- NK** ▶ Jars All Savoury

Heinz

- NK** All Products

BABY MILKS

Aptamil

- D Pronutra First Milk

- D Pronutra Follow On Milk
- D Pronutra Growing Up Milk 1-2
- D Pronutra Growing Up Milk 3-4

BREAD

Cohens Bakery Buckingham Boulangerie

Available from selected branches of Morrisons.

- KLBD** Bagels Assorted
- KLBD** Bagels Plain
- KLBD** Bagels Rainbow
- KLBD** Challa Rolls
- KLBD** Chocolate Yeast Cake
- KLBD** Pitta Bread

Everfresh

Certified with or without the KLBD logo. Available from Planet Organic and a selection of products are available from Holland & Barrett. Online purchases from www.everfreshnaturalfoods.com.

- KLBD Malt Loaf Sprouted Wheat Grain
- KLBD ▶ Sourdough Rye Sprouted Rye
- KLBD ▶ Sourdough Rye Sprouted Rye Mixed Seeds

Hovis

Pas Palter. Only certified when bearing the KLBD logo.

- KLBD** ▶ White Bloomer

Warburtons

Certified with or without the KLBD logo. Pas Palter. The bracha for all products is Hamotzi.

- KLBD Bagels Thin Cinnamon & Raisin
- KLBD Bagels Thin Plain
- KLBD Bagels Thin Protein Seeded
- KLBD** Loaf Batch Pulses & Seeds
- KLBD ▶ Loaf Crusty
- KLBD** ▶ Loaf Mighty White
- KLBD** Loaf Soft White Medium
- KLBD** Loaf Soft White Thick
- KLBD Teacakes Fruity
- KLBD** ▶ Toastie Sourdough

CAKE DECORATING

Cake Decor

- NK** Edible Cake Pens

CAKES & PASTRIES

Everfresh

Available from selected health stores and online from www.everfreshnaturalfoods.com.

- KLBD Banana
- KLBD Carrot & Raisin
- KLBD Date & Pecan
- KLBD Fig & Orange
- KLBD Fruit
- KLBD Rye & Stem Ginger Wheat Free
- KLBD Stem Ginger

CEREAL, FRUIT & NUT BARS

Get Fruity

NK ▶ Bars

Goodnessknows

KLBD D Raisin, Oat & Almond

Jordans

P Frusli Apple & Cinnamon

Kellogg's

D Special K Apricot & Sultanas

D Special K Chocolate Milk

D Special K Dark Chocolate & Cranberry

D Special K Red Berry Juicy

Nakd

KLBD ▶ Berry Bliss

KLBD ▶ Cocoa Twist

Rude Health

KLBD The Coconut

CEREALS

Alpen

KLBD D No Added Sugar Strawberry, Cranberry & Raspberry

Dorset Cereals

KLBD Muesli Tasty Toasted Raspberry & Apple

Available from Waitrose.

KLBD ▶ Spectacular Grains Apricot & Papaya

KLBD ▶ Spectacular Grains Blackberries & Fig, Spelt & Sorghum

KLBD ▶ Spectacular Grains Raspberries & Apple, Spelt & Buckwheat

Grain

Available from discount stores & independent shops.

KLBD ▶ Granola Raisin, Almond

KLBD ▶ Granola Super Berry

KLBD ▶ Granola Super Nutty

KLBD ▶ Granola Tropical

KLBD ▶ Muesli Fruit, Nut & Seed

KLBD ▶ Porridge Oats Golden Syrup

KLBD ▶ Porridge Oats Original

Kellogg WK

S Granola Cocoa, Cashew, Almond & Spelt

S Granola Cranberry, Sultana & Spelt

S No Added Sugar Granola Apricot & Pumpkin Seeds

S No Added Sugar Granola Coconut, Cashew & Almond

Kellogg's

P Coco Pops Granola

S ▶ Disney Incredibles

S ▶ Paw Patrol

Naturya

Available from Holland & Barrett.

KLBD ▶ Superbircher Original

KLBD ▶ Supergranola Original

Rude Health

KLBD Porridge Naked Barley

KLBD Puffed Spelt

Weetabix

KLBD Weetabix Protein Chocolate Chip

KLBD D Weetabix Protein Crunch Chocolate

KLBD D Weetabix Protein Crunch Original

CHIPS

McCain

Also available with a KLBD logo from kosher stores.

S ▶ Fries Peri Peri Spicy (750g)

S ▶ Fries Southern (750g)

COCONUT MILK

The Groovy Food Company

Available from Tesco. For online purchases visit www.groovyfood.co.uk.

KLBD ▶ Coconut Creamed

COFFEE & SUBSTITUTES

Beanies Flavour Coffee

List refers to regular and decaf products where applicable.

Available online from www.beaniesflavourco.co.uk.

Selected flavours available from Tesco and Sainsbury's.

KLBD Apple Cinnamon

KLBD Caramel Popcorn

KLBD Cherry Chocolate

KLBD Chocolate Orange

KLBD Cinder Toffee

KLBD Cinnamon Hazelnut

KLBD Ginger Bread

KLBD Mint Chocolate

KLBD Pumpkin Spice

KLBD Vanilla Bean

Wunder Workshop

Available from Planet Organic, Wholefoods Market and online from www.wunderworkshop.com.

KLBD Turmeric Latte Blend Cacao

KLBD Turmeric Latte Blend Classic

KLBD Turmeric Latte Blend Golden Chai

COFFEE MACHINES

Alterra Coffee Roasters

For Flavia drinks machines.

KLBD ▶ Iced Vanilla Coffee

Nespresso

Available from Nespresso shops, online at www.nespresso.com/uk and by telephone order: 0800 442 442.

P Decaffeinato Ristretto

Nespresso Vertuo

Available from Nespresso shops, online at www.nespresso.com/uk and by telephone order: 0800 442 442.

P Aflorazio

P Altissio

P Alto Dolce

P Alto Intenso

P Arondio

P Caramelizio

P Decaffeinato

P Decaffeinato Intenso

P Decaffeinato Ontuoso

P Diavolitto

P Doube Espresso Scuro

P Double Espresso Chiaro

P Elvazio

P Fortado

P Giorno

P Hazelino

P Intenso

P Melozio

P Odacio

P Solelio

P Stormio

P Vanizio

P Voltesso

CONFECTIONERY

Elizabeth Shaw

D Crisp Milk Orange

D Crisp Milk Salted Caramel

Hubba Bubba

P Bubble Tape Cool Cola

P Bubble Tape Fancy Fruits

P Bubble Tape Snappy Strawberry

P Gum Atomic Apple

P Gum Outrageous Original

P Gum Seriously Strawberry

Maoam

NK All Products

Mars

Available from Sainsbury's.

KLBD D Galaxy Wafer Curls Chocolate

KLBD D Galaxy Wafer Curls Hazelnut

Starburst

NK Chewing Gum

The Great Character Candy Co

D Raisins Milk Chocolate

VegeBear's

Available from Ocado.

KLBD ▶ Cola Koalas

KLBD ▶ Frooty Fruits

KLBD ▶ Fruit Jellies

KLBD ▶ Slightly Sour

Wrigley's

P Gum Airwaves Extreme

P Gum Doublemint

P Gum Extra Bubblegum

P Gum Extra Ice Spearmint

P Mints Extra Peppermint

CRACKERS & CRISPBREADS

Jacob's

KLBD Cream Crackers Baker's Choice

Ryvita

Pas Yisrael.

KLBD Protein Chia & Buckwheat

CRISPS & SNACKS

Cofresh

KLBD ▶ Mix Balti

KLBD ▶ Mix Bombay

KLBD ▶ Mix Jalfrezi

Eat Real

*Only kosher certified with KLBD logo.

Available from kosher stores, Holland & Barrett, selected Boots stores, independent health food stores and online from Ocado, Amazon and Boots.

KLBD ▶ Chips Hummus Chilli & Cheese

KLBD ▶ Chips Hummus Sour Cream & Chives*

KLBD ▶ Chips Lentil Mango & Mint

KLBD ▶ Chips Quinoa Paprika

KLBD ▶ Chips Quinoa Sweet Chilli

Available from Holland & Barrett, selected Boots stores, independent health food stores and online from Ocado, Amazon and Boots.

KLBD Puffs Quinoa & Kale Cheddar Jalapeno*

KLBD Puffs Quinoa & Kale Cheddar White*

KLBD Puffs Quinoa Cheddar Jalapeno*

KLBD Puffs Quinoa Cheddar White*

KLBD ▶ Puffs Quinoa Infused Mediterranean*

KLBD ▶ Straws Cheezie*

Emily

Available from selected supermarkets, kosher shops, independent health food stores and online from Ocado.

KLBD ▶ Sticks Sweet Potato Chilli & Lime

KLBD ▶ Sticks Sweet Potato Salt & Pepper

KLBD Sticks Sweet Potato Sea Salt

Rude Health

KLBD Cornitas Black Bean

KLBD Cornitas Chickpea & Lentil

Ten Acre

Available from kosher shops. For other stockists visit www.tenacrecrisps.co.uk/where-to-buy/.

KLBD Crisps Cheese & Onion

KLBD Crisps Hickory BBQ

KLBD Crisps Salt

KLBD Crisps Salt & Vinegar

KLBD ▶ Crisps Sweet & Sour

KLBD Crisps Sweet Chilli

DAIRY FREE CHEESE

ASDA Free From

KLBD Block Mature Cheddar

Ocado Free From

KLBD Block Cheddar Style

KLBD Grated Cheddar Style

KLBD Grated Mozzarella Style

KLBD Slices Mozzarella Style

Sainsbury's Free From

KLBD Block Cheddar Style Chives

KLBD Slices Cheddar Style

Sheese

Available in health shops & kosher stores. Online from www.goodnessdirect.co.uk and www.veggiestuff.com.

KLBD Blue Style

KLBD Grated Italian Style Hard

Tesco Free From

KLBD Round Peppercorns

KLBD Spread Goats' Cheese

DAIRY FREE DESSERTS

Freaks of Nature

Available from the chilled section in Tesco, Waitrose, Morrisons, Ocado, Planet Organic and many independent retailers.

KLBD ▶ Choc Caramel Cheesecake

KLBD ▶ Double Chocolate Ganache

KLBD ▶ Hot Pudding Chocolate Fudge

KLBD ▶ Hot Pudding Sticky Toffee

KLBD ▶ Mango & Passionfruit Posset

DAIRY FREE MILK

Almond Dream

P Almond Rice UHT

DAIRY FREE YOGHURTS

Alpro

P Plain Unsweetened

Freaks of Nature

Available from the chilled section in Sainsbury's.

KLBD ▶ Blueberry

KLBD ▶ Strawberry

DELICATESSEN

Me Too

Available from kosher stores and the kosher section of Sainsbury's, Tesco, Costco, Morrisons and Waitrose.

KLBD ▶ Falafel Beetroot

KLBD ▶ Falafel Quinoa

DESSERTS

Walkers

S Pavlova

ENERGY & PROTEIN SNACKS

Aduna

Available from health food stores and online from Ocado and aduna.com.

KLBD Bar Energy Banana Boost

KLBD Bar Energy Berry Bite

KLBD Bar Energy Choc Nut Bliss

KLBD Bar Energy Choc Orange Burst

KLBD Bar Energy Green Goodness

KLBD Bar Energy Superfruit Blast

Bounce

Available online from uk.bouncefoods.com.

KLBD D Bites Blueberry & Banana

KLBD D Bites Cacao Orange

KLBD D Bites Sweet & Salty Almond

Breakfast Bars also available from Tesco.

KLBD D Breakfast Bar Madagascar Vanilla

KLBD D Breakfast Bar Peanut Butter

KLBD D Breakfast Bar Red Berry

Fulfil

NK Vitamin & Protein Bars

Lucozade Sport

Says Elite on packaging.

NK Bar Strawberry & Oats

The Protein Ball Co

Available from Holland & Barrett and Ocado. For other stockists and for online purchases visit www.theproteinballco.com. Only kosher certified with the KLBD logo.

KLBD Ball Protein Cherry Bakewell

KLBD Ball Protein Goji & Coconut

KLBD Ball Protein Lemon & Pistachio

- KLBD** Ball Protein Peanut Butter & Jam
- KLBD** Ball Protein Raspberry Brownie

Certified with or without the KLBD logo. For stockists and for online purchases visit www.theproteinballco.com.

- KLBD** ▶ Breakfast Balls Apple & Blueberry
- KLBD** ▶ Breakfast Balls Hazelnut & Cacao
- KLBD** ▶ Breakfast Balls Strawberry & Vanilla

ENERGY DRINKS

Lucozade Energy

- P ▶ Blackcurrant Bliss
- P ▶ Pineapple Punch
- P ▶ The Brazilian

Lucozade Sport

- P ▶ Drink Brazilian Guava
- P ▶ Drink Mango & Passion Fruit
- P ▶ Fitwater

Rockstar

- NK** First Start Mixed Berries
- P ▶ First Start Orange & Clementine

Wow Protein

- NK** Protein Water

FISH CANNED

King of the Ocean

Available from kosher shops.

- KLBD** Tuna Chunks Vegetable Oil
- KLBD** Tuna Chunks Water

FLAVOURINGS

LittlePod

Available online from www.littlepod.co.uk.

- KLBD Extract Pure Chocolate
- KLBD Extract Pure Coffee
- KLBD Extract Pure Vanilla Bourbon
- KLBD Paste Natural Vanilla
- KLBD Pods Madagascan Bourbon Vanilla

Steenbergs

Available online from www.steenbergs.co.uk. Selected products available from Ocado and Amazon.

- KLBD** Extract Coffee

FRUIT DRIED

Whitworths Shots

Only listed products are certified. For other Whitworths Shots see NUTS & SEEDS.

- KLBD Apricot & Seed
- KLBD D Berry & White Chocolate
- KLBD Cranberry & Toasted Almond
- KLBD Date & Almond
- KLBD D Raisin & Chocolate
- KLBD Tropical Coconut

FRUIT SNACKS

Clearspring

Available in health stores, online from Ocado and selected products from Waitrose.

- KLBD Fruit Puree Apple
- KLBD Fruit Puree Apple & Apricot
- KLBD Fruit Puree Apple & Blueberry
- KLBD Fruit Puree Apple & Cranberry
- KLBD Fruit Puree Apple & Mango
- KLBD Fruit Puree Apple & Pineapple
- KLBD Fruit Puree Apple & Plum
- KLBD Fruit Puree Apple & Strawberry
- KLBD Fruit Puree Pear
- KLBD Fruit Puree Pear & Banana
- KLBD Fruit Puree Prunes
- KLBD On The Go Apple & Blueberry
- KLBD On The Go Apple & Mango
- KLBD On The Go Pear

GLUTEN FREE BISCUITS & CAKES

B Raw Cakes

Only listed products are certified. Available from independent health food shops. For stockists and online orders visit www.brawcakes.co.uk.

- KLBD Bar Brawnty
- KLBD Bar Snikkerz
- KLBD Bar Walnut

Peanut Butter is an optional flavour in the bespoke Two Tier Raw Celebration Cake.

- KLBD Peanut Butter
- KLBD Tiramisu

Pourtoi

Gluten free, wheat free, dairy free, lactose free. Available from kosher stores, health food stores, small retailers and online at www.pourtoi.co.uk. Call 020 3674 3156 for stockists.

- KLBD** Biscuits
- KLBD** Blondies
- KLBD** Brownies
- KLBD** Cakes
- KLBD** Cakes Vegan
- KLBD** Cookies
- KLBD** Doughnuts
- KLBD** Tarts

GLUTEN FREE BREAD & ROLLS

BFree

Available from Tesco.

- KLBD** Baguettes Triple Seeded
- KLBD** Baguettes White

Warburtons Gluten Free

For stockists visit www.warburtonsglutenfree.com.

- KLBD** Artisan Bloomer Tiger
- KLBD** Artisan Cob Sourdough White
- KLBD** Artisan Loaf White Classic
- KLBD** Crumpets
- KLBD** Loaf Farmhouse Brown
- KLBD** Loaf Farmhouse Multiseed
- KLBD** Loaf Farmhouse White
- KLBD** Loaf Multiseed
- KLBD** Loaf White
- KLBD** Rolls Multiseed
- KLBD** Rolls White
- KLBD** Sandwich Thins Multiseed
- KLBD** Sandwich Thins White
- KLBD** Sourdough Boule Multiseed

GLUTEN FREE CEREALS

Doves Farm Freee

Available from Asda, Sainsbury's, Morrisons and online from Amazon, Ocado and www.dovesfarm.co.uk.

- KLBD** Flakes Fibre

Nature's Path

- S Superflakes Cocoa & Coconut
- S Superflakes Honey & Chia

GLUTEN FREE PIZZA BASES & WRAPS

Warburtons Gluten Free

Please note Square Wraps are neither kosher certified nor approved.

- KLBD** Wraps Round Beetroot
- KLBD** Wraps Round High Protein
- KLBD** Wraps Round White

HEALTH FOODS

Naturya

Available from Waitrose and online from Ocado and www.naturya.com.

- KLBD Nibs Cacao

Available from Holland & Barrett and online from www.naturya.com.

- KLBD** ▶ Superblend Turmeric

Pipkin

Available online from www.pipkin.co.uk.

- KLBD** ▶ Hemp Protein Powder
- KLBD** ▶ Hemp Seeds Unshelled
- KLBD** ▶ Hemp Seeds Whole

HONEY

Rowse

Available from Tesco.

- KLBD** ▶ Wonder Bees Lizzy Queen
- KLBD** ▶ Wonder Bees Whizzy Worker

The Groovy Food Company

Available from health food stores.

- KLBD** ▶ Fine Blossom
- KLBD** ▶ Fine Blossom Organic
- KLBD** ▶ Wild Flower Brazil
- KLBD** ▶ Wild Flower Mexico

Wunder Workshop

Available from Planet Organic, Wholefoods Market and online from www.wunderworkshop.com.

KLBD Golden Turmeric

HOT CHOCOLATE & MALTED DRINKS

Options

- D Belgian Choc Butterscotch
- D Belgian Choc Salted Caramel
- D Belgian Choc Strawberry
- D Belgian Choc Sweet Popcorn
- D Indulgence Chocolate Dreamy

ICE CREAMS, LOLLIES & SORBET

Ben & Jerry's

- S D Birthday Cake
- S D Moophoria Caramel Cookie Fix
- S D Moophoria Chocolate Cookie Dough

Calypso

KLBD Multipack Freeze pops Marvel

Halo Top

- S D Birthday Cake
- S D Candy Bar
- S D Chocolate Chip Cookie Dough
- S D Chocolate Flavoured
- S D Cinnamon Roll
- S D Cookies & Cream

Certified Dairy Equipment.

- S D Dairy Free Chocolate
- S D Dairy Free Peanut Butter Cup
- S D Dairy Free Sea Salt Caramel
- S D Dairy Free Toasted Coconut
- S D Mint Chip
- S D Oatmeal Cookie
- S D Peanut Butter Cup
- S D Red Velvet
- S D Sea Salt Caramel
- S D Vanilla Bean

J20

- P Fruit Fusion Apple & Mango Lollies
- P Fruit Fusion Orange & Passion Fruit Lollies

Pip Organic

- NK** Pip & Mix Fruity Lollies
- NK** Rainbow Fruity Lollies

Robinsons Fruit & Barley

P Summer Fruits Lollies

Robinsons Fruit Shoot

P Orange/Apple & Blackcurrant Mini Lollies

Rowntrees

- P Fruit Pastilles Push Up Blackcurrant Lolly
- P Fruit Pastilles Push Up Orange Lolly
- P Fruit Pastilles Push Up Strawberry Lolly
- P Fruit Pastilles Push Up Tropical Lolly

Sainsbury's Free From

- KLBD ▶ Iced Dessert Choc
- KLBD ▶ Iced Dessert Strawberry
- KLBD ▶ Iced Dessert Vanilla

Swizzels

P Love Heart Fruit Lollies

Tango

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

Wall's

D ▶ Viennetta Chocolate

JAMS & FRUIT SPREADS

Tiptree

Certified in 340g jars.

- KLBD Conserve Damson
- KLBD Conserve Damson Stoneless

The following products are certified in 340g and 42g jars:

- KLBD Conserve Green Fig
- KLBD Conserve Green Gooseberry
- KLBD Conserve Greengage
- KLBD Conserve Loganberry
- KLBD Conserve Organic Apricot
- KLBD Conserve Organic Black Currant
- KLBD Conserve Organic Raspberry
- KLBD Conserve Organic Strawberry
- KLBD Conserve Peach
- KLBD Conserve Pineapple
- KLBD Conserve Plum Early Rivers
- KLBD Conserve Plum Victoria
- KLBD Conserve Quince
- KLBD Conserve Raspberry Tiny Tip
- KLBD Conserve Rhubarb & Ginger

Certified in 42g jars.

KLBD Conserve Strawberry East Anglian

The following products are certified in 340g, 42g and 28g jars.

- KLBD Conserve Wild Blueberry
- KLBD Jelly Black Currant
- KLBD Jelly Blackberry

- KLBD Jelly Crab Apple
- KLBD Jelly Medlar
- KLBD Jelly Orange
- KLBD Jelly Quince
- KLBD Jelly Strawberry
- KLBD Marmalade Grapefruit
- KLBD Marmalade Lime
- KLBD Marmalade Orange & Lemon
- KLBD Marmalade Orange & Lime

Certified in 454g and 42g jars.

- KLBD Marmalade Orange Crystal
- KLBD Marmalade Orange Ginger

Certified in 454g and 340g jars.

- KLBD Marmalade Orange No Peel
- KLBD Marmalade Orange Organic

The following products are certified in 42g and 28g jars:

- KLBD Preserve Apricot
- KLBD Preserve Black Currant

Certified in 28g jars.

- KLBD** Preserve Peach
- KLBD Preserve Strawberry

LIQUEURS

Aperol

NK ▶ Aperitivo

MARZIPAN

Belbake

Available from Lidl.

- P Golden
- P White

The Pantry

Available from Aldi.

P Ready to Roll White

Waitrose

P White

NUTS & SEEDS

Borna

For stockists and for online purchases visit www.bornafoods.com.

- KLBD Pistachio Kernels Green Peeled
- KLBD Pistachio Kernels Natural
- KLBD Pistachio Roasted & Salted
- KLBD Pistachio Simply Roasted

Quibbles

Available from Whole Foods Market and online from Ocado. For online purchases see www.quibblesnibbles.com/shop.

- KLBD** ▶ Peanuts Jalapeno Chilli Kaffir Lime
- KLBD** ▶ Peanuts Mixed Peppercorns

Whitworths Shots

Only listed products are certified. For other Whitworths Shots see FRUIT DRIED.

- KLBD D ▶ Chocolate & Hazelnut
- KLBD Nuts & Salted Caramel
- KLBD Nuts Chilli
- KLBD Nuts Salsa
- KLBD Nuts Smoke

OIL

Pipkin

Available online from www.pipkin.co.uk.

- KLBD ▶ Hemp Oil Cold Pressed

The Groovy Food Company

For stockist and online purchases visit www.groovyfood.co.uk.

- KLBD Virgin Avocado Cooking Spray

Weed & Wonderful

Available from Planet Organic and online from www.seaweedandco.com.

- KLBD Rapeseed Scottish Seaweed Pure
- KLBD Rapeseed Scottish Seaweed Smoked
- KLBD Rapeseed Seaweed Smoked Intense

PEANUT & NUT BUTTERS

Borna

For stockists and for online purchases visit www.bornafoods.com.

- KLBD Pistachio Crunchy
- KLBD Pistachio Smooth

Meridian

- P Cocoa & Hazelnut
- P Cocoa & Peanut
- P Coconut & Peanut

POPCORN

Ten Acre

Available from kosher shops. For other stockists visit tenacrecrisps.co.uk/where-to-buy/.

- KLBD ▶ Cappuccino
- KLBD ▶ Strawberry & Cream
- KLBD ▶ Sweet & Salty
- KLBD ▶ Wasabi

RICE

Uncle Ben's

- NK Rice Time

SALAD DRESSINGS & MAYONNAISE

The Groovy Food Company

- NK ▶ Dressings

SAUCES & CONDIMENTS

English Provender

- NK Pickle

Henderson's

- P Relish

Nando's

Kosher certified without the KLBD logo. Available from Asda.

- KLBD Sauce Peri Peri Coconut & Lemon

The Groovy Food Company

- NK ▶ Marinades

SLIMMERS FOODS

Boombod

- P Blackcurrant Shot Drink

Fibre One

- S D Cinnamon Drizzle

SOFT DRINKS

Coca Cola

- P Diet Exotic Mango
- P Diet Fiesty Cherry
- P Zero Sugar Peach

Copella

- P Apple & Blackberry
- P Apple & Lavender
- P Apple & Rhubarb
- P Orange Juicy Bits

Drench

- NK Sparkling Grape & Elderflower

Hampstead Tea

Certified with or without the KLBD logo. For stockists visit www.hampsteadtea.com.

- KLBD Elegant Elderflower
- KLBD Luscious Lemon
- KLBD Perfect Peach
- KLBD Rock n Roll Raspberry

J20

- NK Glitterberry
- NK Tropical Tease

Jeeva

Available online from www.jeevauk.com.

- KLBD King Coconut Water Original

Juice Burst

- NK Apple & Cucumber
- P Peach & Passionfruit
- NK Strawberry & Beetroot

KA

- P ▶ Abbott's Ginger Beer

Monte Rosso

- NK Non Alcoholic

Purdey's

- NK Purdey's Edge

R Whites

- P Lemonade

Ribena

- P ▶ Drink Mango & Lime
- P ▶ Drink Pineapple & Passion Fruit Light
- P ▶ Drink Very Berry
- P ▶ Minis Apple & Mango
- P ▶ Minis Blackcurrant No Added Sugar

Robinsons Fruit Shoot

- NK Juiced Apple & Pear
- NK Juiced Orange & Pineapple
- NK Juiced Strawberry & Raspberry

Rubicon

- P ▶ Lychee
- P ▶ Mango
- P ▶ Passion
- P ▶ Spring Blueberry Pomegranate
- P ▶ Street Drinks Agua Fresca
- P ▶ Street Drinks Bissap
- P ▶ Street Drinks Nimbu Pani
- P ▶ Street Drinks Sharbat

T&E

- NK Aromatic Botanicals

Tassoni

Available from kosher shops and independent retailers.

- KLBD ▶ Mirto in Fiore

Tropicana

- NK Essentials Berry Boost
- P Essentials Inner Balance
- NK Essentials Vitality
- NK Essentials Vitamin Power
- NK Morning Boost Smoothie Forest Fruits

SOUP & STOCK

Marigold

- NK Swiss Vegetable Bouillon Vegan Organic

SPICES, HERBS & SALTS

Wunder Workshop

Available from Planet Organic, Wholefoods Market and online from www.wunderworkshop.com.

- KLBD Golden Turmeric

SPORTS PRODUCTS

Huel

Listing refers to 150g and samples. When buying the sample set, you are advised to check that all flavours included are kosher certified. For online purchases visit www.huel.com.

KLBD Flavour Boost Banana
KLBD Flavour Boost Cacao
KLBD Flavour Boost Chocolate
KLBD Flavour Boost Matcha Tea
KLBD Flavour Boost Mocha
KLBD Flavour Boost Pineapple & Coconut
KLBD Flavour Boost Rhubarb & Custard
KLBD Flavour Boost Strawberry
KLBD Flavour Boost Toffee

KLBD ► Gluten Free Powder Original
KLBD Professional Powder

Myprotein.co.uk

Check www.isitkosher.uk to see which flavours are covered.

D Impact Whey Isolate

SiS

For a full list of approved Go Energy gels check www.isitkosher.uk.

SUGAR

Billington's

KLBD Brown Soft Dark
KLBD Brown Soft Light
KLBD Demerara
KLBD Golden Caster
KLBD Golden Granulated
KLBD Molasses
KLBD Muscovado Dark
KLBD Muscovado Light

SWEETENERS

Stevia Sweet

P ► Crystals

SYRUPS & TOPPINGS

The Groovy Food Company

Available from independent health food stores.

KLBD ► Sauce Agave Chocolate
KLBD ► Sauce Agave Chocolate & Orange
KLBD ► Sauce Agave Chocolate & Raspberry

TEA

Wunder Workshop

Available from Planet Organic, Wholefoods Market and online from www.wunderworkshop.com.

KLBD Golden Turmeric

KLBD Golden Turmeric Chai

VEGETARIAN FOODS

Clearspring

S Soya Mince

Just Wholefoods

KLBD ► Breadcrumbs Wholemeal
KLBD ► Mix Falafel
KLBD ► Mix Houmous
KLBD ► Mix Sunflower

Vegezen

Available from Amazon and other online retailers.

KLBD ► Rennet

WORLD FOODS

Yutaka

P Wasabi Powder

YOGHURT DRINKS

Bio Tiful

D Kefir Cultured Milk Original

YOGHURTS & DAIRY DESSERTS

Yoplait

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

ALCOHOL

ALE

Fuller's

P Honey Dew

CIDER & PERRY

Old Mout Cider

P ► Berries & Cherries

FLAVOURED ALCOHOLIC DRINKS

Bacardi

P ► Cuba Libre Cola & Lime
P ► Mojito Lime, Mint & Soda

GIN

Bombay Sapphire

P ► East

Drumshanbo

KLBD ► Gunpowder Irish

LIQUEURS

John D Taylor

P Velvet Falernum

Luxardo

KLBD Bitter Bianco

RUM

Bacardi

P Limon
P ► Oakheart Spiced Original

Bayou

P Spiced

SAKE

Born

Available from Ichiba Westfield London.

KLBD ► Muroka Gold

KLBD ► Muroka Nama Genshu

KLBD ► Tokusen Junmai Daiginjo

VODKA

Absolut

Approval excludes 50ml miniatures.

P Apple
P Cherrys
P ELYX
P Grape
P Juice Edition Apple
P Juice Edition Strawberry
P Lime

Stoli

S Stolichnaya Blue
S Stolichnaya Blueberi
S Stolichnaya Gluten Free
S Stolichnaya Hot

WHISKEY SCOTCH & IRISH

Bladnoch

KLBD 10 Year Old
KLBD 25 Year Old Talia
KLBD 27 Year Old Talia

Laphroaig

KLBD 10 Years
KLBD Quarter Cask

CLEANING

DISHWASHER DETERGENT

Ecover

P Dishwasher Tablets All in One

SURFACE CLEANERS

Cif

P Cream Lemon
P Cream White

WASHING UP LIQUID

Ecover

P Camomile & Clementine

OVER THE COUNTER MEDICINES

CONSTIPATION

P Cosmocol Plain

COUGHS & COLDS

P Tesco Dry Tickly Cough Syrup

P Unicough Oral Solution

Hayfever & Allergies

P Loratadine Solution

Indigestion & Ulcers

P ► Tesco Indigestion Fruit Flavoured Tablets

Nausea & Vomiting

P Joy Rides Chewable

Oral Hygiene

Available from kosher stores.

S Steins Mouthwash

Sore Mouths

P Boots Fast Relief Mouth Ulcer Gel

SORE THROATS

P Strepsils Sore Throat Pain Relief Honey & Lemon

P Unisooth Lozenges

PRESCRIPTION ONLY MEDICINES

P Levothyroxine Oral Solution

SUPPLEMENTS

AMINO ACIDS

P Higher Nature Glutamine Powder

Cystitis

P Power Health D Mannose Tablets

P Pure Encapsulations D Mannose Capsules

Female Health

P Lamberts Fema 45+ Tablets

Immunity

P Pure Encapsulations NAC Capsules

Male Health

Available from Morrisons.

KLBD KTC Shilajit Capsules

Multivitamins & Minerals

P ► Holland & Barrett Brewers Yeast Powder

P Lamberts Magasorb Tablets

P Lamberts MSM Tablets

P Lamberts Multigard Tablets

P Natures Aid Korean Ginseng Tablets

P Pure Encapsulations Ashwagandha Capsules

P Pure Encapsulations Magnesium Citrate Capsules

P Pure Encapsulations Optiferrin C Capsules

P Swansons Chanca Piedra Capsules

Oral & Eye Care

P ► A Vogel Eyebright Drops

Pregnancy & New Mother

P Cytoplan Pregnaplan

P Pure Encapsulations Prenatal Capsules

Probiotics & Digestive Aids

D Dr Mercola Probiotic Capsules

D Energetix Flora Chewable

D ► Holland & Barrett Acidophilus Chewable

P ► Rawbiotics Daily Liquid

P ► Rawbiotics Gut Liquid

D Symprove Mango & Passion Fruit Liquid

D Symprove Original Liquid

Sleep Remedies & Tranquillisers

P Eurovital Melatonin Tablets

P Eurovital Melatonin Time Release Tablets

Stress & Energy

P BioCare TH207

Superfoods

Available from Morrisons.

KLBD KTC Amla Capsules

KLBD KTC Ashwagandha Root Capsules

KLBD KTC Curcumin Capsules

KLBD KTC Karela Capsules

Available online from www.seaweedandco.com.

KLBD Weed & Wonderful Scottish Seaweed Capsules

Available from Planet Organic, Wholefoods Market and online from www.wunderworkshop.com.

KLBD Wunder Workshop Golden Balance

KLBD Wunder Workshop Golden Glow

KLBD Wunder Workshop Golden Shrooms

Vitamins & Minerals for Children

Available from Holland & Barrett.

P Jelly Bears Calcium + Vitamins Summer Berry

P Jelly Bears Multivitamins Summer Berry

P Jelly Bears Omega 3 + Vitamins Orange

P Jelly Bears Zinc + Vitamins Orange

P Sambucol for Kids Chewable Teddies

NK ► Solgar U Cubes Gummies

P ► Wellkid Peppa Pig Multi Vits Soft Jellies

P ► Wellkid Peppa Pig Omega 3 Soft Jellies

P ► Wellkid Peppa Pig Vitamin D Soft Jellies

DELISTED PRODUCTS

The following products are **no longer approved**:

Cadbury Milk Chocolate Fingers

Cadbury Roses Assortment

Conscious Chocolates

Old stock bearing the OU logo is still permitted.

Coyo Dairy Free Ice Creams

Coyo Dairy Free Yoghurts

► Fibre One Chocolate Fudge Brownies

Old stock bearing the OU logo is still permitted.

Galpharm Paracetamol Suspension

Hangry Food Co Bars

Kinnerton Just Chocolate Mints

Lejay Liqueurs

Magnum Signature Chocolates

Magnum Signature Thins

► Mars Bounty Ice Cream Stick

Mars Maltesers Teasers Ice Cream Stick

► Origin Honey

► Origin Honey Honeygar Dressing

► Ostlers Cloudy Cider Vinegar

Old stock bearing the KLBD logo is still approved.

Passoa Passion Fruit Liqueur

► Picklecombe House Honey

► Plan Bee Honey

► Rowse Supahoney Manuka + Honey

► Rowse Supahoney Manuka + Honey + Lemon

Sainsbury's Rice Pops

Sanitarium Marmite

Sanitarium NZ Mite

► Sweet Mandarin Sauces

Old stock bearing the KLBD logo is still approved.

The Bridge Bio Dairy Free Desserts

The Bridge Dairy Free Milks

KEY

► = New information since previous update

KLBD = Certified by the London Beth Din (logo on pack)

KLBD = Certified by the London Beth Din (no logo on pack)

P = Parev

D = Dairy (Not Chalav Yisrael)

S = Certified by other Rabbinate

NK = Not Kosher