



LONDON BETH DIN FIRST UPDATE MAY 2019

For the latest information visit

isitkosher.uk

Works offline and also available as an Android App

KLBD LICENSEE NEWS

New KLBD Licensed Deli:

Habiba's Deli

51 Fairfax Road
Swiss Cottage NW6 4EL
Tel: 020 7625 4504
habibasdeli@gmail.com
www.habibasdeli.com

KLBD Licensed Restaurant Re-opened:

La Fiesta (Glatt Meat)

235 Golders Green Road
Golders Green NW11 9ES
Tel: 020 8458 0444

New KLBD Licensed Jewish Care Home:

Anita Dorfman House

CHANGES

KEY

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 Rabbinates

NK = Not Kosher

FOOD

SPECIAL NOTE ABOUT DRIED GOJI BERRIES

High levels of infestation have been found in dried goji berries by the KLBD and other Kashrut agencies.

Dried goji berries are therefore **not recommended** even when bearing a kosher symbol. Goji berry puree and powder and bars containing dried goji berries are all still permitted.

CEREALS

Lizi's p36

Previously certified KLBD Parev, now certified KLBD Dairy.

KLBD D Granola Belgian Chocolate

KLBD D Granola High Protein

KLBD D Granola Mango Macadamia

KLBD D Granola Passionfruit Pistachio

KLBD D Granola Pink Apple & Cinnamon

KLBD D Granola Treacle & Pecan

Whole Earth p38

Previously approved Dairy, has changed formulation and is now approved Parev.

P Cocoa Crunch

CONFECTIONERY

Cadbury p41

Previously approved Dairy, has changed formulation and is now approved Parev.

P Bournville Classic

Lindt p44

Listed in error as approved Parev, but is in fact approved Dairy.

D Excellence Dark Caramel Sea Salt

GLUTEN FREE CEREALS

Lizi's p66

Previously certified KLBD Parev, now certified KLBD Dairy.

KLBD D Granola Gluten Free

SOFT DRINKS

Snapple p96

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

P Kiwi Strawberry

ALCOHOL

CIDER

Please note that, whilst **Old Mout Cider Berries & Cherries**, listed on p112, is approved Parev, the **Alcohol Free** version contains grape juice and is Not Kosher.

CREAM LIQUEURS

Amarula

Previously approved Dairy, was delisted in 2016, but is now confirmed Not Kosher.

NK Cream Marula Fruit

LIQUEURS

Lejay

Delisted from The Really Jewish Food Guide 2019, are now approved Parev.

P Apricot Brandy

P Banane

P Cacao Blanc

P Cacao Brun

P Cherry Brandy

P Creme d'Abricot

P Creme de Cassis de Dijon

P Creme de Fraise

P Creme de Framboise

P Creme de Myrtille

P Creme de Peche

P Curacao Bleu

P Litchi

P Pamplemousse Rose

P Parfait Amour

P Poire

P Pomme Verte

P Triple Sec

PRESCRIPTION ONLY MEDICINES

p133

Previously Not Kosher, is now approved Parev.

P DDAVP Melts

SUPPLEMENTS

VITAMIN D

p149

Previously approved Parev, now certified KLBD Parev.

KLBD Pro D3 Capsules

NEW PRODUCTS

FOOD

BABY MILKS

VitaFlo

D Renastart

BABY SNACKS

Organix Finger Foods

P 7+ Rice Cakes Strawberry

Organix Goodies

NK Jammie Monsters

BREAD

Warburtons

Pas Palter. 5 Pack.

KLBD Bagels Cinnamon & Raisin

KLBD Bagels Plain

CAKE DECORATING

Dr Oetker

D Chocolate Chunks Extra Dark

D Chocolate Chunks Milk

D Chocolate Chunks White

Rainbow Dust

NK Edible Rainbow Jewels

NK Edible Sugar Crystals

P Liquid Colour

NK Sugarcraft Essentials Cake Decorating Glaze

CEREAL, FRUIT & NUT BARS

Larabar

P Banana Choc Chip

P Peanut Butter Choc Chip

Nakd

KLBD Salted Caramel

Pulsin

Certified with or without the KLBD logo. Available from selected supermarkets, independent health food shops and online from www.pulsin.co.uk.

KLBD Fruity Oat Choc & Raisin

KLBD Fruity Oat Orange Choc Chip

KLBD Fruity Oat Strawberry

CEREALS

Alpen

Available from Asda.

KLBD D Create

Kellogg WK

S Granola No Added Sugar

S Granola No Added Sugar Cocoa & Hazelnut

S Granola No Added Sugar Raspberry, Apple & Carrot

Kellogg's

S D Crunchy Nut Creations Granola Chocolate

Weetabix

KLBD Oatibix Flakes Red Berries

CHESTNUTS

Merchant Gourmet

P Chestnut Puree

CHOCOLATE & SWEET SPREADS

Sweet Freedom

NK Choc Pot

COFFEE MACHINES

Nescafe Dolce Gusto

KLBD Starbucks Americano House Blend

KLBD Starbucks Americano Veranda Blend

KLBD D Starbucks Cappuccino

KLBD Starbucks Espresso Colombia

KLBD Starbucks Espresso Roast

KLBD Starbucks Espresso Roast Blonde

KLBD D Starbucks Latte Macchiato

COFFEE SYRUPS

Tate & Lyle

Available online from Amazon.

KLBD Salted Caramel

CONFECTIONERY

Cadbury

P Bournville Giant Buttons

D Darkmilk Original

Klene

NK Licorice

Mars

KLBD D Twix White

Millions

NK Vimto

Nespresso

D Blond Chocolate

Plamil So Free

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

KLBD Smooth Cocoa & Coconut

Skittles

P Crazy Sours

P Fruits

P Tropical

P Wild Berry

Starburst

P Chews Original Fruit Minis

Toblerone

D Crispy Coconut

CRISPS & SNACKS

Freya's

KLBD Fruit Crisps Apple

KLBD Fruit Crisps Pineapple

Nim's

Available online from www.nimsfruitcrisps.com.

KLBD Crisps Apple & Beetroot

KLBD Crisps Pineapple & Beetroot

KLBD Crisps Pineapple & Cucumber

KLBD Fruit Crisps Watermelon

DAIRY FREE MILK & DRINKS

Glebe Farm

For stockists and to purchase online see www.glebefarmfoods.co.uk.

KLBD Oat Drink

M+lk Plus

NK Salted Honeycomb Hazelnut

EGGS & EGG REPLACERS

Follow Your Heart

Available from Holland & Barrett, Ocado and other online retailers.

S Vegan Egg

ENERGY & PROTEIN SNACKS

Creative Nature

Available online from Ocado and www.creativenaturesuperfoods.co.uk.

KLBD Flapjack Apple Pie Protein

KLBD Flapjack Cacao Orange

KLBD Flapjack Raw Cacao

KLBD Flapjack Raw Ginger Teatox

KLBD Flapjack Raw Goji Goodness

KLBD Flapjack Salted Caramel

KLBD Snack Bar Raw Carrot Cake

Pulsin

Certified with or without the KLBD logo. Available from selected supermarkets, independent health food shops and online from www.pulsin.co.uk.

KLBD Brownie Almond & Raisin

KLBD Brownie Maca Bliss

- KLBD** Brownie Peanut Choc Chip
- KLBD** Brownie Salted Caramel
- KLBD** Protein Booster Choc Chip Mint
- KLBD** Protein Booster Choc Chip Orange
- KLBD** Protein Booster Choc Chip Vanilla
- KLBD** Protein Booster Maple & Peanut

ENERGY DRINKS

Marks & Spencer

- NK** Protein Super Water

Monster Energy

- NK** Juiced Mango Loco

- NK** Punch Mixxd

Red Bull

- P Organics Bitter Lemon
- P Organics Ginger Ale
- P Organics Simply Cola
- P Organics Tonic Water
- P The Edition Tropical
- P The Edition Tropical Sugarfree

Vieve

- NK** Protein Water

FISH SMOKED

Severn & Wye Smokery

For direct orders or for a list of distributors contact via telephone 01452 760191 or email smokery@severnandwye.co.uk.

- KLBD Gravd lax Lemon & Pepper
- KLBD Gravd lax Plain Cure
- KLBD Halibut Smoked
- KLBD Salmon Cold Smoked (Unflavoured)
- KLBD Trout Chalk Stream Fresh
- KLBD Trout Chalk Stream Smoked
- KLBD Tuna Smoked

FLAVOURINGS

Vanillabazaar

Where applicable, Organic and/or Fairtrade versions are also KLBD certified. Available online from www.vanillabazaar.com.

- KLBD Madagascar Vanilla Extract 12%
- KLBD Madagascar Vanilla Extract 26%
- KLBD Madagascar Vanilla Powder Gourmet
- KLBD Madagascar Vanilla Powder Premium
- KLBD Madagascar Vanilla Seeds Exhausted
- KLBD Purity Madagascar Vanilla Extract
- KLBD Purity Madagascar Vanilla Extract Seeds
- KLBD Vanilla Pods Gourmet

- KLBD Vanilla Pods Premium
- KLBD Vanilla Pods Supreme Organic

FRUIT SNACKS

Bear

Available from Asda and Sainsbury's.

- KLBD** Paws Apple Pumpkin
- KLBD** Paws Mango Carrot

Go Go Squeez

- S Apple & Peach

GLUTEN FREE BISCUITS & CAKES

Schar

- NK** Chocolix

GLUTEN FREE BREAD & ROLLS

BFree

Available from some kosher stores. Visit uk.bfreefoods.com for online purchases and stockists.

- KLBD** English Muffins
- KLBD** Pitta Breads Mini
- KLBD** Pitta Breads Wholegrain

GLUTEN FREE CEREALS

Nature's Path

- S Leapin Lemurs

GLUTEN FREE PASTA

Farabella

Available from Tesco and Sainsbury's.

- S Gnocchi Potato

HONEY

Hilltop Honey

For stockists and online purchases visit www.hilltop-honey.com.

- KLBD Blossom
- KLBD British Blossom
- KLBD British Soft Set
- KLBD Cut Comb
- KLBD Cut Comb Acacia
- KLBD Hungarian Acacia
- KLBD Manuka NPA 10+
- KLBD Manuka NPA 15+
- KLBD Manuka NPA 5+
- KLBD Mexican Yucatan
- KLBD Organic Acacia
- KLBD Organic Fairtrade
- KLBD Organic Lime Flower
- KLBD Organic Multiflower

- KLBD Scottish Heather
- KLBD Soft Set
- KLBD Spanish Lavender
- KLBD Spanish Orange Blossom
- KLBD Spanish Thyme
- KLBD Uruguayan Eucalyptus
- KLBD Welsh Blossom

ICE CREAMS, LOLLIES & SORBET

Sainsbury's Taste the Difference

- KLBD D Blackcurrant & Vanilla
- KLBD D Salted Caramel & Honeycomb

Wall's

- D Magnum Mini White & Almond White Stick

MILK POWDER

Milfresh

- D Skimmed Gold

NUTS & SEEDS

Cofresh

- KLBD Peanuts Caramel Sesame Coated

The Dormen

Available online from Ocado and www.thedormenfoodcompany.com.

- KLBD Cashews Salted
- KLBD Peanuts Salted

PEANUT & NUT BUTTERS

Duerr's

- P Almond Butter
- P Cashew Butter

Kernel King

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

Meridian Organic

- P Almond

Whole Earth

- P Almond Smooth
- P Peanut Crunchy Dark Roasted
- P Peanut Crunchy Hi Oleic
- P Peanut Hazelnut Crunch
- P Peanut Smooth Hi Oleic
- P Peanut Sunflower, Pumpkin & Flax Seeds
- P Peanut, Cashew & Hazelnut
- P Peanut, Pecan & Walnut
- P Peanuts 100% Crunchy

P Peanuts 100% Smooth

RICE

Veetee

NK Rice & Easy

NK Rice & Tasty

SALAD DRESSINGS & MAYONNAISE

Follow Your Heart

Products bearing the KOF-K logo. For a full list see www.isitkosher.uk.

Hellmann's

NK Mayonnaise Organic

SAUCES & CONDIMENTS

Heinz

Only plastic bottles bearing the MK logo are permitted.

S Tomato Ketchup No Added Sugar & Salt

Hellmann's

NK Fish & Chips

SOFT DRINKS

AdeZ

NK Amazing Almond

NK Courageous Coconut

Appletiser

NK Grapetiser

Capri Sun

NK Fruit Crush Apple & Strawberry

Fanta

NK Grape Zero

Honest

NK Kids Appley Ever After

NK Kids Berry Berry Good

NK Kids Twisted Tropical Punch

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

Schwepes

P Russchian

Tropicana

NK Mango, Kiwi & Passionfruit

Vim2o

NK Fruity Spring Water

Vimto

NK Squeezy Water Enhancer

NK Still

SPICES, HERBS & SALTS

Steenbergs

Available online from www.steenbergs.co.uk and Amazon.

KLBD Rose Petals

SUGAR FREE CONFECTIONERY

Red

Available from WH Smith stores.

KLBD D Dark Chocolate

KLBD D Dark Chocolate Orange & Almond

KLBD D Extra Dark Chocolate

KLBD D Milk Chocolate Hazelnut & Macadamia

KLBD D Milk Chocolate Nut Filling

KLBD D Milk Chocolate Praline Nut Filling

SUPERFOODS

Pulsin

Certified with or without the KLBD logo. Available from selected supermarkets, independent health food shops and online from www.pulsin.co.uk. Excludes flavoured varieties.

KLBD Protein Hemp Natural & Unflavoured

KLBD Protein Pea Natural & Unflavoured

KLBD Protein Powder Soya Natural & Unflavoured

KLBD Protein Rice Natural & Unflavoured

SYRUPS & TOPPINGS

The Groovy Food Company

KLBD Agave Honey

KLBD Agave Strawberry

KLBD Agave Vanilla

YOGHURTS & DAIRY DESSERTS

Muller

NK Rice 5 Grains Blueberry

Munch Bunch

NK Organic Pouches

ALCOHOL

BEER

Beavertown

P Smog Rocket Smoked Porter

Laine

Selected products available from some kosher shops and online from www.beerhawk.co.uk.

KLBD Mangolicious

KLBD Revelator IPA

KLBD Ripper Session

KLBD Source Pale Ale

CIDER & PERRY

Old Mout Cider

NK Berries & Cherries Alcohol Free

Thatchers

KLBD Rose

COCKTAIL SYRUPS

Monin

The following products are only permitted in 70cl and 1l bottles. 25cl bottles are not approved.

P Syrup Anise

P Syrup Apple Pie

P Syrup Banana Green

P Syrup Basil

P Syrup Blueberry

P Syrup Brownie

P Syrup Butterscotch

P Syrup Cherry

P Syrup Chestnut

P Syrup Chocolate

P Syrup Chocolate Mint

P Syrup Coffee

P Syrup Cranberry

P Syrup Donut

P Syrup Falernum

P Syrup Gin

P Syrup Gingerbread

P Syrup Guava

P Syrup Hazelnut Roasted

- P Syrup Hibiscus
- P Syrup Jasmine
- P Syrup Lemon
- P Syrup Lemon Pie
- P Syrup Macaroon
- P Syrup Mango Spicy
- P Syrup Pina Colada
- P Syrup Pistachio
- P Syrup Praline
- P Syrup Pumpkin Spice
- P Syrup Salted Caramel
- P Syrup Spicy
- P Syrup Tiramisu
- P Syrup Tonka Bean
- P Syrup Vanilla French
- P Syrup Violet

Teisseire

- P Grenadine 0%

CREAM LIQUEURS

Baileys

- P Almande

GIN

Broker's

Available from Amazon and other online retailers.

- KLBD Premium Pink

Hyke

- NK Gin

Luxardo

- KLBD London Dry
- KLBD Sour Cherry

Whitley JJ

Available from independent retailers and selected online wine merchants.

- KLBD London Dry

Whitley Neill

Available from most supermarkets and online retailers. See www.whitleyneill.com.

- KLBD Aloe & Cucumber
- KLBD Blood Orange
- KLBD Dry
- KLBD Lemongrass & Ginger
- KLBD Pink Grapefruit
- KLBD Quince
- KLBD Raspberry
- KLBD Rhubarb & Ginger

LAGER

Laine

Available from some kosher shops and online from www.beerhawk.co.uk.

- KLBD Word

Skinny

- KLBD Cider

LIQUEURS

Campari

- NK Negroni

De Kuyper

- NK Bebo Cuban Coffee
- NK Lemongrass
- NK Triple Sec Curacao

TEQUILA

Del Maguey

- P Mezcal Vida

Ilegal Mezcal

- P Joven

VODKA

Chase

- P Espresso
- P Marmalade
- P Naked
- P Oak Smoked
- P Original Potato
- P Rhubarb

Whitley JJ

Available from independent retailers and selected online wine merchants.

- KLBD Potato

CLEANING

OVEN CLEANER

Astonish

- KLBD Oven Clean Power Spray

OVER THE COUNTER MEDICINES

CALCIUM SUPPLEMENTS

- P Calceos Chewable
- P Calcium Lactate Tablets
- P Natecal D3 Chewable

CHAPPED LIPS

Tins and Balm Sticks. Aloe Vera, Cocoa Butter, Original and Rosy Lips.

- P Vaseline Lip Therapy

CONSTIPATION

- P Cosmocol Half Sachets
- P Cosmocol Lemon & Lime Sachets
- P Cosmocol Orange Sachets
- P Cosmocol Orange, Lemon & Lime Sachets

DENTURE PRODUCTS

- P Seabond Denture Fixative Seals
- P Steradent Pro White Tablets

DIARRHOEA

- P ORS Hydration Blackcurrant Tablets
- P ORS Hydration Lemon Tablets
- P ORS Hydration Strawberry Tablets

HAYFEVER & ALLERGIES

- P Loratadine Tablets

PRESCRIPTION ONLY MEDICINES

- P Desitrend Granules
- P Epilim Chronosphere Granules
- P Levetiracetam Granules
- P Losec MUPS Tablets
- P Monuril Granules
- P Nystatin Suspension

SUPPLEMENTS

AMINO ACIDS

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.synbiovits.com and Amazon.

- KLBD Synbio L-Arginine

CYSTITIS

- P Cranmed Forte Capsules
- P Cysticare Tablets
- P Effercitrate Effervescent

HAIR, SKIN & NAILS

- P Vitspritz Biotin Skin & Hair Spray

HEART & CIRCULATION

- P Vitabiotics Cardioace Tablets

IMMUNITY

- P Vitabiotics Immunace Original Tablets

MALE HEALTH

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.synbiovits.com and Amazon.

KLBD Synbio Botanicals Shilajit Capsules

MULTIVITAMINS & MINERALS

P Berocca Blackcurrant Effervescent

P Sambucol Immuno Forte Gummies

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.synbiovits.com and Amazon.

KLBD Synbio Daily Boost Capsules

KLBD Synbio Multivitamin & Minerals Capsules

KLBD Synbio One +1 Capsules

P Vitspritz Adult Multivitamin Spray

OMEGA OILS FISH

P Holland & Barrett Gelatine Free Cod Liver Oil Capsules

STRESS & ENERGY

P Bach Rescue Plus Berry Effervescent Tablets

P Neuro Biologix Advanced Neurotransmitter Support

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.synbiovits.com and Amazon.

KLBD Synbio Sport Complex Capsules

KLBD Synbio Sport D3 4K Capsules

KLBD Synbio Sport Magnesium Malate Capsules

KLBD Synbio Sport Max Capsules

SUPERFOOD SUPPLEMENTS

Available online from www.advancebiotech.co.uk.

KLBD Advance Biotech Raw Hemp Extract CBD Paste

KLBD Advance Biotech Spagyric CBD Oil

Available online from www.provacan.co.uk.

KLBD Provacan CBD Oil

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.synbiovits.com and Amazon.

KLBD Synbio Botanicals Amla Capsules

KLBD Synbio Botanicals Ashwagandha Capsules

KLBD Synbio Botanicals Curcumin Capsules

KLBD Synbio Botanicals Karela Capsules

VITAMIN B

P Vitspritz Vitamin B12 Spray

VITAMIN C

P Boots Vitamin C Sustained Release Tablets

VITAMIN D

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.prod3.co.uk and Amazon.

KLBD Pro D3 Liquid

KLBD Pro D3 Liquid Drops

KLBD Pro D3 Liquid Forte

KLBD Pro D3 Vegan Capsules

KLBD Pro D3 Vegan Orange Drops

KLBD Pro D3 Vegan Orange Liquid

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from www.synbiovits.com and Amazon.

KLBD Synbio Colecalciferol Capsules

KLBD Synbio Colecalciferol Liquid

KLBD Synbio D3 Capsules

KLBD Synbio D3 Orange Drops

KLBD Synbio D3 Orange Liquid

KLBD Synbio Vegan D3 Capsules

P Vitspritz Vitamin D3 Spray

VITAMINS, MINERALS & PROBIOTICS FOR CHILDREN

D Natures Aid Kids Pro 5 Powder

P Sambucol For Kids Gummies

P Vitspritz Junior Vitamin D3 Spray

P Vitspritz Multi Junior 3+ Spray

DELISTED PRODUCTS

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

Cooks & Co Green Olives Sun Dried Tomatoes

Granny Cool Curds

Hi Pro Peanut Butters

Hipp Baby Cereals

Hipp Baby Foods

Naturya Goji Berries Sun Dried

Red Bull The Edition Orange

Rude Health Muesli The Ultimate

Sanchi Miso Genmai Organic

Sanchi Miso Mugi

Sanchi Miso Mugi Organic

Sanchi Soy Sauce Shoyu

Sanchi Soy Sauce Shoyu Organic

Sanchi Soy Sauce Tamari Organic

SMH Protein Powders

SMH Superfood Powder

The Raw Chocolate Company All Products

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