



## LONDON BETH DIN UPDATE OCTOBER 2021

This update to *The Really Jewish Food Guide 2021* replaces all previous updates.

► = New information since previous update

For the latest information visit

[www.isitkosher.uk](http://www.isitkosher.uk)

Works offline and also available as an Android App

## SHEMITTA INFORMATION

Please note that the current Jewish year 5782 is a Shemitta year, during which restrictions apply to fruit and vegetables grown in Israel.

For further information and dates when different produce is affected see

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

## KLBD LICENSEE NEWS

### NEW KLBD BAKERY:

New branch.

#### ► La Brioche

81-83 Brent Street  
Hendon NW4 2DY  
Tel: 020 4529 5040

### NEW KLBD CATERERS:

#### ► Ezri

Tel: 020 8556 6666  
[ezri@eventsbyezri.com](mailto:ezri@eventsbyezri.com)  
[www.eventsbyezri.com](http://www.eventsbyezri.com)

#### Taste by Alexia - Kosher Fine Dining

Tel: 020 8066 3304  
[alexia@tastekosher.co.uk](mailto:alexia@tastekosher.co.uk)  
[www.hermolis.com/taste](http://www.hermolis.com/taste)

#### ► Waffle Me Up

Tel: 07923 081565  
[wafflemeup1@gmail.com](mailto:wafflemeup1@gmail.com)

<https://www.instagram.com/wafflemeup>  
[www.wafflemeup.co.uk](http://www.wafflemeup.co.uk)

### NEW KLBD DELIS & SHOPS:

#### Crave Street Food Trailer

*Location varies, check for updates*

<https://deliveroo.co.uk/menu/london/hendon/crave-ben-tenenblat>

[https://www.facebook.com/Crave\\_ldn-239534133712191](https://www.facebook.com/Crave_ldn-239534133712191)

[https://www.instagram.com/crave\\_ldn](https://www.instagram.com/crave_ldn)

[www.craveme.london](http://www.craveme.london)

Change of name. p.154.

#### Kosher Edge (formerly Mendi's)

15-19 Edgwarebury Lane

Edgware HA8 8LH

Tel: 020 8958 3444

[orders@kosheredge.co.uk](mailto:orders@kosheredge.co.uk)

#### Sabeny

*Online shop. Delivery throughout the UK.*

Tel: 020 3697 3410

[www.sabeny.com](http://www.sabeny.com)

### NEW KLBD FOOD MANUFACTURERS:

#### Bedside Kosher

77 Heron Drive

Finsbury Park N4 2FS

Tel: 020 3746 3803

[info@bedsidekosher.co.uk](mailto:info@bedsidekosher.co.uk)

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

#### Georgia's Kiddie Deli

*Serving nurseries, schools and private homes*

PO Box 708

Edgware HA8 4LW

Tel: 020 3397 9931

[tasty@georgiasdeli.com](mailto:tasty@georgiasdeli.com)

[www.georgiasdeli.com](http://www.georgiasdeli.com)

### NEW KLBD HOTEL:

#### ► Sadeh Farm

Skeet Hill House

Skeet Hill Lane

Orpington BR6 7QA

[chantal@sadehfarm.co.uk](mailto:chantal@sadehfarm.co.uk)

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

### NEW KLBD RESTAURANTS:

#### Bagels Bar Grill House (Glatt Meat)

86 Brent Street

Hendon NW4 2ES

Tel: 020 8202 5575

[GH@bagelsbar.com](mailto:GH@bagelsbar.com)

[www.deliveroo.co.uk/menu/london/hendon/bagels-bar-grill-house](http://www.deliveroo.co.uk/menu/london/hendon/bagels-bar-grill-house)

New branch.

#### Eli's Pizza (Dairy)

7 Edgwarebury Lane

Edgware HA8 8LH

Tel: 020 3761 5151

[edgware@elispizza.co.uk](mailto:edgware@elispizza.co.uk)

#### Korner Kitchen (Glatt Meat/Parev)

*Dimko, Mexiko, Yamiko*

4 Canons Corner

London Road

Stanmore HA8 8AE

Tel: 020 7018 6950

[info@kornerkitchen.co.uk](mailto:info@kornerkitchen.co.uk)

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

Please note that Chik Chak Noodles p.159 is no longer under KLBD supervision and is operating as a non-kosher restaurant.

## 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 FOODS

#### Ella's Kitchen p24

Listed as approved Parev, has changed formulation and is now Not Kosher. Old stock which does not include grape juice in the ingredients is still approved Parev.

**NK** 6+ The Green One

## Ella's Kitchen p25

Previously approved Dairy but now Not Kosher.  
**NK** ▶ 7+ Rice Pudding Mangoes & Apples

## CEREALS

### Lizi's p33

The following Lizi's Granola have been mis-labelled with a KLBD Dairy logo, but are still certified KLBD Parev:

- KLBD** Granola Low Sugar
- KLBD** Granola Low Sugar Maple & Pecan
- KLBD** Granola Organic
- KLBD** Granola Original
- KLBD** Granola Treacle & Pecan

### Nestle p34

Previously approved Dairy but are now approved Parev.  
P ▶ Cookie Crisp  
P ▶ Golden Grahams  
P ▶ Golden Nuggets  
P ▶ Nesquik

## CONFECTIONERY

### Cadbury p39

Previously approved Parev but are now approved Dairy.  
D ▶ Bournville Classic  
D ▶ Bournville Giant Buttons  
D ▶ Bournville Old Jamaica  
D ▶ Bournville Orange

### Mars

▶ Please note that although other products in the range are kosher certified, **Mars 95Kcal** and **Snickers 99Kcal** are made at a different site and are therefore not approved.

## CRISPS & SNACKS

### Kirkland Signature

▶ Some packs of **Crinkle Cut Himalayan Salt Crisps** (sold in Costco) have been mislabelled with the Kof K logo, but they are actually certified by KLBD.

## DAIRY FREE MILK & DRINKS

### Rude Health p50

**KLBD** ▶ Oat Drink

Now only kosher certified when bearing the KLBD logo.

## HOT CHOCOLATE & MALTED DRINKS

### Twinnings p72

Previously approved Parev but is now approved Dairy.  
D ▶ Swiss Chocolate

## ICE CREAM CONES & WAFERS

### Askeys p72

Previously approved Dairy but have changed formulation and are now approved Parev.  
P ▶ Wafers

## ICE CREAMS, LOLLIES & SORBET

### Mr Freeze p73

Previously approved Parev, now certified KLBD Parev.  
KLBD ▶ Freezeps Cola  
KLBD ▶ Freezeps Multipack  
KLBD ▶ Freezeps Raspberry  
KLBD ▶ Freezeps Strawberry

## JAMS & FRUIT SPREADS

### Mackays

▶ Some batches of the following products have been mislabelled with a KLBD logo. **Mackays Lemon Curd** is neither kosher certified nor approved. **Mackays Marmalade Orange & Champagne** is **Not Kosher**. Any product bearing the logo in error can be returned to the retailer for a full refund.

## SAUCES & CONDIMENTS

### Heinz p86

No longer say 'Made in the Netherlands' (which identified them as kosher). Only 500g size in plastic bottles are currently approved.  
P ▶ Barbecue Sweet Sticky & Smooth

## SNACK BARS

### Cofresh

Previously dropped due to removal of certification, have now been re-certified.  
**KLBD** ▶ Peanut  
**KLBD** ▶ Sesame

## SOFT DRINKS

### Whole Earth p97

Previously approved Parev, are now Not Kosher.  
**NK** ▶ Apple  
**NK** ▶ Cola  
**NK** ▶ Cranberry  
**NK** ▶ Lemonade

## WORLD FOODS

### Clearspring p107

S Soya Sauce Tamari Yaemon  
Previously called Soya Sauce Tamari and OU certified, has now been replaced by two new varieties: Single Strength

and Yaemon Double Strength. Only Yaemon Double Strength is OU certified and bears the OU logo. Single Strength is not approved.

## ALCOHOL

## COCKTAIL MIXERS & SYRUPS

### Monin

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

P ▶ Syrup Barbe a Papa

The Monin varieties listed as approved on isitkosher in 70cl and 1l bottles are now approved in 25cl bottles as well. Please note that Cane Sugar, Caramel, Gingerbread, Grenadine, Hazelnut and Vanilla varieties are only approved in 25cl bottles when bearing a lot code beginning with L31.

## LIQUEURS

### Southern Comfort p121

P Liqueur

Was previously approved Dairy, but changed formulation some time ago, so all stock now on sale is approved Parev, when bearing the HM Revenue & Customs stamp on the back. (If you have had the product for some time, it's best to check company mentioned on the label. The newer version produced for 'Hi Spirits' is Parev, whilst older bottles produced for 'Brown Forman Beverages' are Dairy.)

## MEDICINES

## COUGHS & COLDS

### p128

Previously approved Parev, now contain lactose and are approved Dairy.

D ▶ Lemsip Max All In One Lemon Sachets

## HAIR, SKIN & NAILS

Previously Not Kosher, are now approved Parev.

P ▶ Perfectil Hair Extra Support Tablets

## MALE HEALTH

Previously Not Kosher, are now approved Parev.

P ▶ Wellman 50+ Tablets

## MOUTH CONDITIONS

Previously Not Kosher but are now approved Parev.

P ▶ Salivix Pastilles

## NUTRITIONAL SUPPORT

Previously approved Dairy, have changed formulation and are now approved Parev.

P Aymes ActaSolve Smoothie Sachets

## NEW PRODUCTS

### FOOD

#### BABY CEREALS

##### Holle

P ▶ Organic Millet

P ▶ Organic Rice

#### BABY FOODS

##### Ella's Kitchen

**NK** ▶ 7+ Rice Pudding Dairy Free Bananas & Strawberries

#### BABY MILKS

##### Similac

D ▶ Gold First Infant

D ▶ Gold Follow On

#### BABY SNACKS

##### Organix

**NK** ▶ 6+ / 8+ Little Ruskits Vanilla

#### BREAD

##### Le Bosquet

Pas Yisrael. Available from kosher shops.

**KLBD** ▶ Mini Croissants

##### Warburtons

Pas Palter. 5 Pack. Hamotzi.

**KLBD** Pittas Soft White

**KLBD** Pittas Soft Wholemeal

#### BUTTER

##### Embleton Hall

Available from kosher stores.

**KLBD CY** ▶ Durham

#### CEREALS

##### Kellogg's

S Baby Shark Toffee Multigrain

D Coco Pops White Choc Strawberry

##### Nestle

P ▶ Curiously Cinnamon Churros

P ▶ Shreddies The Simple One

#### Quaker

P Oat So Simple Sachets Golden Syrup Big Bowl  
Not to be confused with Oat So Simple Cuppa Porridge Golden Syrup, which contains dairy.

P Oat So Simple Sachets Original Big Bow

Not to be confused with Oat So Simple Cuppa Porridge Original, which contains dairy.

I

P Oat So Simple Sachets Strawberry Jam

#### Quaker Kids

P ▶ Oatie Mix Up Chocolate

P ▶ Oatie Mix Up Honey

P ▶ Oatie Mix Up Strawberry

#### Rude Health

**KLBD** ▶ Muesli Bircher

#### The Great British Porridge Co

Pouches only. Pots are not approved. Available from [www.thegreatbritishporridgeco.co.uk](http://www.thegreatbritishporridgeco.co.uk).

**KLBD** ▶ Porridge Blueberry & Banana

**KLBD** ▶ Porridge Caffe Latte

**KLBD** ▶ Porridge Classic Chocolate

**KLBD** ▶ Porridge Strawberry Peanut

#### CHEESE

##### Cypriota

**KLBD CY** ▶ Halloumi

#### CHESTNUTS

##### Roger Descours

P Marrons Cuits Sous Vide

#### COCONUT MILK

##### Coco Xim

Available from selected kosher shops, independent retailers and online from eBay.

**KLBD** ▶ Light Unsweetened Dairy Free

**KLBD** ▶ Organic Unsweetened Dairy Free

##### Dr Goerg

Available from [www.naturitas.co.uk](http://www.naturitas.co.uk). Certified with or without KLBD logo.

**KLBD** ▶ Coconut Milk (Kokosmilch)

#### COCONUT OIL

##### Dr Goerg

**KLBD** ▶ Coconut Butter (Pulpa de Coco Bio)

**KLBD** ▶ Coconut Oil (Bio Kokosol)

**KLBD** ▶ Deodorized (Aceite de Coco Bio)

**KLBD** ▶ Extra Virgin (Aceite de Coco Virgen Extra Bio)

## COFFEE & SUBSTITUTES

### Beanies Flavour Coffee

For online purchases visit [www.beaniesflavourco.co.uk](http://www.beaniesflavourco.co.uk).

**KLBD** ▶ Birthday Cake

**KLBD** ▶ Caramelised Biscuit

**KLBD** ▶ Cookies & Cream

**KLBD** ▶ Jam Doughnut

**KLBD** ▶ Peanut Butter Cup

### Kirkland Signature

Available from Costco. Whole bean.

**KLBD** Honduras

### Little's

Jars only. For stockists see [www.wearlittles.com](http://www.wearlittles.com).

Selected flavours available from Sainsbury's, Waitrose and Ocado.

**KLBD** Cafe Amaretto

**KLBD** Chocolate Caramel

**KLBD** Chocolate Caramel Decaf

**KLBD** Chocolate Orange

**KLBD** French Vanilla

**KLBD** French Vanilla Decaf

**KLBD** Irish Cream

**KLBD** Rich Hazelnut

**KLBD** Rich Hazelnut Decaf

### Nescafe

**KLBD** Black Roast

**KLBD** Fine Blend

**KLBD** Origins Indonesia- Sumatra

**KLBD** Origins Uganda- Kenyan

### Nescafe Azera

**KLBD** Americano

**KLBD** Americano Decaf

**KLBD** Espresso

**KLBD** Intenso

### Nescafe Dolce Gusto

D ▶ Cafe Au Lait Decaf

### Nescafe Gold

**KLBD** Barista Style

**KLBD** Intense

**KLBD** Rich & Smooth

**KLBD** Smooth

### San Francisco Bay Coffee

Available from [www.sfbaycoffee.uk](http://www.sfbaycoffee.uk). Ground and whole bean.

**KLBD** Colombian Supremo

**KLBD** French Roast

**KLBD** Gourmet Blend

**KLBD** Gourmet Blend Decaf

- KLBD** Nicaraguan
- KLBD** Rainforest Blend
- KLBD** Sumatran
- KLBD** Welsh Blend

### COFFEE MACHINES

#### Nescafe Dolce Gusto

- KLBD** Americano Intenso
- KLBD** Flat White Almond
- KLBD** Flat White Coconut
- KLBD** Flat White Oat
- KLBD** Grande Intenso Morning Blend
- KLBD** ▶ Lungo Intenso

#### Nespresso

Available from Nespresso shops, online from [www.nespresso.com/uk](http://www.nespresso.com/uk) and Tel: 0800 442 442.

- P** ▶ Barista Creations Coconut Over Ice
- P** Inspirazione Napoli
- P** ▶ La Cumpulda Refinada
- P** Lungo Buenos Aires
- P** Lungo Cape Town Envivo
- P** Lungo Shanghai
- P** Lungo Stockholm Fortissimo
- P** Lungo Tokyo Vivalto
- P** Lungo Vienna Linizio
- P** Peru Organic

#### Nespresso Vertuo

- P** ▶ Barista Creations Tropical Coconut Over Ice
- P** Master Origins Costa Rica
- P** Master Origins Ethiopia

### COFFEE SYRUPS

#### Tate & Lyle

Available from Sainsbury's.

- KLBD** Barista Caramel
- KLBD** Barista Vanilla

### CONFECTIONERY

#### Bendicks

- KLBD** ▶ Mint Fondants

#### Benjamissimo

Available from selected independent and online retailers.

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

### Cadbury

- D** ▶ Dairy Milk Buttons Mint
- D** ▶ Dairy Milk Fruit & Nut Chopped
- D** ▶ Dairy Milk Nut Chopped
- D** ▶ Dairy Milk Orange
- D** ▶ Dairy Milk Twirl Orange
- D** Darkmilk Salted Caramel

#### Lindt

- D** Excellence Tasting Collection

#### M & M's

- KLBD D** ▶ Brownie

#### Mars

- KLBD D** ▶ Twix 99Kcal

#### Millions

- KLBD** Banana

#### Nespresso

Available from Nespresso shops and online from [www.nespresso.com/uk](http://www.nespresso.com/uk) and Tel: 0800 442 442.

- D** Chocolate Ruby

#### Nestle

- D** ▶ Kit Kat Dark Mint
- D** ▶ Kit Kat Hazelnut
- D** ▶ Kit Kat Honeycomb
- D** ▶ Kit Kat Vegan
- D** ▶ Smarties Buttons Orange
- D** ▶ Smarties Sharing Block Orange
- D** ▶ Smarties Sharing Block White

### CRACKERS & CRISPBREADS

#### Rakusen's

Pas Yisrael.

- KLBD** ▶ Mini Snackers Curry
- KLBD** ▶ Mini Snackers Garlic
- KLBD** ▶ Mini Snackers Herb & Onion
- KLBD** ▶ Mini Snackers Sea Salt & Black Pepper

### CRISPS & SNACKS

#### BEPPS

Available from Tesco.

- KLBD** ▶ Popped Barbecue
- KLBD** ▶ Popped Salt & Black Pepper

#### Cofresh

- KLBD** Mix Bombay Luxury

#### Good & Honest Popped Crisps

Available from Morrisons and Ocado.

- KLBD** Protein Salt & Black Pepper
- KLBD** ▶ Protein Sweet BBQ
- KLBD** ▶ Salted

- KLBD** Sweet & Salty
- KLBD** ▶ Sweet BBQ
- KLBD** Sweet Chilli
- KLBD** Veggie Salted Chickpea, Purple Sweet Potato & Green Pea
- KLBD** Veggie Salted Soya, Potato, Black Bean & Green Pea
- KLBD** ▶ Veggie Sweet Chilli

#### Love Corn

- KLBD** ▶ Cheese & Onion

#### Scrubbys

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

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

### DAIRY FREE CHEESE

#### M & S Food

Available from Marks & Spencer and Ocado. All products say 'Plant Kitchen' on the packaging.

- KLBD** ▶ Block Cheddar Style Mature
- KLBD** ▶ Cubes Greek Style Brine
- KLBD** ▶ Grated Cheddar Style Mature
- KLBD** ▶ Grated Not'zarella
- KLBD** ▶ Sliced Cheddar Style Mature

#### Sainsbury's Free From

- KLBD** ▶ Block Wensleydale Style Cranberries

#### Tesco Free From

- KLBD** Block Halloumi
- KLBD** ▶ Block Wensleydale Cranberries

### DAIRY FREE CREAM

#### Oatly

- NK** ▶ Creamy Oat Whippable

## DAIRY FREE MILK & DRINKS

### Alpro for Professionals

- P Barista Oat
- P Barista Soya

### Carnation Nestle

- P Vegan Condensed Milk

### Coco Xim

Available from kosher shops and eBay.

- KLBD** ▶ Coconut
- KLBD** ▶ Coconut Dairy Free Unsweetened
- KLBD** ▶ Coconut Dark Chocolate

### Good Hemp

- KLBD ▶ Seed Milk

### Provamel

- P Barista Oat
- P Oat No Sugars

### Rude Health

- KLBD** ▶ Almond Oat Roasted

## DAIRY FREE YOGHURTS

### Actimel

- P Blueberry
- P Mango Passion Fruit

### Alpro

- P ▶ Greek Coconut
- P ▶ Greek Oat

### Oatly

- P ▶ Oatgurt Blueberry
- P ▶ Oatgurt Greek
- P ▶ Oatgurt Plain
- P ▶ Oatgurt Strawberry

## ENERGY & PROTEIN SNACKS

### Lexi's

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

- KLBD D ▶ Protein Blueberry Bliss
- KLBD D ▶ Protein Double Choc Chip

### Nature Valley

- NK** ▶ Protein Soft Bakes

## ENERGY & SPORTS DRINKS

### Coca Cola

- P ▶ Energy Cherry

### Lucozade Energy

- P ▶ Apple Blast
- P ▶ Citrus Chill
- P ▶ Watermelon & Strawberry

### Lucozade Revive

- P ▶ Lemon & Lime
- P ▶ Orange & Passion Fruit

### Lucozade Sport

- P ▶ Cherry Kick
- P ▶ Fruit Punch

### Monster Energy

- P ▶ Black
- D ▶ Espresso Salted Caramel
- NK** ▶ Hydrosport Charge
- P ▶ Hydrosport Hang Time
- P ▶ Hydrosport Striker
- P ▶ Juiced Monarch
- P ▶ Mule
- P ▶ Pacific Punch
- P ▶ Ultra Fiesta Mango

### Powerade

- P ▶ Orange

### Red Bull

- P The Edition Red
- P The Edition Summer

## FISH SMOKED

### Katzels

Available from kosher shops.

- KLBD** Mackerel Oak Garlic
- KLBD** Mackerel Oak Garlic & Rosemary
- KLBD** Salmon Superior

## FLAVOURINGS

### Vanillabazaar

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

- KLBD ▶ Madagascar Vanilla Sugar Demerara
- KLBD ▶ Madagascar Vanilla Sugar White Caster

## FLOUR & BREAD MIXES

### Doves Farm

- KLBD ▶ Buckwheat

## FOOD COLOURS

### PME

- NK** Icing Colour Orange
- NK** Icing Colour Rose
- NK** Icing Colour Royal Blue
- NK** Icing Colour Spruce Green

## FRUIT CANS, JARS & POTS

### Belazu

- P Beldi Preserved Lemons

## FRUIT DRIED

### Dr Goerg

Available from [www.naturitas.co.uk](http://www.naturitas.co.uk). Certified with or without KLBD logo.

- KLBD** ▶ Coconut Bio Chips (Laminas de Coco Bio Sweet)
- KLBD** ▶ Coconut Flakes (Copos de Coco Bio)
- KLBD** ▶ Coconut Grated (Coco Rallado Fino Bio)

## GLUTEN FREE BREAD & ROLLS

### Warburtons Gluten Free

4 Pack. Square.

- KLBD ▶ Rolls Brioche Soft Sliced
- KLBD** Rolls Super Soft Sliced

## GLUTEN FREE CEREALS

### Doves Farm Freee

- KLBD** Flakes Fruit & Fibre
- KLBD** Hoops Supergrain

### Glebe Farm

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

- KLBD ▶ Porridge Oats

### Nestle

- S Go Free Coco Rice

### Scrumshus

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

- KLBD** ▶ Granola Vegan & Gluten Free

## GLUTEN FREE CRACKERS & SNACKS

### Schar

- P Crispbread Fibre

## GLUTEN FREE FLOUR, MIXES & BAKING POWDER

### Dr Goerg

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

- KLBD** ▶ Coconut Flour (Harina de Coco Bio)

### M & S Food

- KLBD ▶ Gluten Free Self Raising Flour Blend White

## GLUTEN FREE PIZZA BASES & WRAPS

### BFree

Available from kosher stores. For stockists see [www.bfreefoods.com/gb/](http://www.bfreefoods.com/gb/).

- KLBD** ▶ Wraps Avocado
- KLBD** ▶ Wraps High Protein

## HONEY

### Hilltop Honey

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

**KLBD** ▶ Infusions Hot

### Kind to Bee

Only listed products are KLBD. Available from kosher shops and [www.kindtobee.com](http://www.kindtobee.com). Certified with or without KLBD logo.

**KLBD** ▶ Bee Pollen

**KLBD** ▶ Cut Comb in Raw Honey

**KLBD** ▶ Perga

**KLBD** ▶ Raw Apple Blossom Honey

**KLBD** ▶ Raw Buckwheat Honey

**KLBD** ▶ Raw Honey with Bee Propolis

**KLBD** ▶ Raw Honey with Blackcurrant

**KLBD** ▶ Raw Honey with Cranberry

**KLBD** ▶ Raw Honey with Ginger

**KLBD** ▶ Raw Honey with Sea Buckthorn

**KLBD** ▶ Raw Linden Honey

**KLBD** ▶ Raw Willow Honey

### Rowse

**KLBD** ChocoBee

## ICE CREAMS, LOLLIES & SORBET

### ASDA Free From

**KLBD** ▶ Vanilla Flavour Tub

### Ben & Jerry's

**KLBD D** ▶ Cookie Dough Chunks Salted Caramel

### Haagen Dazs

S D ▶ Belgian Chocolate & Hazelnut

S D ▶ Dark Chocolate & Caramelised Almond

S D ▶ Duo Belgian Chocolate Strawberry Crunch

S D ▶ Duo Belgian Chocolate Vanilla Crunch

S D ▶ Duo Dark Chocolate Salted Caramel Crunch

S D ▶ Gelato 150 Calories

S D ▶ Juicy White Peach & Raspberry

S D ▶ Zesty Lemon & Mandarin

### Mars

**KLBD D** ▶ Snickers White Bar

### Mr Freeze

**KLBD** ▶ Freezeps Tropical

### Swizzels

S ▶ Love Hearts 2in1 Pop

S ▶ Refreshers 2in1 Pop

### Tango

S ▶ Eezy Freezy 2in1 Pop

## JAMS & FRUIT SPREADS

### Mackays

**KLBD** ▶ Preserve Cherries & Berries

**KLBD** ▶ Preserve Fig

## MILK POWDER

### Snowcrest

**KLBD CY** Full Cream

## MILK SHAKES & MIXES

### Nesquik

P ▶ All Natural

## NUTS & SEEDS

### Natural World

Available from some kosher stores. For other stockists and online purchases visit [www.naturalworld.com](http://www.naturalworld.com).

**KLBD** Almonds Dry Roasted

**KLBD** Cashews Dry Roasted

**KLBD** Hazelnuts Dry Roasted

**KLBD** Macadamia Dry Roasted

**KLBD** Pistachio Kernels Dry Roasted

### Shalimar

Available from selected ASDA stores.

**KLBD** Luxury Fruit & Nut Selection

### The Dormen

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

**KLBD** Almonds Salted

**KLBD** Bar Mix Salted

**KLBD** Cashew Salted

**KLBD** Pistachios Salted

## OIL

### Flora

975ml, 1L and 2L bottles.

P Sunflower Vitamin E

## PASTRY

### Snowcrest

**KLBD** Kataifi

## PEANUT & NUT BUTTERS

### Borna

For stockists and online purchases visit [www.bornafoods.com](http://www.bornafoods.com).

**KLBD** Almond Cherry

**KLBD** Cashew Blueberry

**KLBD** Pistachio Strawberry

## PICKLED VEGETABLES

### Snowcrest

**KLBD** Cucumbers New Green Sweet

## RICE & CORN CAKES

### Kallo

D ▶ Rice & Corn Cakes Cocoa, Date & Vanilla

## SALAD DRESSINGS & MAYONNAISE

### Heinz

S Vegan Mayo Aioli

S Vegan Mayo Chilli

S Vegan Mayo Seriously Good

S Vegan Salad Cream

## SAUCES & CONDIMENTS

### Bombay Delights

Available from kosher stores.

**KLBD** Chutney Mango & Ginger

**KLBD** Chutney Mango Kashmir

**KLBD** Chutney Mango Sweet

**KLBD** Curry Paste Hot

**KLBD** Curry Paste Kashmiri Masala

**KLBD** Curry Paste Korma

**KLBD** Curry Paste Mild

**KLBD** Curry Paste Rogan Josh

**KLBD** Curry Paste Tandoori

**KLBD** Curry Paste Tikka

**KLBD** Curry Paste Vindaloo

**KLBD** Pickle Hot Mixed

**KLBD** Pickle Mild Lime

**KLBD** Pickle Mild Mango

**KLBD** Pickle Mild Mixed

### Bonsan

**NK** Worcester Sauce

### Geeta's

For stockists and purchases see [www.geetasfoods.com](http://www.geetasfoods.com).

**KLBD** Curry Paste Korma

**KLBD** Curry Paste Madras

**KLBD** Curry Paste Tikka

**KLBD** Sauce Sweet & Spicy Mango

**KLBD** Sauce Zesty Mango & Lime

### Nando's

Only permitted when bearing a kosher logo.

S ▶ Sweet Chilli Jam

### Sharwoods

P Lime Pickle

## SLIMMERS FOODS

### Slimming World

Available from Slimming World groups.

KLBD D Bar Hi Fi Salted Caramel

### SNACK BARS

#### Kellogg WK by Kids

S D ▶ No Added Sugar Oaty Bar Orange & Carrot

S D ▶ No Added Sugar Oaty Bar Strawberry, Raspberry & Beetroot

#### Kind

KLBD D ▶ Breakfast Almond Butter

KLBD D ▶ Breakfast Blueberry Almond

KLBD D ▶ Breakfast Honey Oat

#### Lexi's

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

KLBD D Crispy Treat Choccy Orange

KLBD D Crispy Treat Strawberry & White Choc

### SOFT DRINKS

#### 7Up

P Free Cherry

#### Aqua Libra

P Cucumber Mint & Lime

P Raspberry & Blackcurrant

#### Britvic

P 100 Apple Juice

P 100 Orange Juice

P Bitter Lemon Low Calorie

#### Capri Sun

P ▶ No Added Sugar Multivitamin

#### Coco Xim

Available from kosher shops, independent retailers and eBay.

KLBD ▶ Coconut Water

KLBD ▶ Coconut Water Mango

KLBD ▶ Coconut Water Pineapple

#### Copella

P ▶ Smooth Orange

#### Dr Goerg

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

KLBD ▶ Coconut Water (Bio Kokoswasser)

#### Drench

P Citrus

#### Fanta

P ▶ Zero What The Fanta

### Fever Tree

P Lemonade Handpicked Rose Refreshingly Light

P Soda Italian Blood Orange

P Soda Mexican Lime

P Soda Raspberry & Rose

P Tonic Water Sweet Rhubarb & Raspberry

Refreshingly Light

### Glaceau Smartwater

P ▶ Sparkling

P ▶ Sparkling Berry & Kiwi

P ▶ Sparkling Green Apple

P ▶ Sparkling Lemon

P ▶ Still

### J20

P Orange & Cranberry

P Pear & Guava

P Spritz Apple & Elderflower

### Juice Burst

NK Mango

### Oasis

P ▶ Summer Fruits

### Pepsi

P Diet Caffeine Free

P Max Caffeine Free

P Max Raspberry

### Ribena

P ▶ Cordial Crisp Pear & Rose

P ▶ Cordial White Peach & Hibiscus

P ▶ Drink Raspberry

P ▶ Sparkling Blackcurrant

P ▶ Sparkling Raspberry

P ▶ Squash Pineapple & Passion Fruit

P ▶ Squash Raspberry & Rhubarb

### Robinsons Cordial

P Crushed Apple & Cinnamon

P Strawberry, Cucumber & Mint

P Superfruit Orange & Acerola Cherry

### Robinsons Double Strength No Added Sugar

P ▶ Blackcurrant

### Robinsons Fruit Creations

P Blackberry & Blueberry

P Strawberry & Watermelon

### Robinsons Fruit Shoot

P No Added Sugar Apple & Berry

### Robinsons Refresh'd

P Sparkling Apple & Blackberry

NK Sparkling Grape & Pear

### Rocks

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

### Tango

P Sugar Free Dark Berry

### Tesco

NK ▶ Apple, Lemon & Ginger Juice

### The London Essence Co

P Soda Elderberry & Hibiscus

P Soda White Peach & Jasmine

P Tonic Water Indian

### V Water

P Pomegranate & Blueberry

### Vimto

P ▶ Zero Orange, Strawberry & Lime

### Vimto No Added Sugar

P ▶ Squash Blackberry, Raspberry & Blueberry

P ▶ Squash Cherry, Raspberry & Blackcurrant

P ▶ Squash Orange, Strawberry & Lime

P ▶ Still Orange, Strawberry & Lime

## SPICES, HERBS & SEASONINGS

### Greenfields

For online purchases see [www.greenfieldsuk.co.uk](http://www.greenfieldsuk.co.uk).

KLBD Za'atar

## SPORTS NUTRITION

### Good Hemp

KLBD ▶ Protein Powder Pure 85%

### Huel

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

KLBD ▶ Black Edition Strawberries & Cream

KLBD ▶ Complete Protein Banana Milkshake

KLBD ▶ Complete Protein Chocolate Fudge Brownie

KLBD ▶ Complete Protein Salted Caramel

KLBD ▶ Complete Protein Strawberries & Cream

KLBD ▶ Complete Protein Unflavoured & Unsweetened

KLBD ▶ Complete Protein Vanilla Fudge

Available from selected Sainsbury's, Tesco and [www.huel.com](http://www.huel.com).

KLBD ▶ Ready to Drink Banana

- KLBD** ▶ Ready to Drink Berry
- KLBD** ▶ Ready to Drink Chocolate
- KLBD** ▶ Ready to Drink Vanilla

### Naturya

For stockists visit [www.naturya.com](http://www.naturya.com).

- KLBD** Superprotein Acai Strawberry
- KLBD** Superprotein Banana Baobab
- KLBD** Superprotein Cacao Maca

### SUGAR FREE CONFECTIONERY

#### Nestle

- P ▶ Polo Mints Sugar Free Extra Strong

### SUPERFOODS

#### Aduna

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

- KLBD** Hibiscus

#### Naturya

- KLBD** Superblend Mushroom

#### Notorious Nooch Co

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

- KLBD** Cheesy Immature

### SWEETENERS

#### Canderel Bake

- KLBD** ▶ Caster
- KLBD** ▶ Icing

#### Dr Goerg

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

- KLBD** ▶ Coconut Sugar (Azucar de Coco Bio)

#### Naturya

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

- KLBD** Coconut Sugar

#### Puresweet

Available from kosher shops, [www.yourhealthstore.co.uk](http://www.yourhealthstore.co.uk) and other online retailers.

- KLBD** ▶ Icing

#### Zucro

Sticks and sachets only. Tablets are not approved.

- KLBD** ▶ Sucralose Powder

### SYRUPS & TOPPINGS

#### The Groovy Food Company

- KLBD** ▶ Date Syrup

### VEGETABLES CANS & JARS

#### Coppola

Available from independent food shops and [www.gourmica.co.uk](http://www.gourmica.co.uk).

- KLBD** ▶ Datterinni Baby Plum Tomatoes

### VEGETARIAN FOODS

#### Gosh

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

- KLBD** Bites Moroccan Spiced Veg
- KLBD** ▶ Burgers Mexican
- KLBD** ▶ Frozen Burgers Mini Mexican
- KLBD** ▶ Frozen Croquettes Tomato & Basil
- KLBD** ▶ Frozen Falafel Original

#### Meatless Farm

Only products sold in the UK and Israel are KLBD certified. Available from Tesco. For other stockists see [www.meatlessfarm.com](http://www.meatlessfarm.com).

- KLBD** Plant Based Sausage Patties

#### VBites

Available from kosher stores, Holland & Barrett and other health shops. For other stockists and for online purchases visit [www.vbites.com](http://www.vbites.com).

- S ▶ Beech Chunks Bistro
- S ▶ Mushroom Pate

### YOGHURT DRINKS

#### Benecol

- D ▶ No Added Sugar Pomegranate
- D ▶ Vanilla

#### Yoghurts & Dairy Desserts

- D ▶ Strawberry/Cherry

## ALCOHOL

### CIDER & PERRY

#### Henry Westons

500ml Glass bottle only.

- KLBD** ▶ Organic
- KLBD** ▶ Vintage British
- KLBD** Vintage Cloudy
- KLBD** ▶ Vintage Family
- KLBD** ▶ Vintage Rose

#### Westons

- KLBD** ▶ Rosie's Pig Cloudy Raspberry
- KLBD** ▶ Rosie's Pig Cloudy Strawberry
- KLBD** ▶ Rosie's Pig Mulled Cider
- KLBD** ▶ Stowford Press Mixed Berries

### COCKTAIL MIXERS & SYRUPS

#### Monin

- P ▶ Fruit Puree Beetroot
- P ▶ Fruit Puree Blueberry
- P Syrup Black Forest

70cl only.

- P Syrup Cherry Morello
- P Syrup Orange Spritz
- P Syrup Peach White
- P Syrup Rose

25cl is also approved.

- P Syrup Speculoos
- P Syrup Strawberry Wild

### CREAM LIQUEURS

#### Baileys

- D ▶ Colada

### GIN

#### City of London Distillery

For purchases see [www.cityoflondondistillery.com](http://www.cityoflondondistillery.com).

- KLBD** ▶ Authentic London Dry
- KLBD** ▶ Brazilian Lime
- KLBD** ▶ Christopher Wren
- KLBD** ▶ Lime Navy Strength
- KLBD** ▶ Murican Orange
- KLBD** ▶ Old Tom
- KLBD** ▶ Rhubarb & Rose
- KLBD** ▶ Six Bells Lemon
- KLBD** ▶ The Square Mile

#### Mermaid

For stockists and purchases see [www.isleofwightdistillery.com](http://www.isleofwightdistillery.com).

- KLBD** Gin

#### The Wrecking Coast

Includes miniatures. For purchases see [www.thewreckingcoastdistillery.com](http://www.thewreckingcoastdistillery.com).

- KLBD** D Clotted Cream
- KLBD** Cornerstone
- KLBD** Heli
- KLBD** Scurvy
- KLBD** Sloe
- KLBD** Sloe Honey

### LIQUEURS

#### Ableforth's

- NK** Cherry Brandy



**NK** Dark Chocolate  
**Jagermeister**  
P Manifest

**RUM**  
**The Wrecking Coast**  
KLBD Kea Plum  
KLBD Muscovado Silver Spirit

**TEQUILA**  
**Clase Azul**  
S ► Reposado

**VODKA**  
**Mermaid**

For stockists and purchases see  
[www.isleofwightdistillery.com](http://www.isleofwightdistillery.com).  
KLBD Salt

**WHISKY SCOTCH**  
**DS Tayman**

Available from selected kosher stores.  
**KLBD** Caol Ila Single Malt 12 Year Old  
**KLBD** Linkwood Single Malt 12 Year Old

## MEDICINES

**AMINO ACIDS**  
P BioCare L Glutamine Powder  
P Cytoplan L Glutamine Powder

**COUGHS & COLDS**  
P Bell's Healthcare Chesty Cough Solution  
P Bell's Healthcare Children's Cough Relief Solution  
P Bell's Healthcare Codeine Linctus  
P Bell's Healthcare Cough Linctus  
P Bell's Healthcare Dry Tickly Cough Solution  
P Bell's Healthcare Dual Action Chesty Cough Solution  
P Bell's Healthcare Dual Action Dry Cough Solution  
P Bell's Healthcare Mentholated Bronchial Balsam  
P Bell's Healthcare Mucus Cough Solution  
P Bell's Healthcare Paediatric Simple Linctus  
P Bell's Healthcare Pholcodine Linctus  
P Bell's Healthcare Simple Linctus  
P Bell's Healthcare Strong Pholcodine Linctus  
P Bell's Healthcare Triple Action Cough Solution  
P Nurofen Cold & Flu Day & Night Tablets

**CYSTITIS**  
P Boots Cystitis Relief Sachets

**EYE HEALTH**  
P MacuShield Original Chewable  
P MacuShield Original Formula Vegetarian Capsules

**FEMALE HEALTH**  
P Wellwoman Gummies

**FOLIC ACID**  
P Vitabiotics Ultra Folic Acid Vitamin B12 Tablets

**GLUCOSE TABLETS, GEL & SOLUTION**  
P ► Lift Fast Acting Glucose Shot Berry  
P ► Lift Fast Acting Glucose Shot Lemon & Lime

**HEART & CIRCULATION**  
P Cytoplan Organic Garlic Capsules

**IMMUNE SUPPORT**  
P Holland & Barrett Bee Propolis Capsules  
P Sambucol Extra Defence Liquid

**INDIGESTION & ULCERS**  
P Boots Acid Reflux Tablets  
KLBD ► Gaviscon Double Action Mint Liquid Sachets  
P Nexium Control Tablets

**LIP CARE**  
P Blistex Intensive Moisturiser  
P ► Zovirax Cold Sore Cream

**MALE HEALTH**  
P ► Wellman 70+ Tablets

**MOUTH CONDITIONS**  
P Boots Mouth Ulcer Pastilles  
P Gengigel Mouthrinse

**MULTIVITAMINS & MINERALS**  
P Lamberts A to Z Multivitamins & Minerals Tablets  
P Natures Plus Hema Plex Capsules  
P Natures Plus Hema Plex Chewables

Available from Boots, Lloyds Pharmacy, Independent Pharmacies and Health Food Stores and online from [www.synbiovits.com](http://www.synbiovits.com) and Amazon.  
KLBD Synbio Premium D3 + K2 Capsules

**NUTRITIONAL SUPPORT**  
Strawberry flavour in the following products should be avoided as it contains E120.  
D Aymes 2.0 Kcal Liquid  
D Aymes ActaGain 2.4 Liquid

D ► Aymes ActaCal Creme  
D ► Aymes ActaSolve Delight Sachets  
**NK** ► Aymes ActaSolve Savoury Sachets  
D Aymes Compact Shake Sachets  
D Nualtra Altrajuce Liquid

Except Blackcurrant and Strawberry flavour which contain E120 and should be avoided.

Strawberry flavour in the following products should be avoided as it contains E120.

D Nualtra Altraplen Compact Daily Liquid  
D Nualtra Altraplen Compact Liquid  
D Nualtra Altraplen Protein Liquid  
D Nualtra Altrashot Liquid

D Nualtra Foodlink Complete Compact Powder  
D Nualtra Foodlink Complete Fibre Powder  
D Nualtra Foodlink Complete Powder  
D Paediasure Compact Liquid

**OMEGA OILS FISH**  
P Minami DHA & EPA Liquid  
P Nordic Naturals Baby's DHA Drops

**OMEGA OILS VEGAN & ESSENTIAL FATTY ACIDS**  
P Holland & Barrett Vegetarian Flaxseed Oil Capsules

**ORAL HYGIENE**  
P ► Boots Expert Dissolving Teeth Whitening Strips  
P Hydrogen Peroxide Solution  
P ► Wisdom Intense White 3 Day Express Teeth Whitening Strips  
P ► Wisdom Intense White 7 Days Teeth Whitening Strips

**PAIN KILLERS JUNIOR**  
P ► Crescent Paracetamol Suspension

**PRESCRIPTION ONLY MEDICINES**  
P Colgate Duraphat Toothpaste  
P Moviprep Orange Powder  
P Omeprazole Suspension  
P ► Ovex Chewable Tablets

**PROBIOTICS & DIGESTIVE HEALTH**  
D Bimuno Daily Sachets  
Other varieties are Not Kosher.

P Higher Nature Oregano Oil Capsules  
D Natures Aid Optigut C Powder  
D Natures Aid Optigut D Capsules

D Vivomixx Sachets

### SLEEP & RELAXATION

P Boots Sleep Well Valerian Tablets

### SORE THROATS

P ► Covonia Lemon Lozenges

P ► Covonia Menthol Lozenges

P Halls Cherry

### SUPERFOOD SUPPLEMENTS

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

KLBD Hemp Botanics CBD + CBG Concentrate

KLBD Hemp Botanics CBD Broad Spectrum Oil

### SUPPLEMENTS FOR CHILDREN

D Animal Parade Tooth Fairy Chewable

D BioCare Children's BioAcidophilus Banana Powder

D BioCare Children's BioAcidophilus Strawberry Powder

P Natures Aid Vitamin D3 Drops

P Sambucol Baby Drops

P Sambucol Baby Powder

### TEETHING

P Weleda Teething Granules

### VITAMIN B

P Better You B Complete Spray

P Nature's Best Panthotenic Acid B5 Tablets

### VITAMIN C

P Basic Nutrition Vitamin C Orange Effervescent

P Better You C Spray

P Higher Nature Ultra C Plus Tablets

## DELISTED PRODUCTS

► Creative Nature Flapjacks p.54

► Creative Nature Snack Bar Raw Carrot Cake p.54

► Frank's Red Hot Sauces p.85

► Halo Top Ice Creams p.73

Old stock bearing the Kof K logo is permitted.

Jack Daniel's Cola p.116

Jack Daniel's Tennessee Honey Lemonade p.116

Just Wholefoods Fruit Jellies p.41

► Lucy Bee Coconut Sugar p.102

Mars Snickers Ice Cream Stick p.73

► Nutella & Go p.36

► The Can-D Food Co Smoked Salmon Candied p.59

► Thunder Vodka Rhubarb & Ginger p.122

► Whitley Neill Raspberry Gin p.117

## 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