



LONDON BETH DIN UPDATE OCTOBER 2022

This update to *The Really Jewish Food Guide 2022* replaces all previous updates.

► = New information since previous update

For the latest information visit

isitkosher.uk

Works offline and also available as an Android App

SHEMITTA INFORMATION

The past Jewish Year 5782 was a Shemitta year. Some of the restrictions still apply to fruit and vegetables grown in Israel in the current year 5783.

For further information and dates when different produce is affected see

www.kosher.org.uk/shemitta

KLBD LICENSEE NEWS

CHANGES

KLBD DELIS & SHOPS:

Crush p150

Formerly CRUSH&CO.

New email address & website:

crushcoedgware@gmail.com

www.crushco.co.uk

NEW LICENSEES

NEW KLBD CATERERS:

Ayelet's Catering

Tel: 07852 551200

sales@ayelets.co.uk

www.ayelets.co.uk

► Beef Street Boys

Tel: 020 8386 7696

beefstreetenquiries@gmail.com

Retro pop-up carvery and salt beef sandwich bar.

The easiest and most cost-effective way of feeding guests at all celebrations.

Salt beef, roast beef, pastrami, turkey piled high, with sides of latkes, pickles, salads, followed by noodle kugel and strudel.

Cohen's Caterers

Tel: 07853 721787

mazyshmoel@yahoo.co.uk

A unique taste of oriental and traditional

food. We are dedicated to clients' needs, products, budgets, deadlines and high standards; we bring enthusiasm and a passion for catering and service to our clients.

Craft Caterers

Tel: 07852 348665

mendel@craftcaterers.com

NEW KLBD RESTAURANTS:

Tuk Tuk (Glatt Meat)

115 Golders Green Road

Golders Green NW11 8HR

Tel: 020 8191 0055

www.tuktuk.london

Inspired by street food of Vietnam,

Thailand and India, plus nearby cuisines.

From mouth-watering bao buns to flavoured curries, you'll find the world's most famous

Pan Asian dishes on our menu.

Functions for up to 50 people in our restaurant.

Sami's (Glatt Meat)

118 Golders Green Road

Golders Green NW11 8HB

Tel: 020 8458 7003

Functions for up to 50 people in our restaurant.

NEW KLBD DELIS & SHOPS:

1070 Kitchen

Fridge in the Food Hall at Selfridges

containing pre-packed foods

400 Oxford Street

W1A 1AB

Tel: 020 7624 2013

office@1070kitchen.co.uk

www.1070kitchen.co.uk

► BeFruitful

17 Glengall Road

Edgware HA8 8TB

Tel: 020 8958 5053/1388

www.andrewsbefruitful.co.uk

► Habiba's Deli & Smokehouse

1179 Finchley Road

Temple Fortune NW11 0AA

Tel: 020 7625 4504

info@habibasdeli.com

www.habibasdeli.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 MILKS

SMA p25

Was previously called SMA Wysoy, has been renamed and is still approved Parev.

P ► Soya

CEREALS

Kellogg's p32

Previously approved Dairy, now certified Parev and bearing the MK logo.

S Special K Oats & Honey

S Special K Peach & Apricot

Rude Health p34

KLBD D ▶ Granola Chocolate Crunch

Was certified KLBD Parev, but is now certified KLBD Dairy. Manufactured on Dairy equipment and bears an allergen warning 'Made in a facility that handles milk'. Old stock bearing a KLBD Parev logo is still Parev.

DESSERTS

Green's p52

Previously approved Parev, now approved Dairy.

D Mix Sweet Carmelle

GLUTEN FREE CEREALS

Nature's Path p66

Was previously certified Dairy, but is now certified Parev.
S ▶ Granola Pumpkin, Almonds & Raisins

ICE CREAMS, LOLLIES & SORBET

J20 p72

NK ▶ Fruit Blended Orange & Passion Fruit Ice Lollies

Previously called Fruit Fusion Orange & Passion Fruit Lollies and approved Parev, have changed name and formulation and are now Not Kosher.

SAUCES & CONDIMENTS

Heinz p84

Dropped from The Really Jewish Food Guide 2022, is now approved in 500g plastic bottles only.

P Barbecue Sweet Sticky & Smooth

Previously only approved in plastic bottles, but is now only permitted in plastic bottles bearing the MK logo.

S Tomato Ketchup Chilli Jalapeno

SWEETENERS

Canderel p100

KLBD Sweetely Granular

Some tubs have been mislabelled with a KLBD-D logo, but they are still Parev.

MEDICINES

PRESCRIPTION ONLY MEDICINES

p138

Previously approved Dairy, is now approved Parev.

P Lansoprazole Orodispersible

NEW PRODUCTS

FOOD

BABY CEREALS

Aptamil

D Organic Seven Grain

D Porridge Organic Banana & Strawberry

Cow & Gate

D Porridge Banana Wholegrain

D Porridge Berry Multigrain

D Porridge Fruity Wholegrain

D Porridge Mango Multigrain

D Porridge Red Berry Wholegrain

D Porridge Seven Grain

BABY MILKS

Aptamil

D Pepti Syneo

Holle Organic

D Infant 1 with A2

D Infant Follow On 2 with A2

D Infant Follow On 3 with A2

Kendamil

KLBD D ▶ First Infant 1

KLBD D ▶ Follow On 2

KLBD D ▶ Toddler 3

BABY SNACKS

Organix

P 12+ Gruffalo Claws Barbeque

P 12+ Gruffalo Claws Tomato & Herb

P 7+ Melty Veggie Sticks

P 9+ Veggie Mini Mix Ups

BAKING POWDER

M & S Food

KLBD Baking Powder

BISCUITS

McVities

Only approved when the batch code begins with the letter 'H'.

D ▶ Digestives Chocolate Dark

D ▶ Digestives Chocolate Milk

P ▶ Digestives Lights

P ▶ Digestives The Original

D ▶ Hobnobs Dark Chocolate

D ▶ Hobnobs Milk Chocolate

Waitrose Duchy Organic

D ▶ Biscuit Selection

D ▶ Biscuit Selection Savoury

D ▶ Biscuits Oaten Seeded

D ▶ Shortbread Fingers

CEREALS

Bodymatter

KLBD ▶ Granola Oat Crunch Super Deluxe

Available from Wholefoods Markets, independent health food shops and online from Abel & Cole, Planet Organic and Amazon. For stockists see www.bodymatter.com.

Dorset Cereals

KLBD D ▶ Muesli Crunch Dark Chocolate & Hazelnut

KLBD ▶ Muesli Crunch Marvellous Pecan & Almond

KLBD ▶ Muesli Crunch Ultimate Fruit & Nut

Doves Farm

KLBD ▶ Ancient Grain Flakes Breakfast

KLBD ▶ Ancient Grain Flakes Fruit & Fibre

KLBD ▶ Ancient Grain Hoops Cereal

KLBD ▶ Wholegrain Rice Pops Cocoa

Flahavan's Irish

KLBD Oats Multi Seed Porridge

Kellogg's

S Crunchy Nut Granola Red Berries

S D Rice Krispies Multigrain Shapes Blueberry &

Apple

S D Rice Krispies Multigrain Shapes Strawberry &

Apple

S D ▶ Special K Granola Crunchy Oat Dark

Chocolate Curls

S ▶ Special K Granola Crunchy Oat Mixed Berry

Nature's Path

S ▶ Granola Pumpkin Seed & Flax

Nestle

D ▶ Nesquik Mix

P Shreddies The Honey One

Rude Health

KLBD ▶ Granola Crunchy Berry

The Great British Porridge Co

Available from www.thegreatbritishporridgeco.co.uk. Pots are not approved.

KLBD ▶ Pouch High Protein Low Sugar

Weetabix

KLBD D Melts Chocolate Milk

KLBD D Melts Chocolate White

COCONUT OIL

Green Origins

Available from www.greenorigins.co.uk.

KLBD ▶ Extra Virgin

COFFEE & SUBSTITUTES

Cru Kafe

Covers whole bean, ground coffee and bags, where applicable. For stockists see www.crukafe.com.

KLBD Colombian

KLBD Decaf

KLBD Espresso

KLBD Honduran

KLBD Long Black

KLBD Signature

Kirkland Signature

KLBD Congo

KLBD Tanzania

Nescafe Gold

KLBD Blend Alta Rica

KLBD Blend Cap Colombia

COFFEE MACHINES

Cru Kafe

Nespresso compatible capsules. For stockists see www.crukafe.com.

KLBD Colombian

KLBD Dark

KLBD Decaf

KLBD Espresso

KLBD Ethiopian

KLBD Half Caff

KLBD Honduran

KLBD Indian

KLBD Intense

KLBD Light

Nescafe Dolce Gusto

KLBD Americano Mexico

Nespresso

Available from Nespresso shops, www.nespresso.com/uk or Tel: 0800 442 442.

P ▶ Liminha Over Ice

P ▶ Master Origins Kahawa Ya Congo

Nespresso Vertuo

P ▶ Barista Creations Chocolate Fudge

P ▶ Carafe Pour Over

P ▶ Decaffeinate Altissio

P ▶ Decaffeinato Melozio

P ▶ Double Espresso Dolce

P ▶ Forest Almond

P ▶ Forest Black

P ▶ Master Origins Kahawa Ya Congo

P ▶ Master Origins Papua New Guinea

P ▶ Master Origins Peru Organic

P ▶ Melozio Boost

P ▶ Orafito

P ▶ Stormio Boost

P ▶ Toccanto

P ▶ Vivida

COFFEE SYRUPS

Notadolce

Available from Aldi, B&M and Iceland.
www.notadolce.co.uk.

KLBD ▶ Caramel

KLBD ▶ Hazelnut

KLBD ▶ Vanilla

CONFECTIONERY

Benjamissimo

Available from selected independent and online retailers.

KLBD ▶ White Salted Almond & Caramel

KLBD ▶ White Strawberry Quinoa Pop

Cadbury

D Dairy Milk Mint

Manufactured on Dairy equipment and bear an allergen warning 'May contain milk'.

D ▶ Plant Almonds Salted Caramel

D ▶ Plant Almonds Smooth Chocolate

Creative Nature

Available from selected supermarkets, Ocado and www.creativenaturesuperfoods.co.uk.

KLBD Gnawbles Cheeky Choc Hazelnut

KLBD Gnawbles Creamy Mylk Chocolate

KLBD Gnawbles Super Salted Caramel

Dandies

Available from ASDA, Holland & Barrett and The Vegan Kind Supermarket.

S ▶ Vegan Marshmallows Vanilla

S ▶ Vegan Marshmallows Vanilla Mini

Lindt

D Classic Crispy

D Classic Hazelnut

D Classic Vegan Hazelnut

D Classic Vegan Smooth

D Excellence Dark Cranberry, Almond & Hazelnut

D Excellence Milk 45%

D Excellence Milk 55%

D Excellence Milk 65%

Millions

KLBD Watermelon

Nespresso

Available from Nespresso shops, www.nespresso.com/uk or Tel: 0800 442 442.

D Chocolate Dark Ginger

Nestle

D ▶ Quality Street Assortment Spring Edition

D Smarties White Chocolate

Toblerone

D ▶ Golden Caramel

COOKING CHOCOLATE

Food Thoughts

D Chocolate Chips Luxury Dark 70%

D Chocolate Chips Luxury White

Lindt

P Dark 51% Cocoa

CRACKERS & CRISPBREADS

Ryvita

Pas Yisrael.

KLBD Vitamin Boost Oat & Black Sesame

KLBD Vitamin Boost Simply Seeded

CRISPS & SNACKS

Blanco Nino

For stockists see www.blanco-nino.com.

KLBD Ancient Grain

KLBD Chilli & Lime

KLBD Lightly Salted

Cofresh

KLBD ▶ Chakri Rice Sticks Chilli Lemon

KLBD ▶ Chakri Rice Sticks Garlic

KLBD ▶ Chakri Rice Sticks Salted

Love Corn

KLBD D Milk Chocolate & Sea Salt

Some packs have been mislabelled with a KLBD Pavev logo.

Sarriegui

KLBD Patatas Fritata Con Sal

Available from www.brindisa.com and www.watsonandpratts.co.uk.

Walkers

P Crisps Lightly Salted

DAIRY FREE CHEESE

ASDA Free From

KLBD ► Block Cheddar Mature Cracked Black Peppercorns

KLBD ► Sliced Cheddar Mature

M & S Food

Available from Marks & Spencer and Ocado. Says 'Plant Kitchen' on the packaging.

KLBD ► Sliced Cheddar Style Smoked

Sainsbury's Free From

KLBD ► Grated Mozzarella Style

Sheese

Available from selected health shops and kosher stores.

KLBD ► Block Grilling Vegan

DAIRY FREE MILK & DRINKS

Alpro

P Shh Not Milk Semi

P Shh Not Milk Whole

Alpro for Professionals

P Barista Coconut

P Barista Oat Gluten Free

Moma

Certified with or without KLBD logo. For stockists see www.momafoods.co.uk.

KLBD Oat Barista

KLBD Oat Original

Rude Health

KLBD ► Soya

The Bridge Bio

For stockists see www.thebridgebio.com.

KLBD ► Soya Barista

KLBD ► Soya Cacao

DAIRY FREE YOGHURT DRINKS

Biotiful

NK Kefir Plant Based Oat

DAIRY FREE YOGHURTS

Alpro

P Greek Coconut

P Greek Oat

ENERGY & PROTEIN SNACKS

Creative Nature

Available from www.creativenaturesuperfoods.co.uk.

KLBD Oatie Berry Blend

KLBD Oatie Cacao Chocolate

KLBD Oatie Carrot Cake

KLBD Oatie Tropical Ginger Tea Tox

KLBD Protein Orange Cacao

KLBD Protein Salted Caramel

KLBD Protein Spiced Apple

Roo'Bar

For stockists see www.roobar.com.

KLBD ► Protein Choco Covered Peanut Butter

Tribe

Available from www.wearitribe.co.uk.

KLBD D Bar Triple Decker Caramel

KLBD D Bar Triple Decker Choc Maple

KLBD D Bar Triple Decker Choc Peanut

KLBD D Bar Triple Decker Vegan Honeycomb

KLBD D Bites Triple Decker Choc Maple

ENERGY & SPORTS DRINKS

Red Bull

P The Edition Green

FISH SMOKED

Burren Smokehouse

Available from Harrods and www.burrensmokehouse.com.

For stockists in Ireland check the website.

KLBD ► Trout Cold Smoked

Katzels

Available from kosher shops and www.katzels.com.

KLBD ► Cod Traditional Cure

KLBD ► Haddock Traditional Cure

KLBD ► Hake Traditional Cure

KLBD ► Herring Buckling

KLBD ► Herring Buckling Garlic

KLBD ► Herring Chilli & Lime

KLBD ► Herring Garlic & Rosemary

KLBD ► Herring Traditional Cure

KLBD ► Kippers Lowsoft Cure

KLBD ► Mackerel Beetroot & Horseradish

KLBD ► Salmon Hot Chilli Flakes

KLBD ► Salmon Hot Garlic & Ginger

KLBD ► Salmon Hot Smoked Paprika

KLBD Salmon Whiskey & Orange

KLBD ► Sardines Ready to Eat

KLBD ► Sea Trout Traditional Cure

KLBD ► Trout Artisan

KLBD ► Trout Belleau Bridge

KLBD ► Trout Garlic

Kohn

Available from kosher shops.

KLBD ► Salmon Hot Smoked Natural

KLBD ► Salmon Smoked Sashimi

St James Smokehouse

KLBD ► Loch Trout Scotch Reserve

KLBD ► Salmon Scotch Reserve Hickory & Applewood

KLBD ► Salmon Scotch Reserve Honey & Dulce

FLOUR & BREAD MIXES

Doves Farm

KLBD ► Quinoa

FRUIT CANS, JARS & POTS

Carley's

P ► Preserved Lemons

FRUIT DRIED

Borna

For stockists see www.bornafoods.com.

KLBD ► Banana Coins

KLBD ► Blueberries

KLBD ► Sour Cherries

Ocean Spray

NK ► Cranberries Fibre Boost Reduced Sugar

Opies

P ► Glace Cherries

Suma

P ► Red Cherries

FRUIT SNACKS

Borna

For stockists see www.bornafoods.com.

KLBD ► Trail Mix Blueberry, Cashew, Banana & Coconut

KLBD ► Trail Mix Cherry, Almond, Chocolate & Raisin

Clearspring

Available from health stores, Waitrose, Ocado and www.clearspring.co.uk.

KLBD ► Fruit Puree Apple, Banana & Strawberry

KLBD ► Fruit Puree Apple, Mango & Coconut

KLBD ► Fruit Puree Pear, Apple & Peach

Urban Fruit

KLBD ► Cherries

Whitworths Shots

KLBD D Fruity Biscuit

GLUTEN FREE BISCUITS & CAKES

Kookie Cat

Available from www.smartorganic.com.

KLBD ▶ Chocolate Covered Peanut Butter

KLBD ▶ Double Choc Walnuts

GLUTEN FREE BREAD & ROLLS

BFree

For stockists see www.bfreefoods.com.

KLBD Naan

Schar

P Bagels

P Loaf Brown

P Loaf Seeded

P Loaf White

P Mini Baguettes

P Super Sandwich

Warburtons Gluten Free

KLBD Bloomer Sourdough Seeded

KLBD Rolls Seeded

Available from Tesco. 4 pack.

GLUTEN FREE CRACKERS & SNACKS

Absolutely Gluten Free

Available from Amazon.

S Grain Free Crackers Black Pepper

S Grain Free Crackers Onion

S Grain Free Crackers Original

S Grain Free Flatbreads

Rude Health

KLBD ▶ Crackers Buckwheat

KLBD ▶ Crackers Chickpea & Lentil

GLUTEN FREE FLOUR, MIXES & BAKING POWDER

Creative Nature

Where applicable organic version also KLBD certified. Available from supermarkets, Holland & Barrett, Ocado and www.creativenaturesuperfoods.co.uk.

KLBD Flour All Purpose

KLBD Mix Banana Bread Wholegrain

KLBD Mix Cacao Rich Chocolate Cake

KLBD Mix Carrot Cake Loaf

KLBD Mix Chia & Cacao Choc Chip Brownie

KLBD Mix Chocolate Chip Muffin

KLBD Mix Corn Bread

KLBD Mix Organic Banana Bread Wholegrain

KLBD Mix Organic Chia & Cacao Choc Chip Brownie

KLBD Mix Organic Chocolate Chip Muffin

KLBD Mix Pancake & Waffle

M & S Food

KLBD Gluten Free Flour Gram

GLUTEN FREE PIZZA BASES & WRAPS

BFree

For stockists see www.bfreefoods.com.

KLBD ▶ Wraps Whole Grain

HONEY

Hilltop Honey

KLBD ▶ British Starflower

KLBD Clear Value

Certified with or without KLBD logo.

Hyve

Available from kosher shops, discount stores and eBay.

KLBD ▶ Pure Runny

Kind to Bee

Certified with or without KLBD logo. Available from Selfridges and www.kindtobee.com.

KLBD Raw with Raspberry

KLBD Raw with Strawberry

The Groovy Food Company

For stockists see www.groovyfood.co.uk.

KLBD ▶ Acacia Organic

KLBD ▶ Creamy Set

KLBD ▶ Orange Blossom

HOT CHOCOLATE & MALTED DRINKS

Food Thoughts

P Cocoa Powder

Galaxy

P Hot Chocolate Instant Vegan

Horlicks

P Vegan

M & M's

D Hot Chocolate

Options

D ▶ Belgian Choc Vegan

ICE CREAMS, LOLLIES & SORBET

Ben & Jerry's

S D ▶ Non Dairy Sundae Berry Revolutionary

Carte D'Or

NK Vanilla & Brownies Tub

Mr Freeze

KLBD Freezeps Blue Raspberry

KLBD ▶ Freezeps Multipack Sour

Contains Sour Cherry, Sour Cola, Sour Watermelon, Sour Lemon and Sour Apple.

KLBD ▶ Freezeps Multipack Sugar Free

Contains Raspberry, Cola, Strawberry, Lemonade and Tropical.

Slush Puppie

KLBD Freeze, Squeeze, Drink Pink Bubblegum

Available from Home Bargains, Heron Frozen Foods, Savers, Iceland & Food Warehouse. Drinks from Slush Puppie Machines are not approved.

The Coconut Collab

NK Coconutters Chocolate Dipped Sticks

Wall's

D Cornetto Gluten Free Vegan

D Magnum Vegan Almond Stick

D Magnum Vegan Classic Stick

D Magnum Vegan Mini Classic/Almond Stick

D Magnum Vegan Sea Salt Caramel Stick

D Soft Scoop Vanilla Light Tub

JAMS & FRUIT SPREADS

Tiptree

Certified in 28g and 42g jars.

KLBD Preserve Morello Cherry

MILK SHAKES & MIXES

Frijj

D Cookie Dough

NUTS & SEEDS

Cofresh

KLBD ▶ Bites Peanut Brittle

Whitworths Shots

KLBD D Toffee & Pecan

OIL

Clearspring

S ▶ Olive Extra Virgin Italian

Frylight

P ▶ Cooking Spray Coconut

PEANUT & NUT BUTTERS

Viedanuci

Smooth & Crunchy. Exclusive to Amazon.

KLBD ▶ Almond

KLBD ▶ Almond & Coconut

- KLBD** ▶ Cashew
- KLBD** ▶ Hazelnut
- KLBD** ▶ Macadamia
- KLBD** ▶ Nutty Chocolate
- KLBD** ▶ Pecan
- KLBD** ▶ Pine
- KLBD** ▶ Pistachio

Whole Earth

- P ▶ Peanut Drizzler Golden Roasted
- P ▶ Peanut Drizzler Super Smooth

RICE & CORN CAKES

Kallo

- D Rice Cakes Dark Chocolate
- D Rice Cakes Milk Chocolate
- D Rice Kids Choco Coconut Minis
- NK** Veggie Caramelised Onion Chutney

SALAD DRESSINGS & MAYONNAISE

Nando's

Only when bearing the KLBD logo. Products without the logo are not approved.

- KLBD** ▶ Perinaise Garlic Squeezy

SALT

Creative Nature

Available from www.creativenaturesuperfoods.co.uk.
KLBD Himalayan Pink

Saxa

- KLBD** ▶ Coarse
- KLBD** ▶ Rock

SAUCES & CONDIMENTS

Kofners

Available from kosher shops.

- KLBD** ▶ Tomato Ketchup Sachets

Tabasco

- P ▶ Sweet & Spicy

SNACK BARS

Go Ahead

- NK** Fruity Cake Bites

Kellogg's

- D ▶ Special K Chocolate Dark

Roo'Bar

For stockists see www.roobar.com.

- KLBD** ▶ Chocolate Covered Peanut
- KLBD** ▶ Coconut
- KLBD** ▶ Peanut

Tracker Oats & Grains

- KLBD D** ▶ Salted Caramel Fudge

SOFT DRINKS

Belvoir Farm

For stockists see www.belvoirfarm.co.uk.

- P Cordial 100% Natural Blackcurrant
- P Cordial 100% Natural Orange
- P Cordial Blueberry & Blackcurrant
- P Cordial Elderflower
- P Cordial Elderflower & Rose
- P Cordial Ginger
- P Cordial Honey, Lemon & Ginger
- P Cordial Lemon & Mint
- P Cordial Lime
- P Cordial Mulled Winter

Not to be confused with Mulled Winter Punch which contains grape juice and is Not Kosher.

- P Cordial Raspberry & Lemon
- P Cordial Strawberry & Lime
- P Freshly Squeezed Lemonade
- P Fruit Punch
- P Ginger Beer
- P Lighter Raspberry Lemonade
- P Lighter Sparkling Elderflower
- NK** Mulled Winter Punch
- P Non Alcoholic J & T
- P Non Alcoholic Passionfruit Martini
- NK** Non Alcoholic Peach Bellini
- P Sparkling Apple Juice
- P Sparkling Cucumber & Mint
- P Sparkling Elderflower
- P Sparkling Elderflower & Rose
- P Sparkling Lime & Soda
- P Spiced Ginger Punch

Dalston's

- NK** ▶ Cherry
- NK** ▶ Ginger Beer
- NK** ▶ Lemon

Fanta

- P Strawberry & Kiwi Zero

Suso

- NK** ▶ All Products

Tango

- P Sugar Free Berry Peachy

Tropicana

- NK** Sensations Passion Fruit Punch

SPICES, HERBS & SEASONINGS

Greenfields

Available from www.greenfieldsuk.co.uk.

- KLBD** Hot Wing Seasoning
- KLBD** Sriracha Seasoning

SPORTS NUTRITION

Creative Nature

Available from www.creativenaturesuperfoods.co.uk.
KLBD Hemp Protein

- KLBD** Hemp Seeds Shelled

Also available from Ocado.

Huel

Available from www.huel.com.

- KLBD** Gluten Free Powder Cinnamon Swirl
- KLBD** ▶ Powder Black Edition Cinnamon Swirl
- KLBD** ▶ Powder Black Edition Cookies & Cream
- KLBD** Powder Cinnamon Swirl

MyProtein

- NK** ▶ Impact Weight Gainer

SUGAR

Waitrose

- P ▶ Demerara
- P ▶ Muscovado Dark
- P ▶ Muscovado Light

SUGAR FREE CONFECTIONERY

Chupa Chups

- NK** ▶ Sugar Free Cherry
- NK** ▶ Sugar Free Strawberry

Guylian

- S D ▶ Bar Intense Dark with Stevia
- S D ▶ Bar Milk with Stevia

SUPERFOODS

Creative Nature

Available from www.creativenaturesuperfoods.co.uk.

- KLBD** Barley Grass
- KLBD** Cacao Nibs Raw
- KLBD** Cacao Raw
- KLBD** Chia Seeds
- KLBD** Maca
- KLBD** Spirulina Pacifica

Food Thoughts

- P Cacao Powder
- P Natural Cacao Nibs

Green Origins

Available from www.greenorigins.co.uk.

- KLBD ▶ Acerola
- KLBD ▶ Pea Protein
- KLBD ▶ Plant Protein Shake Cacao & Maca
- KLBD ▶ Plant Protein Shake Strawberry & Acerola
- KLBD ▶ Plant Protein Shake Vanilla & Baobab
- KLBD ▶ Rice Protein

Naturya

Available from www.naturya.com.

- KLBD ▶ Cacao Butter Drops

SWEETENERS

Green Origins

Available from www.greenorigins.co.uk.

- KLBD ▶ Coconut Sugar

Pure Via

- KLBD ▶ Baker's Secret Caster
- KLBD ▶ Baker's Secret Icing
- KLBD ▶ Baker's Secret Soft Brown
- KLBD ▶ Demerara

SYRUPS & TOPPINGS

Hilltop

For stockists see www.lovehilltop.com.

- KLBD Agave Nectar

TEA

Pukka

- NK ▶ Aqua Herbs

VEGETABLES CANS & JARS

Cirio

- P Lenticchie Lentils

VEGETABLES DRIED

Merit Mushrooms

Cultivated and packed in an insect free environment. Available from www.meritmushrooms.co.uk. Note from the manufacturers: Due to high demand, some products may appear on the website as 'Out of Stock', but it is likely that new stock will be available after a few days.

- KLBD Blue Oyster
- KLBD King Oyster
- KLBD Lion's Mane
- KLBD Pink Oyster
- KLBD Reishi
- KLBD Shiitake
- KLBD Yellow Oyster

VEGETABLES FRESH

Merit Mushrooms

Cultivated and packed in an insect free environment. Available from www.meritmushrooms.co.uk. Note from the manufacturers: Due to high demand, some products may appear on the website as 'Out of Stock', but it is likely that new stock will be available after a few days.

- KLBD Black Poplar
- KLBD Enokitake
- KLBD Honey Fungus
- KLBD Lion's Mane
- KLBD Maitake
- KLBD Nameko
- KLBD Oyster Black Pearl
- KLBD Oyster Blue
- KLBD Oyster Elm
- KLBD Oyster Florida
- KLBD Oyster King
- KLBD Oyster Maple
- KLBD Oyster Pink
- KLBD Oyster Summer
- KLBD Oyster Winter
- KLBD Oyster Yellow
- KLBD Reishi
- KLBD Shiitake
- KLBD Shimeji
- KLBD Turkey Tail
- KLBD White Elf

VEGETARIAN FOODS

Fry's

For stockists see www.fryfamilyfood.com/uk.

- S ▶ Frozen Mince Pea Protein
- P ▶ Frozen Popcorn Chick'N
- S ▶ Frozen Sausage Rolls
- P ▶ Frozen Stars & Moons

Meatless Farm

Only products sold in the UK and Israel are KLBD certified. Available from most major supermarkets. For stockists see www.meatlessfarm.com.

- KLBD ▶ Plant Based Burgers Frozen
- KLBD ▶ Plant Based Sausages Frozen

WORLD FOODS

Blue Dragon

- P ▶ Spring Roll Wrappers

YOGHURT DRINKS

Biotiful

- NK ▶ Kefir Flavoured Shots
- NK ▶ Kefir Slurpy

Yoplait

- D Petits Filous Apple & Raspberry

YOGHURTS & DAIRY DESSERTS

Arla Lactofree

- D Blueberry
- NK Mango
- NK Vanilla

Arla Protein

- NK ▶ Pots
- NK ▶ Pouches

Biotiful

- NK ▶ Kefir Flavoured

ALCOHOL

BEER

Skinny Brands

- KLBD IPA Premium

CALVADOS

Boulard

Available from Amazon.

- P ▶ Calvados Pays d'Auge VSOP

CIDER & PERRY

Henry Westons

- KLBD Vintage Signature

Thatchers

- KLBD Blood Orange

COCKTAIL MIXERS & SYRUPS

Monin

- P Concentrate Green Tea
- P Concentrate Lemon Rantcho
- P Concentrate Lime Rantcho
- P Concentrate Rooibos
- P Fruit Puree Lime
- P Fruit Puree Ruby Grapefruit
- P Fruit Puree Tangerine
- P Fruit Puree William's Pear
- P Lemonade Cloudy Base
- P Syrup Agave
- P Syrup Bergamot
- P Syrup Blue Curacao

- P Syrup Caramel Sugar Free
- P Syrup Carribean
- P Syrup Gingerbread Sugar Free
- P Syrup Gum
- P Syrup Hazelnut Sugar Free
- P Syrup Muscovado
- P Syrup Peanut Cookie
- P Syrup Pink Grapefruit Sugar Free
- P Syrup Pink Peppercorn
- P Syrup Sangria
- P Syrup Strawberry Sugar Free
- P Syrup Sugar Cane Brown
- P Syrup Sweetener Sugar Free
- P Syrup Tangerine
- P Syrup Tea Chai
- P Syrup Tea Green Matcha
- P Syrup Tea Raspberry
- P Syrup Triple Sec Curacao
- P Syrup Vanilla Sugar Free
- P Syrup Winter Spice

FLAVOURED ALCOHOLIC DRINKS

Malibu

- P Sparkling Watermelon Lemonade

GIN

Bombay Presse

- NK** ▶ Citron

Drumshanbo

- KLBD ▶ Gunpowder Irish Sardinian Citrus

Eight Lands

Available from www.eight-lands.com.

- KLBD Speyside

Gin Mare

- P ▶ Gin Mare

Excludes Gin Mare Capri.

Gordon's

- P ▶ Mediterranean Orange
- P ▶ Morello Cherry
- P ▶ Pink Alcohol Free
- P ▶ Sicilian Lemon
- P ▶ Tropical Passionfruit
- P ▶ White Peach

In The Welsh Wind

- NK** Premium Dry

LIQUEURS

De Kuyper

- P ▶ Passionfruit
- P ▶ Peach

Jagermeister

- P ▶ Save The Night

Mr Black

- P ▶ Coffee
- P ▶ Coffee Amaro

RUM

Bacardi

- P Coconut

Malibu

- P Watermelon

TEQUILA

Jose Cuervo

- P 1800 Reserva Anejo
- P 1800 Reserva Reposado
- P 1800 Reserva Silver
- P Agavero
- P Agavero Orange
- P Maestro Dobel Diamante
- P Tradicional Silver

VODKA

Eight Lands

Available from www.eight-lands.com.

- KLBD Speyside

WHISKY SCOTCH

Bladnoch

Available from www.bladnoch.com.

- KLBD** ▶ Liora

MEDICINES

BONE & JOINT HEALTH

- S ▶ NHP Advanced Marine Collagen Support Capsules

CONSTIPATION

- P Fybogel Fibre Chews

DENTURE PRODUCTS

- P Fixodent Professional Cream
- P Steradent Pro 3 in 1 Tablets

FEMALE HEALTH

- P Lamberts Soya Isoflavones Tablets

HAIR, SKIN & NAILS

- P ▶ Better You Hair, Skin & Nails Spray

HEART & CIRCULATION

- P Kwai Heartcare Tablets

INDIGESTION & ULCERS

- P ▶ ASDA Antacid Orange Tablets
- P ▶ ASDA Antacid Peppermint Tablets
- P Boots Indigestion Relief Peppermint Tablets
- KLBD Gaviscon Cool Liquid
- P Pepto Bismol Peppermint Chewable

IRON SUPPLEMENTS

- P Natures Plus Hema Plex Tablets
- P SodiFer Solution
- P Sodium Feredetate Solution

LIP CARE

- P Burt's Bees Beeswax Lip Balm
- P Burt's Bees Honey Lip Balm
- P Burt's Bees Matcha & Honey Lip Balm
- P O'Keeffe's Lip Repair Overnight Balm

MOUTH CONDITIONS

- P ▶ Colgate Periogard Gum Protection Toothpaste
- D Oralieve Moisturising Mouth Gel
- D Oralieve Moisturising Mouth Spray

NUTRITIONAL SUPPORT

- D Ensure Max Protein Liquid
- P Resource Thicken Up Clear Powder
- P Resource Thicken Up Clear Sachets

OMEGA OILS FISH

- P Minami DHA + EPA Kids Liquid

ORAL HYGIENE

- P Listerine Cool Mint Milder Taste
- P The Breath Co Fresh Breath Mild Mint Rinse

PAIN KILLERS

- P Ibuprofen Lysine Tablets

PAIN KILLERS JUNIOR

- P Aspire Ibuprofen Twelve Plus Pain Relief Suspension
- P ▶ Tesco Paracetamol 6+ Orange Suspension

PREGNANCY & NEW MOTHER

- D ▶ Active Iron Pregnancy Capsules
- D ▶ Inofolic Alpha Sachets

PRESCRIPTION ONLY MEDICINES

- P Azithromycin Tablets

- D Buprenorphine Sublingual Tablets
- P Cefuroxime Suspension
- P Colonis Melatonin Solution
- P Desizon Suspension
- P Prochlorperazine Buccal Tablets

PROBIOTICS & DIGESTIVE HEALTH

- D ▶ A Vogel Molkosan Original Liquid

SLEEP & RELAXATION

Only Bach Rescue products listed as approved are permitted, as other products are Not Kosher.

- P Bach Rescue Night Spray
- P Bach Rescue Peaceful Night Capsules
- P Bach Rescue Peaceful Night Duo

- P Vitabiotics Sleepnite Valerian Tablets

SORE THROATS

- P ▶ Children's Chloraseptic Blackcurrant Spray
- P Chloralieve Honey & Lemon Lozenges
- P Chloralieve Mint Lozenges

STRESS & ENERGY

Only Bach Rescue products listed as approved are permitted, as other products are Not Kosher.

- P Bach Rescue Balance & Positivity Capsules
- P Bach Rescue Fresh & Focus Capsules

- P ▶ RelaxHerb Passion Flower Tablets

SUPERFOOD SUPPLEMENTS

600mg, 1200mg, 2400mg, 4800mg. Available from www.accesscbd.co.uk.

- KLBD Access CBD Oil Berry
- KLBD Access CBD Oil Citrus
- KLBD Access CBD Oil Natural

250mg, 500mg, 1000mg, 2000mg. Available from www.canabidol.com.

- KLBD British Cannabis CBD Oil Raw
- KLBD British Cannabis CBD Oil Refined

Available from www.greenorigins.co.uk.

- KLBD ▶ Green Origins Maca Capsules
- P Health Revival Black Walnut Hull Tincture

600mg. Available from www.thehuggshop.co.uk.

- KLBD Hugg CBD Oil Spray Berry

Available from www.naturya.com.

- KLBD ▶ Naturya Spirulina & Chlorella Tablets

SUPPLEMENTS FOR CHILDREN

- NK** Abidec Multivitamin Syrup
- D Doterra PB Assist Jr Sachets

- P ▶ Nutrigen Supra Syrup
- D Optibac Baby Drops

VITAMIN C

- P Holland & Barrett Vitamin C Rose Hips Tablets
- P Vitabiotics Ultra Vitamin C Sustained Release Tablets

WEIGHT LOSS

- P XLS Medical Ultra 5 Capsules

DELISTED PRODUCTS

- Almighty Foods Chocolate + CBD
- Almighty Foods Nut Butters
- ▶ Clearspring Brown Rice Vinegar
- Glebe Farm Pure Oaty Drink
- ▶ Good Hemp Seed Milk
- HP Fruity Sauce
- Monin Syrup Orange Spritz

Perfect World Ice Cream

Old stock bearing the Manchester Beth Din logo is still approved.

- SiS Science in Sport Powders
- The Wrecking Coast Gins
- The Wrecking Coast Rum

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