



## LONDON BETH DIN UPDATE AUGUST 2023

This update to *The Really Jewish Food Guide 2023* replaces all previous updates.

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. Shemitta restrictions for most vegetables have finished but restrictions for some fruit are still in force.

For dates when restrictions will end see

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

### KLBD LICENSEE NEWS

#### New KLBD licensed shop:

##### ► **Booya Gelato Ice Cream**

90 Golders Green Road  
Golders Green NW11 8LN  
acohen@booyagelato.co.uk

#### New KLBD licensed restaurants:

##### **Beit Cafe (Dairy)**

119 Golders Green Road  
Golders Green NW11 8HR  
Tel: 020 8209 3592  
Instagram: beit\_cafe

##### ► **Novellino Brighton (Meat)**

29-31 New Church Road  
Hove BN3 4AD  
info@bnjc.co.uk  
www.novellinorestaurant.com/novellino-brighton

##### **Portoberry (Dairy)**

106 Brent Street  
Hendon NW4 2HH  
Tel: 020 8191 1217  
orders@popinlondon.co.uk  
www.portoberry.com

#### New KLBD licensed caterers:

##### ► **De'Cater**

Mob: 07910 926496  
info@decater.co.uk

##### ► **Roxo Events**

Tel: 07471 241111  
jana@roxo.events

#### New KLBD licensed Party Food & Drink Suppliers:

##### ► **Mixology by Josh**

Mob: 07827 961656  
letsdrink@mixologybar.co.uk  
www.mixologybar.co.uk  
*Kosher Mixologist to create and serve craft cocktails to make your event special.*

## 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**

##### **Nutricia 28**

Previously approved Parev, now certified KLBD Parev.

**KLBD** Neocate Junior Vanilla

**KLBD** Neocate Spoon

#### **CEREALS**

##### **Lizi's p36**

Previously certified KLBD Parev, now KLBD Dairy with KLBD D logo. Old stock bearing the KLBD Parev logo is still Parev.

**KLBD D** ► Granola Low Sugar

**KLBD D** ► Granola Low Sugar Maple & Pecan

**KLBD D** ► Granola Organic Nuts & Seeds

**KLBD D** ► Granola Original Nuts & Seeds

**KLBD D** ► Granola Treacle & Pecan

#### **Weetabix p37**

Melts Chocolate Milk and Melts Chocolate White are no longer KLBD certified.

#### **COFFEE MACHINES**

##### **Nescafe Dolce Gusto p41**

Previously certified KLBD Parev, now KLBD Dairy.

**KLBD D** Flat White Almond

**KLBD D** Flat White Coconut

**KLBD D** Flat White Oat

#### **CONFECTIONERY**

##### **Hubba Bubba p44**

Previously all packs were approved. Now only kosher when bearing the KF logo or when the product code begins with 01, 50 or contains 1FK.

**S** Bubble Tape Cool Cola

**S** Bubble Tape Fancy Fruits

**S** Bubble Tape Snappy Strawberry

**S** Gum Atomic Apple

**S** Gum Original

**S** Gum Seriously Strawberry

##### **Lindt p44**

Previously approved Dairy, now approved Parev.

**P** ► Classic Vegan Hazelnut

**P** ► Classic Vegan Smooth

##### **Panda Natural p46**

Previously approved Dairy, now approved Parev.

**P** Liquorice Torpedoes

##### **Rowntree's p47**

Previously, all Rowntree's confectionery was Not Kosher.

Now the Vegan products listed are approved Parev.

Products not in the Rowntree's Vegan range remain Not Kosher.

**P** ► Vegan Dessert Pastilles

**P** ► Vegan Fruit Gums

**P** ► Vegan Fruit Pastilles

**P** ► Vegan Fruit Pastilles Strawberry & Blackcurrant

**P** ► Vegan Jelly Tots

**P** ► Vegan Pick & Mix

**P** ► Vegan Tropical Tots

##### **Wrigley's p48**

Previously all packs were approved. Now only kosher when bearing the KF logo or when the product code begins with 01, 50 or contains 1FK.

**S** Gum Airwaves Black Mint

**S** Gum Airwaves Blackcurrant

**S** Gum Airwaves Cherry Menthol

- S Gum Airwaves Extreme
- S Gum Airwaves Menthol & Eucalyptus
- S Gum Doublemint
- S Gum Extra Apple
- S Gum Extra Blueberry
- S Gum Extra Cool Breeze
- S Gum Extra Ice Peppermint
- S Gum Extra Ice Spearmint
- S Gum Extra Peppermint
- S Gum Extra Spearmint
- S Gum Extra Strawberry
- S Gum Extra White
- S Gum Extra White Bubblemint
- S Gum Juicy Fruit
- S Gum Refreshers Extra Bubblemint
- S Gum Refreshers Extra Peppermint
- S Gum Refreshers Extra Spearmint
- S Gum Refreshers Extra Tropical
- S Mints Extra Peppermint

#### DAIRY FREE MILK & DRINKS

##### Califia Farms p53

Previously all products had the OU logo. Now production is gradually moving to a new site which is not certified, so only products bearing the OU logo are approved.

##### Moma p54

Previously KLBD certified with or without the KLBD logo. Now only certified when bearing the KLBD logo.

- KLBD** ▶ Oat Barista
- KLBD** ▶ Oat Original

#### FOOD COLOURS

##### Sugarflair p63

- S ▶ Paste Spectral

Previously all varieties were kosher certified. Now only the following are certified: Autumn Leaf, Baby Blue, Beetroot, Bitter Lemon/Lime, Blood Red, Burgundy, Canary Yellow, Caramel/Ivory, Chestnut, Chocolate, Christmas Red, Claret, Dark Brown, Deep Purple, Denim Blue, Duck Egg, Dusky Pink/Wine, Egg Yellow, Egyptian Orange, Emerald, Eucalyptus, Flamingo Pink, French Blue, Fuchsia, Ghoulish Green, Gooseberry, Grape Thistle, Grape Violet, Graphite, Holly Green, Ice Blue, Khaki, Lilac, Lime Green, Liquorice, Living Coral, Melon, Midnight Blue, Mint Green, Navy, Orchid, Paprika/Flesh, Party Green, Peach, Pink, Raspberry Sorbet, Red Blossom, Rose Pink, Royal Blue, Ruby, Sea Green, Spruce Green, Strawberry, Tangerine, Turquoise, Velvet Red and Violet.

Hot Pink is Not Kosher. To check the kosher certification status of other varieties, you are advised to contact Sugarflair directly.

#### GLUTEN FREE CEREALS

##### Nestle Go Free p68

No longer bear a hechsher on the packaging, but are still approved Parev.

- P Corn Flakes
- P Honey Nut Flakes

#### ICE CREAMS, LOLLIES & SORBET

##### Slush Puppie p75

Previously certified KLBD Parev with or without the KLBD logo. Now only certified when bearing the KLBD logo. Products not bearing the logo and drinks from Slush Puppie machines are not approved.

- KLBD** ▶ Freeze, Squeeze, Drink Blue Raspberry
- KLBD** ▶ Freeze, Squeeze, Drink Sour Cherry
- KLBD** ▶ Freeze, Squeeze, Drink Strawberry

#### SALAD DRESSINGS & MAYONNAISE

##### Hellmann's

Currently on sale in discount stores, contains wine vinegar and is Not Kosher.

- NK** Mayo

#### SOFT DRINKS

##### Fanta p93

Previously Lilt, have now rebranded and are still approved Parev.

- P Pineapple & Grapefruit
- P Pineapple & Grapefruit Zero

##### Robinsons Double Strength No Added Sugar p94

Previously approved Parev, now Not Kosher. Old stock which does not list red grape juice in the ingredients is still approved Parev.

- NK** Blackcurrant

##### Sainsbury's

Previously approved Dairy, has changed formulation and is now approved Parev. You are advised to check the ingredients declaration as old stock containing milk is still Dairy.

- P ▶ Pineapple & Coconut Juice

#### SPORTS NUTRITION

##### Huel

Previously all packs were covered. Now only certified when bearing KLBD logo or stating 'Made in Germany'.

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

- KLBD** Ready to Drink Cinnamon Swirl
- KLBD** Ready to Drink Iced Coffee Caramel
- KLBD** Ready to Drink Salted Caramel
- KLBD** Ready to Drink Strawberries & Cream
- KLBD** Ready to Drink Vanilla

#### SWEETENERS

##### Canderel p102

Current stock has been mislabelled with a KLBD D logo, but is certified KLBD Parev.

- KLBD** ▶ Red Zero Liquid

##### Truvia p103

Previously approved Dairy, but have changed formulation and are now approved Parev. Old stock with lactose in the ingredients is approved Dairy.

- P Tablets

#### TEA

##### Twinings p104

▶ Previous restrictions to the range of approved Twinings teas no longer apply. All Twinings teas and herbal teas purchased in the UK are now approved Parev. To check which Twinings Cold Infuse products are approved, see [www.isitkosher.uk](http://www.isitkosher.uk).

#### VEGETARIAN FOODS

##### Ramona's

Previously had the KLBD logo and was stocked in the kosher aisle of supermarkets. Now in the regular aisle without the logo, but still KLBD certified.

- KLBD Fabulous Falafel

#### YOGHURTS & DAIRY DESSERTS

##### Activia p109

Previously Not Kosher, have changed formulation and are now approved Dairy.

- D Intensely Creamy Blueberry
- D Intensely Creamy Cherry

##### Muller p110

Previously Not Kosher, have been reformulated and are now approved Dairy.

- D ▶ Light Greek Style Banoffee
- D ▶ Light Greek Style Coconut Vanilla
- D ▶ Light Greek Style Layers Cherry
- D ▶ Light Greek Style Layers Peach & Passionfruit
- D ▶ Light Greek Style Lemon
- D ▶ Light Greek Style Strawberry

## MEDICINES

### PRESCRIPTION ONLY MEDICINES

#### p140

► In the light of new information received from the company, **DDAVP Melts** and **Desmomelt Tablets** are now approved Parev.

### PROBIOTICS & DIGESTIVE HEALTH

Previously approved Dairy, are now approved Parev.

P ► Milkaid Lactase Enzyme Raspberry Chewable

## NEW PRODUCTS

## FOOD

### BABY MILKS

#### Aptamil

D Organic First Infant 1 RTF

#### Holle Organic

D Growing Up 4

### BABY SNACKS

#### Kiddylicious

Only listed products are KLBD certified.

KLBD Veggie Straws Sour Cream & Chive

KLBD Veggie Straws Tomato, Kale & Spinach

#### Organix

P ► 12+ Soft Oaty Bars Choco Orange

P ► Kids Flapjack Bites Choco Mint

P ► Kids Flapjack Bites Choco Orange

P ► Kids Oaty Bars Lemon & Lime

P ► Kids Oaty Bars Mandarin & Apple

### BISCUITS

#### McVities

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

P Digestives Wholesense

### BREAD

#### Hovis

Pas Palter. Only certified when bearing the KLBD logo.

**KLBD** ► Seed Sensations Sunflower & Pumpkin Seed

**KLBD** Simple White

#### Warburtons

Pas Palter. Hamotzi. 8 Pack.

**KLBD** Crumpet Thins

## CAKE DECORATING

### Rainbow Dust

P ► Cakecraft Essentials Icing Whitener

### Sugarflair

Available from cake decorating shops, internet and mail order companies.

S ► Cacao Butter Drops

S ► Glaze/Matt Paint Cleaner

S ► Glucose Syrup

S ► Leaf Transfer Silver

Gold, Pearl, Rose Gold and Silver are certified Parev. To check the kosher certification status of other varieties, you are advised to contact Sugarflair directly.

S ► Metallic Paint

### CEREALS

#### ASDA Just Essentials

P Wheat Bisks

#### Jordans

D Country Crisp Chocolate & Hazelnut

P Granola Deluxe Dark Chocolate & Strawberries

P ► Granola No Added Sugar Apple & Berry

P ► Granola No Added Sugar Triple Nut

#### Kellogg's

S ► Coco Pops Chocos

S ► Coco Pops Mega Pops

S Crunchy Nut Salted Caramel

S ► Rice Krispies Multigrain Shapes Honey

#### Lizi's

Available from supermarkets and [www.lizis.co.uk](http://www.lizis.co.uk).

**KLBD D** ► Granola Passionfruit & Pistachio

#### The Great British Porridge Co

Covers pouches and pots. Pots do not have KLBD logo.

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

**KLBD** Blueberry & Banana

**KLBD** Caffè Latte

**KLBD** Classic Chocolate

#### Weetabix

KLBD ► Weetabix Honey Hoops Disney Kitchen

### CHEESE

#### The Milk Company

**KLBD CY** Ricotta

### COFFEE & SUBSTITUTES

#### Beanies Flavour Coffee

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

KLBD ► Lemon Meringue Pie

#### Nescafe Gold

KLBD Blend Roastery Collection Dark

KLBD Blend Roastery Collection Light

KLBD Blend Roastery Collection Light Decaf

### COFFEE MACHINES

#### Nescafe Dolce Gusto

P Americano Decaff

KLBD D Cafe au Lait Intenso

KLBD Espresso Barista

P Espresso Decaff

KLBD Grande Morning Blend

P Lungo Decaff

P Ristretto

P Ristretto Ardenza

P Ristretto Napoli

#### Nescafe Dolce Gusto Starbucks

KLBD D Macchiato Madagascar Vanilla

#### Nespresso

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

P ► Barista Creations Caramello

P ► Barista Creations Cioccolato

P ► Barista Creations Nocciola

P ► Barista Creations Vaniglia

P Esperanza de Colombia

P Espresso Istanbul

P Espresso Paris

P Espresso Rio de Janeiro

P Filter Style Intense

P Filter Style Mild

P Ispirazione Milano Intenso

P Tamuka Mu Zimbabwe

#### Nespresso Starbucks

P Breakfast Blend

P Creamy Vanilla

P Guatemala

P Italian Style Roast

P Smooth Caramel

P Sunny Day Blend

#### Nespresso Vertuo

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

P Barista Creations Bianco Doppio

P Barista Creations Bianco Piccolo

P Barista Creations Golden Caramel

P Barista Creations Rich Chocolate

P Barista Creations Roasted Hazelnut

P Barista Creations Sweet Vanilla

P Barista Creations Whisky Essence

P Inizio

P ► Juicy Watermelon Over Ice

## CONFECTIONERY

### Bett'r

Available from Abel & Cole and [www.smartorganic.com](http://www.smartorganic.com).

- KLBD Cups Almond Butter
- KLBD Cups Hazelnut Butter
- KLBD Cups Peanut Butter

### Elizabeth Shaw

- D ▶ Flutes Amaretto
- D ▶ Flutes Cappuccino
- D ▶ Flutes Mint Dark
- D ▶ Flutes Mint Milk
- D ▶ Flutes Orange
- D ▶ Hearts White Chocolate and Salted Caramel
- D ▶ Stars Dark Chocolate Mint
- D ▶ Stars Milk Chocolate Cinnamon

### Fox's

- P ▶ Glacier Mint Collection

### Lindt

- P ▶ Classic Vegan Caramel Sea Salt

### Nestle

- Excludes Kit Kat Chunky Caramel.
- D Kit Kat Caramel

- D Quality Street Orange Crunch Bar
- D Quality Street The Purple One Bar

### Poppets

- D ▶ Orangy
- D ▶ Salted Caramel Fudge

### Wrigley's

Certified by KF when bearing the KF logo or when the product code by the date stamp begins with 01, 50 or contains 1FK.

- S ▶ Gum Extra Watermelon
- S ▶ Gum Refreshers Extra Strawberry Lemon

## CRISPS & SNACKS

### Eat Real

- KLBD Lentil Chips Salted
- KLBD Veggie Straws Kale, Tomato & Spinach
- KLBD Veggie Straws Spinach, Tomato & Beetroot

### Proper Chips

- Other varieties are not approved.
- KLBD Lentil Chips Sea Salt

### Purely

For stockists see <https://welopepurely.com/>.

- P Plantain Chips Nice & Spicy
- P Plantain Chips Sea Salt
- P Plantain Chips Wild Garlic

## DAIRY FREE CHEESE

### Sainsbury's Free From

- KLBD Block Cheddar Style Black Pepper
- KLBD Slices Cheddar Style
- KLBD Slices Smoked

### Sheese

- KLBD Melting Bake Jalapeno & Chilli

## DAIRY FREE MILK & DRINKS

### Oatly

- P ▶ Light
- P No Sugars

Chilled and UHT.

- P ▶ Semi
- P Vanilla
- P ▶ Whole

### Vita Coco

- S Choc O Lot

## DAIRY FREE YOGHURTS

### Alpro

- P ▶ Gut Health Peach
- P ▶ Gut Health Strawberry

## DESSERTS

### Dole

- P ▶ Fruit in Jelly Tropical

## ENERGY & PROTEIN SNACKS

### M & M's

- NK Bar Hi Protein

### Nakd

- KLBD ▶ Protein Caramel
- KLBD ▶ Protein Cocoa Hazelnut
- KLBD ▶ Protein Peanut Butter

### Perkier

Available from supermarkets. For stockists see [www.perkier.co.uk](http://www.perkier.co.uk).

- KLBD D ▶ Cacao & Cashew
- KLBD D ▶ Cacao & Orange
- KLBD D ▶ Crunchy Peanut
- KLBD D ▶ Nutty Toffee & Dark Chocolate
- KLBD D ▶ Salted Caramel & Cacao
- KLBD D ▶ Salted Caramel & Dark Chocolate

## ENERGY & SPORTS DRINKS

### Rockstar

- P ▶ Refresh Strawberry & Lime
- P ▶ Refresh Watermelon & Kiwi

### Vieve

- NK Protein Water

## FISH SMOKED

### Kohn

Available from kosher shops.

- KLBD ▶ Salmon Herbs & Spices
- KLBD ▶ Salmon Hot Smoked Herbs & Spices

## FLAVOURINGS

### Bonilla Madagascan

For stockists see [www.bonilla-vanilla.com](http://www.bonilla-vanilla.com).

- KLBD ▶ Vanilla Bean Paste
- KLBD ▶ Vanilla Extract Intense
- KLBD ▶ Vanilla Extract Pure

### Foodie Flavours

15ml, 200ml and 1L. Available from [www.foodieflavours.com](http://www.foodieflavours.com).

\* Flavours marked 'NA' are not certified or approved.

- KLBD ▶ Almond
- \*NA ▶ Almond WS
- KLBD ▶ Aniseed
- KLBD ▶ Apple
- KLBD ▶ Apricot
- \*NA ▶ Banana
- KLBD ▶ Banana FS
- KLBD ▶ Blueberry
- KLBD ▶ Butter
- KLBD ▶ Butterscotch
- KLBD ▶ Candyfloss
- KLBD ▶ Caramel
- KLBD ▶ Caramel FS
- KLBD ▶ Chai
- KLBD ▶ Cherry
- KLBD ▶ Chocolate Mint
- KLBD ▶ Coconut
- KLBD ▶ Coffee
- KLBD ▶ Cookies & Cream
- KLBD ▶ Cream Cheese
- KLBD ▶ Creamy Buttery Caramel
- KLBD ▶ Custard
- KLBD ▶ Dandelion & Burdock
- KLBD ▶ Dulce de Leche
- KLBD ▶ Fruits of the Forest
- \*NA ▶ Gorilla Vanilla
- KLBD ▶ Hazelnut
- KLBD ▶ Honey
- KLBD ▶ Honeycomb
- KLBD ▶ Irish Cream
- KLBD ▶ Lemon
- \*NA ▶ Lemon WS
- KLBD ▶ Lime
- \*NA ▶ Lime WS
- KLBD ▶ Lychee

- KLBD ▶ Mango
- KLBD ▶ Maple
- KLBD ▶ Mulled Wine
- KLBD ▶ Orange
- \*NA ▶ Orange WS
- KLBD ▶ Organic Coffee Extract
- KLBD ▶ Organic Orange Oil
- \*NA ▶ Organic Peppermint Extract
- KLBD ▶ Organic Vanilla Extract
- KLBD ▶ Passionfruit Natural
- KLBD ▶ Peppermint
- KLBD ▶ Peppermint Oil
- KLBD ▶ Pina Colada
- KLBD ▶ Pineapple
- KLBD ▶ Pistachio
- KLBD ▶ Pumpkin Spice
- KLBD ▶ Raspberry
- KLBD ▶ Rhubarb
- KLBD ▶ Strawberry
- KLBD ▶ Vanilla
- KLBD ▶ Vanilla Extract WONF
- \*NA ▶ Vanilla FS
- KLBD ▶ Xmas Pudding

#### **Sugarflair**

- S ▶ Kosher Natural Flavours

#### **FLOUR & BREAD MIXES**

##### **Doves Farm**

- KLBD** ▶ Chickpea

#### **FOOD COLOURS**

##### **Sugarflair**

To check the kosher certification status of varieties not listed below, you are advised to contact Sugarflair directly.

- S ▶ Chocolate Colours

Brown, Burgundy, Dark Blue, Dark Green, Duck Egg, Light Blue, Light Green, Orange, Pink, Red and Yellow are certified Parev. Grape Violet is Not Kosher.

- S ▶ Oil Based Colours

Bumblebee, Charcoal, Chestnut, Duck Egg, Dusky Pink, Green, Heather, Holly, Ice Blue, Lime Green, Misty Rose, Raspberry, Sapphire, Tangerine, Velvet Rose and White are certified Parev. Grape, Hot Pink & Violet are Not Kosher.

- S ▶ Paste Natradi

Blue, Green and Yellow are certified Parev. Orange, Purple and Red are Not Kosher.

#### **FRUIT DRIED**

##### **Everyday Superfood**

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

- KLBD Barberries
- KLBD** Barberries Organic
- KLBD Ginger Pieces
- KLBD Sour Cherries

#### **FRUIT SNACKS**

##### **Bear**

- KLBD** ▶ Fruit Treasures Berry
- KLBD** ▶ Fruit Treasures Tropical

##### **Fruit Bowl**

- D ▶ Dino Eggs

#### **GLUTEN FREE BISCUITS & CAKES**

##### **Schar**

- P ▶ Choco Chip Cookies
- D ▶ Chocolate Digestives
- D ▶ Melto
- D ▶ Noccioli
- D ▶ Snack Milk Chocolate
- D ▶ Wafer Pocket

#### **GLUTEN FREE BREAD & ROLLS**

##### **BFree**

For stockists see [www.bfreefoods.com/uk/](http://www.bfreefoods.com/uk/). Also available from kosher shops.

- KLBD** Burger Buns
- KLBD Loaf Oat

##### **Juvela**

May be available on prescription.

- D ▶ Loaf White Unsliced
- D ▶ Rolls Fibre
- D ▶ Rolls White

##### **Warburtons Gluten Free**

4 Pack.

- KLBD** Fruity Buns Cinnamon & Raisin

#### **GLUTEN FREE CEREALS**

##### **Freee**

- KLBD** ▶ Hoops Supergrain

##### **Juvela**

May be available on prescription.

- P ▶ Crispy Rice

#### **GLUTEN FREE CRACKERS & SNACKS**

##### **Schar**

- P ▶ Salti

#### **GLUTEN FREE FLOUR, MIXES & BAKING POWDER**

##### **Everyday Superfood**

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

- KLBD** Flour Almond
- KLBD** Flour Coconut
- Freee**
- KLBD** ▶ Batter Mix

#### **GLUTEN FREE PASTA**

##### **Orgran**

Only permitted when bearing the KA logo.

- S ▶ Corn & Vegetable Penne
- S ▶ Garden Veggies Penne
- S ▶ Garden Veggies Spirals

##### **HONEY**

##### **Hilltop Honey**

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

- KLBD** ▶ Manuka MGO 1000+
- KLBD** ▶ Manuka MGO 250+
- KLBD** ▶ Manuka MGO 350+
- KLBD** ▶ Manuka MGO 500+
- KLBD** ▶ Manuka MGO 800+

#### **ICE CREAMS, LOLLIES & SORBET**

##### **Baskin Robbins**

Toppings, cones and flavours not listed are NOT KOSHER APPROVED. Individual Baskin Robbins SHOPS AND KIOSKS ARE NOT SUPERVISED by the KLBD. When purchasing from an open container, please ensure a CLEAN SCOOP is used.

- KLBD D ▶ Cool Mint Cookie
- KLBD D ▶ Strawberry

##### **Ben & Jerry's**

- S D ▶ Chocolatey Love A Fair
- S D ▶ Non Dairy Chocolatey Love A Fair
- S D Non Dairy Phish Food

##### **Booja Booja**

Available from Waitrose and Ocado. For stockists see [www.bojabooja.com](http://www.bojabooja.com).

- KLBD** Chocolate Fudge Brownie Tub
- KLBD** Cookie Dough Tub
- KLBD** Deeply Chocolate Tub
- KLBD** Mango & Raspberry Tub
- KLBD** Vanilla Tub

##### **Del Monte**

- P ▶ Cloudy Lemonade Lolly

##### **Haagen Dazs**

- S D ▶ Collection Caramel
- S D ▶ Macaron Double Chocolate Ganache
- S D ▶ Macaron Strawberry & Raspberry

- S D ▶ Salted Caramel Cappuccino
- S D ▶ Watermelon & Strawberry

#### Rowntree's

- P ▶ Fruit Blaster Lolly
- P ▶ Fruit Twisties Lolly

#### Tango

- P ▶ Sub Zero Tang Cherry Lollies
- P ▶ Sub Zero Tang Orange Lollies

#### NUTS & SEEDS

##### Everyday Superfood

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

- KLBD Almonds Activated
- KLBD Almonds Grated
- KLBD Almonds Raw
- KLBD Apricot Kernels
- KLBD Chickpea Roasted Unsalted
- KLBD Pistachio in Shell
- KLBD Pistachio Kernels Raw & Sweet
- KLBD Pistachios Roasted Salted
- KLBD Pistachios Slivered
- KLBD Walnuts Activated
- KLBD Walnuts Grated

#### OLIVES

##### Crespo

- P Caperberries
- P Capers
- P Capers Baby
- P Capers Capotes

#### PICKLED VEGETABLES

##### Garner's

- NK ▶ Pickled Gherkins Gin
- NK ▶ Pickled Onions Red

#### RICE & CORN CAKES

##### Rude Health

- KLBD Triangles Chickpea
- KLBD Triangles Corn
- KLBD Triangles Lentil High Protein

#### SALAD DRESSINGS & MAYONNAISE

##### Del Monte

- S Salad Cream
- S Salad Cream Light

##### Heinz

390g & 490g Plastic bottles only with or without the MK logo.

- P Mayonnaise Creamy & Smooth

##### Hellmann's

- NK Mayo

#### Nando's

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

- KLBD ▶ Perinaise Vegan Squeezy

#### Tiptree

- NK Mayonnaise

#### SAUCES & CONDIMENTS

##### Colgin

- S Liquid Smoke

##### Del Monte

- S BBQ Classic
- S BBQ Jerk
- S Tomato Ketchup

##### Geeta's

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

- KLBD ▶ Curry Paste Butter Chicken

##### Heinz

- NK Pasta Sauces

##### Kofners

Available from kosher shops.

- KLBD ▶ Mustard English
- KLBD ▶ Sweet Chilli

##### Pudliszki

Only plastic bottles bearing the MK logo.

- S ▶ Ketchup Pikantny
- S ▶ Ketchup Tagodny

#### SNACK BARS

##### Roo'Bar

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

- KLBD ▶ Mini Choc Mix

#### SOFT DRINKS

##### Aqua Libra

- P ▶ Blood Orange & Mango

##### Pepsi

- P ▶ Max Lime

##### Purdey's

- NK ▶ Refocus
- P ▶ Replenish

##### Robinsons Cordial

- P ▶ Blackberry, Cranberry & Sloe

##### Robinsons Fruit Creations

- P ▶ Lemon & Raspberry

##### Robinsons Mini

- P ▶ Boost
- P ▶ Focus
- P ▶ Immunity

- P ▶ Vitality

#### Robinsons No Added Sugar

- P ▶ Boost
- P ▶ Immunity
- P ▶ Vitality

#### Robinsons Ready to Drink

- P ▶ Blackberry & Blueberry
- P ▶ Peach & Mango

#### Tango

- P ▶ Sugar Free Paradise Punch

#### The London Essence Co

- P ▶ Soda Roasted Pineapple

#### SPICES, HERBS & SEASONINGS

##### Everyday Superfood

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

- KLBD Saffron Strands

#### SPORTS NUTRITION

##### Everyday Superfood

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

- KLBD Hemp Protein
- KLBD Hemp Seeds Shelled

#### SUGAR

##### Everyday Superfood

- KLBD Coconut Sugar

##### Trade Aid UK

Available from Tesco and Ocado.

- KLBD Caster

#### SUGAR FREE CONFECTIONERY

##### Chupa Chups

- P ▶ Sugar Free Cola

##### Simpkins

- P ▶ Sugar Free Drops Cappuccino
- P ▶ Sugar Free Drops Citrus Ginger
- P ▶ Sugar Free Drops Forest Fruit

#### SUPERFOODS

##### Everyday Superfood

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

- KLBD Acai Berry
- KLBD Acerola
- KLBD Ashwagandha
- KLBD Barley Grass European
- KLBD Barley Grass New Zealand
- KLBD Cacao
- KLBD Cacao Nibs
- KLBD Chia Seeds
- KLBD Chia Seeds Milled
- KLBD Chlorella

KLBD Flaxseed Milled  
KLBD Guarana  
KLBD Maca  
KLBD Maqui Berry  
**KLBD** Pea Protein  
**KLBD** Rice Protein  
**KLBD** Spirulina  
KLBD Turmeric  
**KLBD** Wheatgrass

#### **Purasana**

For a full list of KLBD certified varieties see [www.isitkosher.uk](http://www.isitkosher.uk).

**KLBD** ▶ Aloe Juices  
**KLBD** ▶ Lattes  
**KLBD** ▶ Organic & Fairtrade Cocos  
**KLBD** ▶ Protein  
**KLBD** ▶ Super Fruits  
**KLBD** ▶ Super Greens Powders  
**KLBD** ▶ Super Mixes  
**KLBD** ▶ Super Shakes  
**KLBD** ▶ Super Sweet & Flavour  
**KLBD** ▶ Superfood Mixes  
**KLBD** ▶ Superfood Powders  
**KLBD** ▶ Superfoods

#### **SWEETENERS**

##### **Truvia for Baking**

P Brown  
P Caster  
P Icing

#### **SYRUPS & TOPPINGS**

##### **The Groovy Food Company**

Available from Ocado.

**KLBD** ▶ Agave Nectar Chipotle  
**KLBD** ▶ Agave Nectar Hot

#### **TEA**

##### **Twinings Cold Infuse**

P ▶ Metabolism Watermelon, Apple & Matcha  
P ▶ Passionfruit, Mango & Orange  
P ▶ Replenish Lime, Mint & Green Tea  
KLBD ▶ Vitality Raspberry & Hibiscus  
P ▶ Watermelon, Strawberry & Lemon

#### **VEGETARIAN FOODS**

##### **Gosh**

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

**KLBD** ▶ Chilled Burger Cauliflower Bombay  
**KLBD** Chilled Falafel Classic

#### **Quorn**

Flavoured Quorn Fillets are not approved.

P Frozen Fillets 312g  
P Frozen Fillets Vegan 252g

#### **WORLD FOODS**

##### **Everyday Superfood**

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

KLBD Tea Matcha Ceremonial

##### **Tempehting Good Food**

**KLBD** Tempeh

#### **Yutaka**

Hon (Real) Wasabi Paste is made in a different factory and is not approved.

P Wasabi Paste

#### **YOGHURTS & DAIRY DESSERTS**

##### **Little Yeos Organic**

**NK** Pouch Apple & Pear  
**NK** Pouch Mango

### **ALCOHOL**

#### **BEER**

##### **Cobra**

**KLBD** ▶ Premium Gluten Free

#### **CACHACA**

##### **Pitu**

P Cachaca

##### **Sagatiba**

P Cachaca

#### **CIDER & PERRY**

##### **Gravity Theory**

330ml and 440ml cans.

KLBD Cider

##### **Hawkstone**

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

KLBD Cider

##### **Weston & Son**

Available from Lidl.

KLBD English Vintage Deluxe

#### **COCKTAIL MIXERS & SYRUPS**

##### **Monin**

P Syrup Caramel Salted No Added Sugar

#### **FLAVOURED ALCOHOLIC DRINKS**

##### **Bacardi**

P Mojito Rum, Lime & Mint

#### **BuzzBallz Cocktails**

D Choc Tease  
P Espresso Martini  
P Lotta Colada  
P Strawberry 'Rita  
P Tequila Rita

#### **GIN**

##### **Drumshanbo**

Certified with or without KLBD logo.

**KLBD** Gunpowder Irish Ashford Castle Honey & Wood Sorrel

**KLBD** Gunpowder Irish California Orange

##### **Wessex**

Includes miniatures. Available from Amazon and [www.wessexdistillery.com](http://www.wessexdistillery.com).

KLBD London Dry

KLBD Wyvern's Classic

#### **TEQUILA**

##### **Casamigos**

P Reposado

##### **Don Julio**

P 1942

#### **WHISKY SCOTCH**

##### **DS Tayman**

Where applicable, covers First, Second, Bordeaux and Tulip editions. Available from kosher shops. For other stockists see [www.dstayman.com](http://www.dstayman.com).

**KLBD** Blair Athol Single Malt 12 Year Old

**KLBD** Caol Ila Single Malt 10 Year Old

**KLBD** Glen Elgin Single Malt 12 Year Old

### **MEDICINES**

#### **BONE & JOINT HEALTH**

P Terra Nova Glucosamine, Chondroitin & Boswellia Capsules

#### **CONSTIPATION**

D Cenlax Tablets

#### **DIARRHOEA**

P ▶ Galpharm Diarrhoea Relief Capsules

P ▶ Imodium Dual Action Tablets

#### **EYE HEALTH**

P ▶ Visionace Original Tablets

#### **FEMALE HEALTH**

P Performance Lab NutriGenesis Multi for Women

#### **GLUCOSE TABLETS, GEL & SOLUTION**

P Glucose15 Lemon Gel

## HAYFEVER & ALLERGIES

P ▶ Allerief Solution

## INDIGESTION & ULCERS

P ▶ Gaviscon Double Action Mixed Berries Liquid

## MULTIVITAMINS & MINERALS

S NHP Advanced Thyroid Support Capsules

S NHP Vegan Multi Support Capsules

NK Swedish Nutra Ultra+ Multivitamin Liquid

## NAUSEA & VOMITING

P ▶ Boots Travel Calm Tablets

## NUTRITIONAL SUPPORT

P Biozoon Seneo Pro Air Instant Sticks

P ▶ Fortisip Plant Based Liquid

D ▶ Fresubin Jucy Drink

## ORAL HYGIENE

P Eucryl Toothpowder Freshmint

P Eucryl Toothpowder Original

P Ultradex Fresh Breath Spray

## PAIN KILLERS

P Cuprofen Maximum Strength Tablets

P ▶ Panadol Night Tablets

## PRESCRIPTION ONLY MEDICINES

P Baraclude Suspension

P ▶ Demovo Solution

P Desmopressin Nasal Spray

P Entecavir Solution

P Lamitcal Dispersible Tablets

## PROBIOTICS & DIGESTIVE HEALTH

P ▶ Milkaid Junior Lactase Enzyme Strawberry Chewable

P ▶ Milkaid Lactase Enzyme Dropsh

P ▶ Nature's Best Lactase Tablets

S Solgar Psyllium Husks Fibre Vegetable Capsules

## SLEEP & RELAXATION

P Bach Rescue Night Raspberry Gummies

## SORE THROATS

P Tesco Sore Throat Relief Dual Action Honey Lemon Lozenges

## STRESS & ENERGY

P Bach Rescue Orange Gummies

## SUPERFOOD SUPPLEMENTS

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

KLBD Elixinol CBD Cinnamint Tincture

KLBD Elixinol CBD Natural Tincture

## SUPPLEMENTS FOR CHILDREN

P Cytoplan Cytokids Nutri Bears

D ▶ Wellkid Peppa Pig Pro Tummy Jellies

## WEIGHT LOSS

NK Slim Joy Water Out XXL Sachets

## DELISTED PRODUCTS

Bavaria Holland Shandy

Perry Court Farm Bars

SiS Science in Sport Go Energy Gels

Slush Puppie Freeze, Squeeze, Drink Pink Bubblegum

Whitworths Shots Nuts Smoke

## 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