



LONDON BETH DIN UPDATE AUGUST 2024

This update to *The Really Jewish Food Guide 2024* replaces and incorporates all information in the previous update.

For the latest information visit

isitkosher.uk

Works offline. Also available as an Android and iPhone App

KLBD LICENSEE NEWS

New KLBD licensed restaurants:

► **Delicatessen (Meat)**

46 Rosslyn Hill
Hampstead NW3 1NH
Tel: 020 7700 5511
manager@delicatessen.company
www.delicatessen.company

► **Eli's Pizza (Dairy)**

2a Hoop Lane
Golders Green NW11 8JS
Tel: 020 3761 5151

► **Kasa Bar & Grill (Meat)**

30 The Market Place
Hampstead Garden Suburb
NW11 6JJ
Tel: 020 3441 3527
info@kasagrill.com
www.kasagrill.com

► **SurFin Poke (Meat/Parev)**

98a Golders Green Road
Golders Green NW11 8HB
Tel: 020 8922 1640
aloha@surfinpoke.co.uk
www.surfinpoke.co.uk

KLBD licensed restaurant now reopened:

White Fish (Dairy)

10-12 Bell Lane
Hendon NW4 2AD

Tel: 020 8202 8780
thewhitefishrestaurant@gmail.com

New KLBD licensed bakeries:

► **Cake Street**

Cupcakes, cakes, personalised biscuits and more to order
WhatsApp only: 07862 007384
cakestreetltd@gmail.com
Instagram: @cakestreetlondon

OvenEat

105 Golders Green Road
Golders Green NW11 8HR
Tel: 020 8488 3450
office@oveneat.com
Instagram: @oveneat_london

New KLBD licensed food manufacturer:

Cheffmans

97 Digby Crescent
Finsbury Park N4 2HS
shoffmans@gmail.com
Mob: 07966 025495

New KLBD licensed party food & drink supplier:

► **Confetti by Keshet**

Mob: 07591 344086
keshetconfetti@gmail.com
www.keshetconfetti.com

New email address and website:

► **Cohen's Caterers**

chefs5476@gmail.com
www.cohencaterers.co.uk

No longer under KLBD supervision:

La Fiesta Restaurant p156

235 Golders Green Road
Golders Green NW11 9ES

► **Kosher by KM Caterers p161**

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

CEREALS

Grain p32

Previously certified KLBD Parev, now KLBD Dairy. If purchasing from a kosher shop, check the kosher status on the sticker.

KLBD D Granola Raisin & Almond

KLBD D Granola Super Berry

KLBD D Granola Super Nutty

KLBD D Granola Tropical

Rude Health p34

Previously called 'Muesli Bircher' and certified KLBD Parev. Now comes in two varieties which are both certified KLBD Dairy and bear the KLBD D logo.

KLBD D ► Muesli Bircher Apple & Cinnamon

KLBD D ► Muesli Bircher Soft & Fruity

Previously certified KLBD Parev, now KLBD Dairy and bearing the KLBD D logo.

KLBD D ► Porridge 5 Grain 5 Seed

CONFECTIONERY

Bendicks p38

Further to previous advice, available stock of all varieties of Bendicks remains KLBD certified Parev, with or without a KLBD logo.

KLBD ► Bittermints

KLBD ► Mint Collection

KLBD ► Mint Crisps

KLBD ► Mint Fondants

Nestle p43

Previously approved Dairy, now approved Parev.

P Kit Kat Vegan

CRISPS & SNACKS

KP p48

Previously Not Kosher, now approved Parev. Other flavours are not approved.

P ► Hula Hoops Original

ENERGY & PROTEIN SNACKS

Misfits p54

Certified KLBD Parev only with specified 'Best Before End' (BBE) date earlier. Products with a later BBE date are not certified or approved.

- ▶ Bar Chocolate Caramel

BBE 3rd May 2025

- ▶ Bar Chocolate Cookie Dough

BBE 4th May 2025

- ▶ Bar Dark Choc Brownie

BBE 9th February 2025

- ▶ Bar White Choc Cookies & Cream

BBE 27th April 2025

Other varieties of Misfits are not approved.

FISH SMOKED

Severn & Wye Smokery p59

Previously all stock was covered by KLBD certification, but now only KLBD certified when bearing the EC code 'FD006'.

- KLBD ▶ Gravadlax Lemon & Pepper
- KLBD ▶ Gravadlax Plain Cure
- KLBD ▶ Salmon Cold Smoked (Unflavoured)
- KLBD ▶ Salmon Frozen Fillets with Skin
- KLBD ▶ Trout Chalkstream Cold Smoked
- KLBD ▶ Trout Chalkstream Fresh with Skin

FRUIT SNACKS

Fruit Bowl p62

Previously certified by the Manchester Beth Din and bearing their logo. Now certified by KLBD, although new packaging does not bear any kosher logo.

- KLBD Peelers Blackcurrant
- KLBD Peelers Raspberry
- KLBD Peelers Strawberry

ICE CREAMS, LOLLIES & SORBET

Wall's p72

Previously approved Dairy, now approved Parev. Listing also covers Twister Pineapple Mini Stick.

- P ▶ Twister Pineapple Stick

SALAD DRESSINGS & MAYONNAISE

Heinz Seriously Good p81

- S Mayonnaise

Previously, sizes were not specified, but now only the following are covered with or without the MK logo:

Plastic bottles 540g/565ml and 775g/800ml.

Glass jars 460g/480ml and 680g/710ml

Other sizes are permitted only if bearing the MK logo.

S Mayonnaise Light

Previously, sizes were not specified, but now only the following are covered with or without the MK logo:

Plastic bottles 570g/565ml, 815g/800ml

Glass jars 490g/480ml, 720g/710ml

Other sizes are only permitted if bearing the MK logo.

SAUCES & CONDIMENTS

Heinz p82

- P Tomato Ketchup Sachets

Previous approval only covered plastic bottles bearing the MK logo and additional sizes listed on Isitkosher. Approval now covers 8g/7ml, 11g/10ml and 20g/17ml sachets bearing the UK and/or Netherlands address. Sachets produced in other countries are not approved, with the exception of those bearing the OU logo.

SWEETENERS

Canderel p98

Previously certified KLBD Dairy, now certified KLBD Parev. Check the logo on the packaging as there may still be old stock on sale bearing the KLBD-D logo, which is Dairy. Where applicable, covers dispenser packs and sachets of a single tablet.

- KLBD ▶ Red Tablets
- KLBD ▶ Stevia Blend Tablets
- KLBD ▶ Yellow (Sucralose) Tablets

VEGETARIAN FOODS

Meatless Farm

- KLBD ▶ Beef Style Mince

Previously called 'Plant Based Chilled Mince'. Only products sold in the UK are KLBD certified. These should state 'Produced in the UK' on the label. Available from most

major supermarkets. For stockists see www.meatlessfarm.com.

ALCOHOL

CIDER & PERRY

Thatchers p109

Previously delisted, now recertified KLBD Parev. Applies to 500ml bottle, 330ml & 440ml cans only.

- KLBD ▶ Blood Orange

COCKTAIL MIXERS & SYRUPS

Monin

Previously only certain sizes were approved, now approved in all sizes.

- P ▶ Syrup Caramel
- P ▶ Syrup Gingerbread
- P ▶ Syrup Hazelnut
- P ▶ Syrup Sugar Cane Pure
- P ▶ Syrup Vanilla

Previously not approved, but now approved Parev.

- P Syrup Orange Spritz

LIQUEURS

The King's Ginger

Previously listed on Isitkosher as approved Parev, now Not Kosher.

- NK Ginger Liqueur

MEDICINES

HOMEOPATHIC REMEDIES p126

Previous information stated that all Weleda Solid Dose preparations were Parev. However, some are formulated with lactose which is Dairy, so it is important to check the ingredients. Preparations containing lactose should not be taken together with or after meat.

NEW PRODUCTS

FOOD

BABY FOODS

Ella's Kitchen

- NK 7+ Katsu Curry
- NK 7+ Lamb Tagine

BABY MILKS

Kendamil

- KLBD D ▶ Comfort
- KLBD D ▶ Organic 1
- KLBD D ▶ Organic 2
- KLBD D ▶ Organic 3

BABY SNACKS

Ella's Kitchen

- NK** 12+ Butterfly Pops Cheese & Pickle

Kiddylicious

- KLBD Veggie Straws (Potato, Rice & Pea)

Organix

- P ▶ 6+ Weaning Wands Banana
- P ▶ 6+ Weaning Wands Strawberry

Organix Kids

- P ▶ Crunchy Waves Crazy Carrot
- P ▶ Crunchy Waves Tangy Tomato

BISCUITS

Le Bosquet

- Pas Yisrael. Available from kosher shops.
- KLBD ChiCrunch Chocolate Chips Natural
- KLBD ChiCrunch Cocoa & Chocolate
- KLBD Loobaz

BREAD

Cohens Bakery

Pas Yisrael. Hamotzi. Available from Costco, Ocado and from the following branches of Morrisons: Borehamwood, Colindale, Stamford Hill and Watford.

- KLBD** ▶ Challa

- KLBD** ▶ Rye

CAKE DECORATING

Cake Star

- KLBD Edible Wafer Paper (White)

CEREALS

Kellogg's

- S Corn Flakes Chocolate Flavour

Mornflake

- P Crispy Muesli Fruit, Nut & Seed
- P Crispy Muesli Fruity
- P Crispy Muesli Nutty
- P Crunchy Granola Hawaiian
- P Crunchy Granola Orchard
- P Crunchy Granola Original

Rude Health

- KLBD D** ▶ Granola Maple & Pecan

Weetabix

- KLBD ▶ Marvel Chocolate Stars

Weetos

- KLBD Chocolatey Hoops Caramel
- KLBD Chocolatey Hoops Honeycomb

CHOCOLATE & SWEET SPREADS

Le Bosquet

Available from kosher shops.

- KLBD** ▶ Noca

- KLBD** ▶ Noca Zero

Vego

- D ▶ Fine Hazelnut Chocolate Crunchy

COFFEE & SUBSTITUTES

Beanies Flavour Coffee

Available from www.beaniesflavourco.co.uk.

- KLBD ▶ Chocolate Double Decaf

- KLBD ▶ Nutty Hazelnut Decaf

- KLBD ▶ Very Vanilla Decaf

Nescafe Azera

- KLBD ▶ Perky Blenders

COFFEE MACHINES

Nescafe Dolce Gusto Starbucks

- KLBD D ▶ Mocha White

Nespresso

- P ▶ Barista Creations Freddo Delicato
- P ▶ Barista Creations Freddo Intenso
- P ▶ Cadiz Espresso
- P ▶ Lisbon Bica
- P ▶ Tropical Coconut Over Ice

Nespresso Vertuo

- P ▶ Alto Ambrato
- P ▶ Alto Onice
- P Barista Creations Pumpkin Spice Cake
- P ▶ Cold Brew Style Intense
- P ▶ Master Origins El Salvador
- P ▶ Sunny Almond Vanilla Over Ice
- P ▶ Tropical Coconut Over Ice

CONFECTIONERY

Cadbury

- D ▶ Top Deck

Divine

- D ▶ Dark Chocolate Fruit & Nut
- D ▶ Milk Chocolate Orange Crisp

Firetree

Available from Amazon and www.firetreeshocolate.com.

- KLBD D ▶ Philippines Mindanao Island Milk 40% and 50%.

- KLBD D ▶ Solomon Islands Guadalcanal Milk 40%.

Fox's

- NK** Chewy Mints Peppermint

Hu

- P Dark Chocolate Almond Butter & Quinoa
- P Dark Chocolate Cashew Butter & Orange
- P Dark Chocolate Cashew Butter & Vanilla Bean
- P Dark Chocolate Crunchy Mint
- P Dark Chocolate Hazelnut Butter
- P Dark Chocolate Salty
- P Dark Chocolate Simple
- P Dark Chocolate Vanilla Crunch

Lindt

- D ▶ Excellence Dark Caramelised Hazelnut

Millions

- NK** Whirl Pops

Nestle

- D ▶ Aero Bar Choco Hazelnut
- D ▶ Aero Bar Dark & Milk
- D ▶ Aero Bar Dark & Milk Peppermint
- D ▶ Aero Bar Golden Honeycomb

Seed & Bean

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

- KLBD D Dark Chocolate Coconut & Raspberry
- KLBD D Dark Chocolate Cornish Sea Salt
- KLBD D Dark Chocolate Espresso
- KLBD D Dark Chocolate Extra 72%
- KLBD D Dark Chocolate Just Ginger
- KLBD D Dark Chocolate Lavender
- KLBD D Dark Chocolate Lemon & Cardamom
- KLBD D Dark Chocolate Mandarin & Ginger
- KLBD D Dark Chocolate Mint
- KLBD D Dark Chocolate Orange & Thyme
- KLBD D Dark Chocolate Sicilian Hazelnut
- KLBD D Milk Chocolate Cornish Sea Salt & Lime
- KLBD D Milk Chocolate Rich
- KLBD D Milk Chocolate Smooth Praline

Smint

- P ▶ 2 Hours Clean Breath
- P ▶ XXL Peppermint
- P ▶ XXL Spearmint

P ▶ XXL Sweet Mint

Terry's Chocolate

D Mint Ball Milk

The Ginger People

P Gin Gins Double Strength

P Gin Gins Original

Tic Tac

P ▶ Citrus Mix

P ▶ Fresh Cool Cherry

P ▶ Fresh Grapefruit Mint

P ▶ Fresh Strong Mint

P ▶ Sprite Lemon Lime

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 White Melon Mint

COOKING CHOCOLATE

Plamil

Available from www.veganchocolat.co.uk.

KLBD ▶ Melting Buttons Oat

CRISPS & SNACKS

Aldi Snackrite

P Crisps Ready Salted

ASDA

P Crisps Ready Salted

Lidl Snaktastic

P Crisps Ready Salted

Love Corn

KLBD Sour Cream & Chive

Pop Yum

Available from kosher shops.

KLBD ▶ Popcorn Gourmet Choco Cherry Swissroll

KLBD ▶ Popcorn Gourmet Chocolate Caramel

KLBD ▶ Popcorn Gourmet Cinnamon Roll

KLBD ▶ Popcorn Gourmet Cookies & Cream

KLBD ▶ Popcorn Gourmet Hawaiian Punch

KLBD ▶ Popcorn Gourmet Lotus

KLBD ▶ Popcorn Gourmet Mint Chocolate

KLBD ▶ Popcorn Gourmet Mochaccino

KLBD ▶ Popcorn Gourmet Peanut Chew

KLBD ▶ Popcorn Gourmet Pecan Pie

KLBD ▶ Popcorn Gourmet Salted Caramel

KLBD ▶ Popcorn Gourmet Strawberries & Cream

KLBD ▶ Popcorn Popsnax Blueberry

KLBD ▶ Popcorn Popsnax Butterscotch

KLBD ▶ Popcorn Popsnax Raspberry

KLBD ▶ Popcorn Popsnax Strawberry Banana

KLBD ▶ Popcorn Popsnax Sweet & Salty

KLBD ▶ Popcorn Popsnax Toffee Apple

Sainsbury's

P Crisps Ready Salted

Tesco

P Crisps Ready Salted

Tesco Stockwell & Co

P Crisps Ready Salted

Waitrose Essential

P Crisps Ready Salted

DAIRY FREE MILK & DRINKS

Lakeland Dairies

Only with EC code 1065.

KLBD D Oat in a Stick

Lima

P ▶ Oat Drink Natural

Oatly

P ▶ Original Single Serve 20ml

DAIRY FREE YOGHURTS

Alpro

P ▶ Coconut Salted Caramel

P ▶ Coconut Stracciatella

P ▶ Plant Protein Red Berries

P ▶ Plant Protein Tropical

ENERGY & PROTEIN SNACKS

Clif Bar

S D Energy Bar Chocolate Chip

S D Energy Bar Crunchy Peanut Butter

S D Energy Bar White Chocolate Macadamia Nut

Clif Nut Butter

S D Bar Chocolate & Peanut Butter

S D Bar Chocolate Chip & Peanut Butter

S D Bar Peanut Butter

Creative Nature

For stockists see www.creativenaturesuperfoods.co.uk.

KLBD ▶ Flapjack Blueberry Muffin

ENERGY & SPORTS DRINKS

Huel

NK ▶ A-Z Vitamins Daily Drink

Red Bull

P ▶ The Edition Pink Forest Fruits Sugarfree

P ▶ The Edition Red Watermelon Sugarfree

P ▶ The Edition Summer Curuba Elderflower

P ▶ The Edition Summer Curuba Elderflower Sugarfree

Rubicon

NK Raw Apple & Guava

Vimto

NK ▶ Energy

FISH SMOKED

Mr Freed's

Available from kosher shops.

KLBD ▶ Smoked Salmon

Severn & Wye Smokery

Only certified with EC code 'FD006'. For orders telephone 01452 760191 or email smokery@severnandwye.co.uk.

KLBD ▶ Rainbow Trout Cold Smoked (Unflavoured)

KLBD ▶ Salmon Fresh Raw Fillets & Portions with Skin

FLAVOURINGS

Foodie Flavours

15ml, 200ml and 1L. Available from www.foodieflavours.com. Blackcurrant FS, Grapefruit WS, Rose WS and Strawberry FS are not approved.

KLBD Bird's Eye Chilli Extract

KLBD Blackcurrant

KLBD Cardamom

KLBD Chocolate

KLBD Cranberry

KLBD Cream Soda

KLBD Gorilla Vanilla

KLBD Grapefruit

KLBD Juniper Gin

KLBD Licorice

KLBD Mixed Spice

KLBD Organic Orange Extract

KLBD Organic Peppermint Extract

KLBD Pecan

KLBD Plum

KLBD Prosecco

KLBD Rose

KLBD Rum

KLBD Sweet Hazelnut & Chocolate

KLBD Violet

KLBD Watermelon

Robertsons

Available from kosher shops. Covers Almond, Banana, Caramel, Lemon, Orange, Peppermint, Pineapple, Strawberry and Vanilla.

P Essence Flavours

FOOD COLOURS

Robertsons

Available from kosher shops. Covers Blue, Green, Red and Yellow.

P Food Colourings

FRUIT CANS, JARS & POTS

Opies

P Cocktail Cherries Maraschino
P Cocktail Cherries Maraschino Stemmed

FRUIT SNACKS

Bear

KLBD ► Yoyos Tropical

Freddie's Farm

For stockists see www.freddiesfarmsnacks.co.uk.

KLBD Berry Bars Blueberry
KLBD Berry Bars Raspberry
KLBD Berry Bars Strawberry

Fruit Bowl

Available from Sainsbury's.
KLBD ► Fruity Twists Blueberry Bubblegum
KLBD Fruity Twists Strawberry & Vanilla

Urban Fruit

KLBD Banana

GELLING AGENTS

Louis Francois

P Pectin NH Nappage

GLUTEN FREE BREAD & ROLLS

Warburtons Gluten Free

4 Pack.
KLBD ► Pittas Soft White

GLUTEN FREE CEREALS

ASDA Free From

P Corn Flakes
P Rice Snaps
P Special Flakes

Freee

KLBD ► Hoops Cinnamon

Lizi's

Available from supermarkets and www.lizis.co.uk.
KLBD D Granola Caramelised Almonds, Hazelnuts & Pecans

Mornflake

P Gluten Free Jumbo Oats

P Gluten Free Porridge Oats

MyVegan

P Instant Oats Gluten Free
P Rolled Oats Gluten Free

Sainsbury's Free From

P Bran Flakes
P Cornflakes
P Rice Pops
P Rice Pops Choco

HOT CHOCOLATE & MALTED DRINKS

Firetree

40%. Available from Amazon and www.firetreechocolate.com.
KLBD D ► Solomon Islands Guadalcanal Milk

ICE CREAMS, LOLLIES & SORBET

Baskin Robbins

KLBD D ► Sorbet Blue Raspberry

Ben & Jerry's

S D ► Choco Lotta Cheesecake
S D ► Dulce de Lish
S D ► Lighten Up Vanilla Brownie
S D ► Non Dairy Sundae Caramel Cafe
S D ► Non Dairy Sundae Oat of This Swirled
S D ► Spectacu Love
S D ► Sundae Marshmallow & S'more

Haagen Dazs

S D ► Lotus Biscoff Caramel, Biscuit & Cream Speculoos

Tango

P ► Sub Zero Tang Apple Lollies
P ► Sub Zero Tang Blue Raspberry Lollies
P ► Sub Zero Tang Dark Berry Lollies

Wall's

P ► Twister Berrylicious Stick
P ► Twister Mini Tropical Stick
D ► Twister Pear Stick

Available in Ireland.

P ► Twister Peek A Blue Stick

MEAT PRODUCTS

Alef

Glatt. Available from kosher shops.
KLBD Meaty Chilled Beef Frankfurters
KLBD Meaty Chilled Beef Hot Dogs Jumbo
KLBD Meaty Chilled Beef Viennas
KLBD Meaty Chilled Beef Viennas Cocktail

KLBD Meaty Chilled Chicken Viennas
KLBD Meaty Chilled Chicken Viennas Cocktail
KLBD Meaty Frozen Chicken Goujons
KLBD Meaty Frozen Chicken Nuggets
KLBD Meaty Frozen Chicken Schnitzel

MILK

Lakeland Dairies

Whole and Semi Skimmed. Only with EC code 1065.
KLBD D Milk in a Stick

NUTS & SEEDS

Cofresh

KLBD Nut Mix Caramel Sesame Coated

SALAD DRESSINGS & MAYONNAISE

Nando's

KLBD ► Perinaise Medium Lemon & Black Pepper

SAUCES & CONDIMENTS

Nando's

Only permitted when bearing a kosher logo. Available from Asda.

KLBD ► Peri Ketchup Medium

SAVOURY SPREADS

Marmite

KLBD certified when bearing a KLBD logo on the outer case, or with an expiry date after 19th March 2024 on the individual portions. Available from kosher shops, Ocado, Amazon and other wholesalers.

KLBD ► 8g Portions

SNACK BARS

Alpen

KLBD D ► Delight Chocolate Caramel Shortbread
KLBD D ► Delight Honeycomb
KLBD D ► Fruit & Nut
KLBD D ► Fruit & Nut Chocolate
KLBD D ► Light Raspberry & White Chocolate
KLBD D ► Oat Milk Chocolate
KLBD D ► Oat White Chocolate
KLBD D ► Yogurt Raspberry
KLBD D ► Yogurt Strawberry

Cadbury

NK ► Brunch Light
NK ► Brunch Oats Choc Chip Bournville

Freee

KLBD ► Oat Banana & Chocolate
KLBD ► Oat Cranberry

Nakd

Certified with or without KLBD logo.

KLBD ▶ Fruit & Fibre Apple & Cinnamon

KLBD ▶ Fruit & Fibre Raspberry & Strawberry

Weetabix

NK Oaty Bars

SOFT DRINKS

Chi

1l with logo and 330ml without.

KLBD ▶ Coconut Water

Juice Burst

NK Peach Ice Tea

Moju

P ▶ Gut Health Tropical

P ▶ Immunity Hot Mango

P ▶ Immunity Multi Berry

P ▶ Vitality Ginger

P ▶ Vitality Turmeric

Ocean Spray

NK Cranberry & Raspberry

NK Cranberry Pink No Added Sugar

Tango

P ▶ Sugar Free Mango

Tassoni

Available from kosher shops and independent retailers.

KLBD ▶ Soda Classica

KLBD ▶ Tonica Al Cedro

Tropicana

NK ▶ Fruit Sensation Cucumber & Lemon

NK ▶ Fruit Sensation Orange & Mango

NK ▶ Fruit Sensation Peach & Raspberry

NK ▶ Multivit Boost Multifruit

VOSS

S ▶ Sparkling Lemon Cucumber

S ▶ Sparkling Lime Mint

S ▶ Sparkling Tangerine Lemongrass

SPICES, HERBS & SEASONINGS

Nando's

KLBD ▶ Flavour Shaker Extra Mild Lemon & Herb

KLBD ▶ Flavour Shaker Medium

KLBD ▶ Flavour Shaker Medium Garlic & Herb

KLBD ▶ Peri Peri Salt

KLBD ▶ Rub Peri Peri Extra Mild Lemon & Herb

KLBD ▶ Rub Peri Peri Hot

KLBD ▶ Rub Peri Peri Medium

KLBD ▶ Rub Peri Peri Medium Garlic

KLBD ▶ Rub Peri Peri Medium Smokey BBQ

Robertsons

Available from kosher shops.

P Salt & Vinegar

SPORTS NUTRITION

Huel

Available from <https://uk.huel.com/>. Only products sold in the UK are KLBD certified.

KLBD Instant Meal Pouch Cajun Pasta

KLBD Instant Meal Pouch Chick'n & Mushroom

KLBD D Instant Meal Pouch Mac & Cheese

KLBD Instant Meal Pouch Pasta Bolognese

Certified when bearing KLBD logo or stating made in the UK or Germany. Available from Ocado and <https://uk.huel.com/>.

KLBD ▶ Ready to Drink Black Edition Chocolate

KLBD ▶ Ready to Drink Black Edition Vanilla

MyProtein

NK ▶ Clear Whey Protein Vimto

P The Pre Workout

The following varieties are approved Parev: Blue Raspberry, Cola, Lemon Sherbet, Orange Mango Passionfruit. Please note Grape flavour is Not Kosher.

MyVegan

P Clear Vegan Protein

The following varieties are approved and Parev: Apple & Elderflower, Blackcurrant, Blood Orange, Lemon & Lime, Pineapple & Grapefruit, Raspberry Mojito, Strawberry, Watermelon. Please note that Vimto flavour is Not Kosher.

P ▶ Green Superfood Blend

The following varieties are approved: Peach & Mango, Raspberry & Cranberry, Rhubarb, Strawberry & Lime, Unflavoured.

SUGAR FREE CONFECTIONERY

Red Delight

Available from WH Smith and TK Maxx.

KLBD D ▶ Oat Milk Chocolate Almond & Orange

Ricola

P ▶ Sugar Free Blackcurrant

P ▶ Sugar Free Eucalyptus Cherry

P ▶ Sugar Free Raspberry Mint

SUPERFOODS

Aduna

For stockists see www.aduna.com.

KLBD Advanced Mind

KLBD Advanced Super Greens

SWEETENERS

Tate & Lyle

KLBD ▶ Granulated

KLBD ▶ Tablets

Xylitol

Available from kosher shops.

KLBD Xylitol Life is Sweet

SYRUPS & TOPPINGS

ASDA

P Golden Syrup

Askeys

D ▶ Treat Sauce Salted Caramel

Lidl Belbake

P Golden Syrup

Lyle's

KLBD ▶ Topping Syrup Butterscotch

Morrisons

P Golden Syrup

Sainsbury's

P Golden Syrup

VEGETARIAN FOODS

Fry's

Please note that Frozen Katsu Fillets Chicken Style and Frozen Mini Kievs Chicken Style are not approved.

P Frozen Burgers Chick'N

P Frozen Nuggets Plant Based

P Frozen Sausage Slicing Polony

Gosh

For stockists see www.goshfood.com.

KLBD Chilled Bites Peri Peri Smoked Paprika & Garlic

Redefine Meat

Available from Ocado.

P Redefine Beef Mince

P Redefine Lamb Kofta Mix

P Redefine Premium Burgers

P Redefine Pulled Beef

VINEGAR

Liberty Fields

P Apple Balsamic

YOGHURTS & DAIRY DESSERTS

GetPro

NK ▶ Mousse
NK ▶ Pouches

ALCOHOL

CIDER & PERRY

Sheppy's

P Perry
P Raspberry Low Alcohol
P Redstreak

Thatchers

KLBD ▶ Apple & Blackcurrant

Westons

KLBD Rosie's Pig Cloudy Tropical

COCKTAIL MIXERS & SYRUPS

Monin

P ▶ Concentrate Pure Mango Passion
P ▶ Concentrate Sweet & Sour
P ▶ Concentrate Tea Lemon
P ▶ Concentrate Tea Peach
P ▶ Fruit Puree Jaboticaba
P ▶ Syrup Cinnamon Roll
P ▶ Syrup Spiced Red Fruits

CREAM LIQUEURS

Baileys

D ▶ Mint Choc Shake

FLAVOURED ALCOHOLIC DRINKS

Malibu

P ▶ Sparkling Strawberry Daiquiri

Smirnoff

P ▶ Ice Raspberry
P ▶ Ice Tropical
P ▶ Martini Cocktail Passion Fruit
P ▶ Seltzer Mango & Passion Fruit
P ▶ Seltzer Orange & Grapefruit
P ▶ Vodka Lemonade Mango & Passionfruit
P ▶ Vodka Lemonade Raspberry Crush

Tanqueray

P Gin & Tonic Flor de Sevilla
P Gin & Tonic London Dry

WKD

P Cocktails Berry Daiquiri
P Cocktails Blue Lagoon
P Cocktails Tropical Sunrise
P Orange & Passionfruit
P Purple Grape
P X Blue
P X Blue Raspberry
P ▶ X Dark Berry
P X Dark Fruits
P X Gold
P X Mango Passion

GIN

Fords Gin

KLBD ▶ London Dry

Haymans of London

Available from Waitrose and www.haymansgin.com.

KLBD ▶ London Dry
KLBD ▶ Old Tom

Whitley Neill

KLBD London Dry Distiller's Cut
KLBD Raspberry

LIQUEURS

Gabriel Boudier

P Creme de Figue
P Elderflower

RUM

Malibu

P ▶ Strawberry

WHISKEY AMERICAN

Jack Daniel's

P ▶ 150th Anniversary 100 Proof
P ▶ Master Distiller
P ▶ Rye

MEDICINES

ANTIOXIDANTS

Available from www.lipolife.co.uk.

KLBD Lipolife LLG2 Glutathione Unflavoured Liquid
KLBD Lipolife LLG3 Glutathione Peach & Vanilla Liquid
KLBD Lipolife LLG4 Glutathione Unflavoured Liquid
P ▶ Viridian Astaxanthin Capsules

BONE & JOINT HEALTH

P ▶ BioCare Glucosamine Hydrochloride Capsules

P ▶ Nature's Best Glucosamine HCl Vegetarian & Vegan Tablets

COLLAGEN SUPPLEMENTS

P ▶ Feel Pro Collagen Peach & Strawberry Powder
P ▶ Feel Pro Collagen Pineapple & Grapefruit Powder

CONSTIPATION

D ▶ Optifibre Powder
D ▶ Optifibre Sachets

COUGHS & COLDS

P A Vogel Cough Spray for Kids

CYSTITIS

P Cysticlean Capsules
P Cytoplan D Mannose Plus Powder

DIARRHOEA

NK Galpharm Diarrhoea Relief Instants Orodispersible

FOLIC ACID

P ▶ Tesco Health Folic Acid Tablets

HAYFEVER & ALLERGIES

P ▶ Allevia Tablets

IMMUNE SUPPORT

P ▶ Viridian Andrographis Complex Capsules
KLBD ▶ Viridian Elderberry & Vit C Extract Liquid

INDIGESTION & ULCERS

P ▶ GaviNatura Tablets

INFANT COLIC & REFLUX

D Kendamil Baby Drops

IRON SUPPLEMENTS

P ▶ FerroEss Solution

MALE HEALTH

P Proxceed Men Sachets

MOUTH CONDITIONS

P ▶ XyliMelts Dry Mouth Mild Mint
P ▶ XyliMelts Dry Mouth Unflavoured

MULTIVITAMINS & MINERALS

P ▶ Boots Magnesium Tablets

NAUSEA & VOMITING

P ▶ Sea Band Ginger Capsules

OMEGA OILS VEGAN & ESSENTIAL FATTY ACIDS

P ▶ Cytoplan Omega Balance Capsules

ORAL HYGIENE

S Listerine Pocketpaks Freshburst

PAIN KILLERS

P ▶ Aspar Paracetamol Powder

- P ▶ Careway Paracetamol Powder
- P ▶ Zipamol Plus Effervescent

PREGNANCY & NEW MOTHER

- P Amitamin Fertilsan M Capsules
- P Proxceed Women Sachets

PRESCRIPTION ONLY MEDICINES

- P Bedranol Capsules
- P ▶ Betamethasone Soluble
- P ▶ Betnesol Soluble
- P ▶ Glycopyrronium Bromide Colonis Solution
- P ▶ Mirtazapine Rosemont Solution
- P ▶ Ondansetron Aristo Orodispersible
- P ▶ Ondansetron Solution
- P ▶ Setofilm Orodispersible
- P ▶ Stratterra Solution
- P ▶ Tramadol Advanz Drops
- P ▶ Tramadol Mylan Orodispersible
- P ▶ Uromune Spray

PROBIOTICS & DIGESTIVE HEALTH

- D ▶ Optibac For Those On Antibiotics Capsules
- P ▶ PuraDyme LiyfZyme Capsules
- P ▶ Pure Encapsulations DGL Plus Capsules

SLEEP & RELAXATION

- P ▶ A Vogel Sleep Well Granules
- P ▶ Bach Rescue Night Kids Drops

SORE THROATS

- P Benzydamine Hydrochloride Oromucosal Spray

STRESS & ENERGY

- P MyVitamins Creapure Micronized Creatine Capsules
- P MyVitamins Creatine Monohydrate Tablets

SUPERFOOD SUPPLEMENTS

- KLBD Lipolife LLT1 Curcumin Unflavoured Liquid

SUPPLEMENTS FOR CHILDREN

- P ▶ A Vogel Nature C Kids Tablets
- D ▶ BioGaia Protectis Baby Vitamin D Drops
- P Mighty Kids Liposamal Magnesium Mango Syrup

TEETHING

- P ▶ Gengigel Teething Gel

VITAMIN B

- P ▶ Cyanocobalamin Tablets

VITAMIN C

- Available from www.lipolife.co.uk.
- KLBD Lipolife LVC4 C Pineapple Liquid
 - KLBD Lipolife LVC7 C Lemon Liquid
 - KLBD Lipolife LVC9 C Peach Liquid

VITAMIN D

- Available from www.lipolife.co.uk.
- KLBD Lipolife LVD1 D3 & K2 Cherry Vanilla Liquid
 - KLBD Lipolife LVD2 D3 Cherry Liquid

DELISTED PRODUCTS

- ▶ Blanco Nino Tortilla Chips
- Old stock bearing the KLBD logo is still kosher certified.
- ▶ Burren Smokehouse Smoked Mackerel
 - ▶ Burren Smokehouse Smoked Salmon
 - ▶ Burren Smokehouse Smoked Trout
 - Clearspring Barley Malt Syrup
 - Clearspring Rice Malt Syrup
 - Daddies Brown Sauce
 - ▶ Firetree Solomon Islands Guadalcanal Oat Chocolate
 - ▶ Firetree Solomon Islands Guadalcanal Oat Cappuccino
 - ▶ Firetree Solomon Islands Guadalcanal Oat Drink
 - ▶ Tribe Triple Decker Bars
 - ▶ Tribe Triple Decker Bites

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