



KOSHER NOSH GUIDE SUMMER 2009



are now



certified.



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certified.

Raising The Bar



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SHOPPING FOR SWEETS, SNACKS, AND SOFT DRINKS HAS NEVER BEEN EASIER!

You'd be amazed what your food is made of! Several common confectionery ingredients can be of animal origin such as gelatine, glycerine, and stearate, whilst the natural red colour of cochineal (E120) is made from beetles! Furthermore, even if the ingredients listed on the label may suggest a particular product is fine, 'release agents', ie fats used on the production line, might be non-kosher. In fact, even products which claim to be 'vegetarian' could be non kosher, if the factory which makes them uses the same equipment for products containing ingredients of meat origin.

This guide has been specially produced by the London Beth Din Rabbis and Food Technologists to advise you what you can and can't eat. Over 200 products listed are kosher certified by the KLBD and we are delighted that after many months of hard work by Mars and the KLBD, this list now includes some of the world's most famous "nosh" including Mars Bars, Galaxy, Snickers, Ripple, Minstrels and Trackers.

Special thanks are due to Rosalind Coten, Sue Colman, Elisheva Wolfson, Michal Eder and Naomi Green for their meticulous work in researching the product list; to David Attiach and his team for the design and production of the guide; to all our advertisers and sponsors; and in particular to the work of our indefatigable Marketing Director, Florette Hyman, whose efforts and enthusiasm have enabled free distribution of 80,000 copies of the guide across the UK!

All details are correct at the time of going to press but are subject to change. In addition to our free online Kosher Product Search we are delighted that we can now offer free Kashrut Alerts and Newly Approved Products by text direct to your mobile phone. Alternatively, you can subscribe online to receive Kashrut News by email. If you do not have access to the internet, you can call the Kashrut Hotline for recorded information.

B'teavon

Rabbi Jeremy Conway (BA Hons)

Director Kashrut Division, London Beth Din

USING THE PRODUCT LISTINGS








Products which are kosher certified by the London Beth Din

In order to enhance kosher facilities across the UK in recent years, the London Beth Din has adopted the American kosher logo system, in addition to its traditional fully-supervised hechsher. Companies whose products are certified by the LBD are signatories to a lengthy legal contract binding them to particular ingredients, suppliers and manufacturing processes approved by the Beth Din. These factories also undergo regular Rabbinic inspection. Some products may not bear the KLBD logo on their current packaging. As in the American system, baked products are not necessarily Pat Yisrael, and dairy products may be Chalav Akum.

Products without certification, approved for the Nosh Guide

Products listed in the Kashrut Guide which are neither supervised nor bearing the logo have been investigated by our food technologists and approved on this basis. The investigations cover ingredients, any processing aids and shared use of equipment. They are carried out primarily by correspondence, with occasional factory visits where necessary.

EXPLANATION OF KASHRUT SYMBOLS

-  Denotes that the products are made under the supervision of or certified by, the London Beth Din, and are Parev. The KLBD logo appears on the packaging.
-  Certified as above but the KLBD logo does not appear on the packaging.
-  Denotes that the products are made under the supervision of other recognised Rabbinical Authorities and are approved only when bearing the appropriate kashrut symbol (hechsher).
-  Denotes dairy products containing Chalav Yisrael (supervised milk).
-  Denotes dairy products containing Chalav Akum (non-supervised milk).
-  Denotes that the products are approved and Parev, ie they contain no milk or meat ingredients.
-  Denotes that a product is not kosher.

The information in this guide applies only to products sold in the UK. Products manufactured for export may have different formulations even if coming from the same factory.

BISCUITS

Only kosher certified biscuits should be purchased. Many LBD licensees produce a wide range of biscuits which are available from kosher bakeries, kosher stores and supermarkets.



- Crunch Orange & Marmalade
- Digestives
- Digestives Chocolate
- Fruit Flapjack
- Nice
- Viennese Stars

Duchy Originals

- Biscuits Chocolate Butterscotch
- Biscuits Chocolate Coconut
- Biscuits Chocolate Ginger
- Biscuits Chocolate Orange
- Biscuits Ginger
- Biscuits Lemon
- Biscuits Orange
- Shortbread Butterscotch
- Shortbread Highland

Highland Pride

- Biscuits Chocolate Chip & Hazelnut
- Biscuits Honey & Oatmeal
- Biscuits Stem Ginger
- Shortbread Assorted
- Shortbread Fingers
- Shortbread Highlanders
- Shortbread Petticoat Tails
- Shortbread Rounds

Oreo

A kosher supervised version of Oreos is available from some kosher stores.

- Biscuits

Rakusen's

- Chocolate Oaties
- Cookies Cherry & Almond
- Cookies Choc Chip
- Cranberry Whirls
- Crunch Ginger
- Crunch Honey
- Crunch Lemon

Strathcairn

- Shortbread Assorted
- Shortbread Fingers
- Shortbread Selection

The Cake Company

- Almond Rings
- Almond Slices
- Choc Chip
- Choc Dream
- Choc Shortcake
- Choc Whirl
- Eierkichel
- Florentines
- Jam
- Nut Strudel
- Palmiers
- Shortcake
- Strudel
- Vanilla
- Viennese
- Wine

Walkers

- Biscuits Belgian Chocolate
- Biscuits Caramel & Pecan
- Biscuits Chocolate Chip & Hazelnut
- Biscuits Chocolate Chunk
- Biscuits Chocolate Chunk & Hazelnut
- Biscuits Chocolate Coconut
- Biscuits Chocolate Fruit & Nut

- Biscuits Crispy Butterscotch
- Biscuits Fruit & Lemon
- Biscuits Honey & Oatmeal
- Biscuits Oaten Crunch
- Biscuits Oatflake
- Biscuits Oatflake & Cranberry
- Biscuits Oatflake & Heather Honey

- Biscuits Pecan & Toffee
- Biscuits Selection Scottish
- Biscuits Strawberries & Cream
- Biscuits Stem Ginger
- Biscuits Stem Ginger & Lemon
- Biscuits Sultana
- Biscuits Treacle
- Biscuits Treacle Toffee
- Biscuits Wheat 'N Oat Organic

- Biscuits White Chocolate & Raspberry
- Orange Royals
- Shortbread Almond
- Shortbread Assorted
- Shortbread Butterscotch
- Shortbread Cheddar
- Shortbread Chocolate Coated
- Shortbread Chocolate Covered Stem Ginger
- Shortbread Double Chocolate Mini
- Shortbread Fairy Tale Chocolate Dream
- Shortbread Fingers
- Shortbread Fingers Homebake
- Shortbread Fingers Organic
- Shortbread Fingers Wholemeal
- Shortbread Fruit
- Shortbread Hazelnut
- Shortbread Highlanders
- Shortbread Homebake
- Shortbread Macadamia

- Shortbread Mini
- Shortbread Petticoat Tails
- Shortbread Rings Chocolate Chip
- Shortbread Rings Cinnamon
- Shortbread Rounds
- Shortbread Stem Ginger
- Shortbread Triangles
- Shortbread Vanilla

CAKES & PASTRIES

Only supervised cakes, etc can be guaranteed, as others can be made with non-kosher fats such as lard, mono & di-glycerides and other ingredients of non-kosher origin. Many supervised brands are available in supermarkets which stock kosher products.

CEREAL, FRUIT & NUT BARS



Products containing whole or chopped dates are not approved unless kosher certified as dates are often infested and are difficult to check. See also FRUIT SNACKS p.29.

Alpen

- Fruit
- Groove
- Light

Cadbury

- Brunch Bar Chocolate Chip
- Brunch Bar Cranberry & Orange
- Brunch Bar Hazelnut
- Brunch Bar Raisin

Carman's

- Muesli Classic Fruit
- Muesli Original

Castus

- Apricot

For the latest information, text 'KOSHER' to 07786200350 to receive text alerts, visit www.kosher.org.uk to subscribe to email alerts and use the **Kosher Product Search**








All details are correct at the time of going to press but are subject to change. Products not listed or covered by general notes are not approved and should not be used.

-  Banana
-  Fig
-  Raspberry
-  Strawberry









Chewee

-  All Varieties



Cofresh

-  Coconut
-  Hazelnut
-  Honey & Sesame Hazelnut
-  Mixed Nut
-  Peanut
-  Pistachio Nut
-  Sesame













Dorset Cereals

-   Berries & Cherries
-  Cranberry & Almond
-  Date & Pecan
-   Fruit, Nuts & Seeds
-  Pistachio & Pumpkin Seed
-  Super High Fibre





Doves Farm

-  Chocolate & Crispy Rice
-  Low Fat Fruity Oat



Fruit Bowl

-  School Bars Apple 
-  School Bars Apricot 
-  School Bars Blackcurrant 
-  School Bars Cherry 
-  School Bars Raspberry 
-  School Bars Strawberry 



Geobar

-  Apricot
-  Chocolate
-  Honey Nut
-  Mixed Berry










Green & Black's Organic

-  Almond, Cherry & Apricot
-  Pecan, Hazelnut, Almond & Pumpkin Seed

Humzingers

-  Fruit Stix Original
-  Fruit Stix Summer





Jordans

-  Breakfast in a Bar Cranberry & Raspberry
-  Breakfast in a Bar Fruit & Nut
-  Breakfast in a Bar Muesli
-  Frusli Blueberries & Cranberries
-  Frusli Cranberry & Apple
-  Frusli Raisin & Hazelnut
-  Frusli Wild Berries & Juicy Raisins
-  Luxury Absolute Nut
-  Original Crunchy Honey & Almond
-  Superfoods





Kellogg's

-  All Bars




Nakd


-  Apple Pie
-  Banana Bread
-  Berry Cheeky
-  Cocoa Loco

Nature Valley

-  Granola Apple Crunch
-  Granola Maple Syrup
-  Granola Oats 'N Honey
-  Granola Roasted Almond

Oskri

-  Coconut
-  Coconut with Almonds
-  Coconut with Mango

 This symbol indicates the product is 'Nut Free', based upon manufacturers' information. The LBD does not accept responsibility for its accuracy. Those with nut allergies are advised to make their own, independent enquiries.

The image features two young men in white hoodies standing against a brick wall. The man on the left is holding a magazine titled 'THE POWER OF ONE' which shows a close-up of a person's face. The man on the right is holding a folded newspaper or magazine with the word 'HAMODIA' visible on its cover. Above them, a circular graphic contains the text 'PROUD TO BE JEWISH'.

**PROUD
TO BE
JEWISH**

News
Israel
Features
Comment
Lifestyle
Magazine
Children

BUILDING
OUR
IDENTITY
HAMODIA

www.hamodia.co.uk

- P** Quinoa
- P** Sesame Black with Molasses
- P** Sesame with Date
- P** Sesame with Date & Black Cumin
- P** Sesame with Date & Fennel

Quaker

- NK** Oat Mixed Berry
- NK** Oat Original

Ryvita Goodness

- P** Cranberry & Apple
- P** Mixed Berry
- P** Strawberry

Tracker

- K** **D** Chocolate Chip
- K** **D** Crazy Raisin
- K** **D** Roast Nut

Trek

- P** Energy Bar Cocoa Brownie
- P** Energy Bar Mixed Berry
- P** Energy Bar Peanut & Oat

Wallaby

- P** Brown Rice Treat
Cashew & Currant
- P** Brown Rice Treat
Macadamia & Ginger
- P** Cashew & Sesame
- P** Macadamia & Cashew
- P** Macadamia & Fruit
- P** Organic Fruit
- P** Pure Fruit

Weetabix

- NK** Weetos

CHOCOLATE SPREAD

Cadbury

- D** Milk Chocolate Spread



- D** Milk Chocolate Spread
Hazelnut

Green & Black's Organic

- D** Hazelnut Chocolate Spread

Nutella

- D** Hazelnut Chocolate Spread

Plamil

- P** Chocolate Spread 🍫
- P** Chocolate Spread
Orange 🍊

Snowcrest

- K** Chocolate Spread

CONFECTIONERY

See also **DIABETIC CONFECTIONERY** p.26.



Adams

- P** Bubbaloo
- NK** Bubblicious

Altoids

- NK** Peppermint

Australian Soft Eating

Liquorice

- P** Black
- P** Blackcurrant
- P** Ginger
- P** Green
- P** Red
- P** Yellow

Barbie

- D** Chocolate Lollipop 🍭
- D** Heart Shaped Solid
Chocolate Lolly 🍭

Barker & Dobson

- D** Everton Mints
- D** Mint Humbugs

Barratt

- NK** Alphabet Gums
- P** Black Jack & Fruit Salad Lolly
- NK** Bottles Kola
- NK** Bottles Milk
- NK** Bumper Tub
- NK** Candy Sticks
- NK** Catherine Wheels
- NK** Chews Black Jack
- NK** Chews Bruiser
- NK** Chews Fruit Salad
- NK** Comforters
- P** Dib Dab
- NK** Dolly Mixtures
- NK** Flump Twist
- NK** Funny Faces
- P** Frosties Fizzy
- P** Frosties Fruit
- P** Frosties Kola
- NK** Jelly Babies
- NK** Jungle Mix
- NK** Nougat
- NK** Refresher Gums
- NK** Refresher Lollies
- NK** Refreshers
- P** Sherbet Fountain

Bassett's

- NK** Aniseed Imperials
- P** Cherry Drops
- D** Everton Mints
- NK** Fruit Allsorts
- P** Fruit Bonbons
- NK** Jelly Babies
- NK** Liquorice Allsorts
- NK** Liquorice Allsorts Red
- P** Mint Creams
- NK** Mint Imperials
- P** Murray Mints
- P** Pear Drops
- P** Sherbet Lemons
- NK** Spearmint Imperials
- NK** Sweetshop Favourites

Bendicks

- K** Bittergingers
- K** Bittermints
- P** Chocolate Ginger
- P** Chocolate Mint Crisp
- P** Victorian Mints
- D** White Chocolate Mints

Cadbury

- D** Animal Bites
- D** Animals
- D** Animals Mini
- D** Animals Party
- D** Boost
- P** Bournville 99 Calories
- D** Bournville Classic
- D** Buttons
- D** Caramel Egg
- D** Chomp
- D** Coins
- D** Creamy White Buttons
- NK** Creme Egg Twisted
- D** Creme Eggs
- D** Crunchie
- D** Crunchie Nuggets
- D** Curly Wurly
- D** Curly Wurly Squirrels
- D** Dairy Milk
- D** Dairy Milk 99 Calories
- D** Dairy Milk Bubbly
- D** Dairy Milk Caramel
- D** Dairy Milk Crunchie
- D** Dairy Milk Double
Chocolate
- D** Dairy Milk Fruit & Nut
- D** Dairy Milk Miniatures
- D** Dairy Milk Shots
- D** Dairy Milk Tasters
- D** Dairy Milk Turkish
- D** Dairy Milk Wholenut
- D** Double Decker
- D** Dream
- D** Eclairs
- D** Fingers
- D** Fingers Choc Heaven
- D** Fingers Honeycomb
- D** Fingers Mini

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- D** Fingers White
- D** Flake
- D** Flake Dipped
- D** Flake Moments
- D** Flake Praline
- D** Freddo
- D** Fudge
- D** Heroes
- D** Highlights Cookie Crunch Chocolate
- NK** Highlights Cookie Crunch Fudge
- NK** Highlights Cookie Crunch Orange
- D** Highlights Delights Chocolate
- D** Highlights Delights Coffee
- NK** Highlights Mallows
- D** Highlights Nibbles Chocolate
- D** Highlights Nibbles Honeycomb
- NK** Mallo's
- D** Milk Tray
- D** Mini Eggs
- D** Picnic
- D** Roses Assortment
- NK** Roses Assortment Luxury
- D** Roses Truffle Selection
- D** Snack Sandwich Chocolate
- D** Snack Shortcake
- D** Snack Wafer
- D** Snaps Caramel Crunch
- D** Snaps Mint
- D** Snaps Orange
- D** Snaps Original
- NK** Starbar
- D** Time Out
- D** Twirl
- D** Wispa
- P** Orange
- P** Skipping Ropes
- P** Strawberry
- P** Strawberry Laces
- P** Strawberry Twisters
- NK** Truly Juicy
- NK** Truly Smoothly
- P** Vampire Teeth
- P** Whips Apple
- P** Whips Cola
- P** Whips Orange
- P** Whips Strawberry
- P** Xtreme Apple
- P** Xtreme Tutti Frutti

Chupa Chups

- P** Apple
- NK** Bubbly Cherry
- P** Cherry
- D** Chocolate Vanilla
- P** Cola
- D** Crazy Dips Strawberry
- D** Cremosa Strawberry
- D** Forest Fruits Yoghurt
- P** Melody Pops Cola
- P** Melody Pops Strawberry
- P** Melody Pops Watermelon
- P** Orange
- D** Peach Cream
- D** Peach Yoghurt
- P** Strawberry
- D** Strawberry Cream
- D** Strawberry Yoghurt
- D** Vanilla

Cote d'Or

- D** Experiences Noir 70%
- D** Experiences Noir 86%
- D** Milk Wholenut

Daim


- D** Mini
- D** Single

Dairy Free (Humdinger)

- P** Chocolate Rice Crackle

Chewits

- P** Blackcurrant
- P** Fruit Salad
- D** Ice Cream
- P** Lemon
- P** Lime

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- P** Chocolate Tangerine

Darrell Lea

- P** Liquorice Black
- S** Liquorice Original
- P** Liquorice Red
- S** Liquorice Strawberry
- P** Liquorice Strawberry (Natural Flavour)
- P** Liquorice Traditional

Disney

- D** Chocolate Bars 

Divine

- P** Dark Chocolate
- P** Dark Chocolate Apricots
- P** Dark Chocolate Brazils
- D** Dark Chocolate Fruit & Nut
- P** Dark Chocolate Mangos
- P** Dark Chocolate Mini Eggs
- P** Dark Chocolate Mint
- D** Milk Chocolate
- D** Milk Chocolate Coffee
- D** Milk Chocolate Coins
- D** Milk Chocolate Hazelnut
- D** Milk Chocolate Mini Eggs
- D** Milk Chocolate Orange
- D** White Chocolate

Elizabeth Shaw

- P** Chocolate Crisp Mint
- P** Chocolate Crisp Orange
- D** Milk Chocolate Crisp Mint

Ferrero

- D** Ferrero Rocher
- P** Mon Cheri

Fox's

- P** Garden Fruits
- P** Glacier Dark
- P** Glacier Fruits
- P** Glacier Mints

Fox's

- D** Classic
- D** Echo
- D** Echo Mint
- D** Echo Orange
- D** Rocky Caramel
- D** Rocky Chocolate
- D** Rocky Orange

Fruittella

- NK** All Products
- A kosher version of Fruittella bearing a hechsher is available from some kosher stores.*

Fry's

- NK** Chocolate Cream
- NK** Orange Cream
- NK** Peppermint Cream
- D** Turkish Delight

Godiva

- D** Carres Dark 50%
- D** Carres Dark 72%
- D** Carres Dark 85%
- D** Carres Milk
- D** Intense Cafe
- D** Intense Chocolat
- D** Intense Framboise
- D** Origins of the World









Green & Black's Organic

- NK** After Dinner Mint
- NK** Chocolate Leaves
- D** Dark 70%
- D** Dark 85%
- D** Dark Cherries
- D** Dark Espresso
- D** Dark Ginger
- D** Dark Hazelnut & Currant
- D** Dark Mint
- D** Dark, Milk & White Squares
- D** Maya Gold Fairtrade
- D** Milk Chocolate
- D** Milk Chocolate Almonds

It is preferable, whenever possible, to buy products made under Rabbinical supervision.

-  Milk Chocolate Butterscotch
-  Milk Chocolate Caramel
-  Milk Chocolate Raisins & Hazelnuts
-  Miniature Bar Collection
-  The Assortment
-  White

Guylian


-  I Love You
 -  La Trufflina
 -  No Added Sugar Dark Chocolate
 -  No Added Sugar Extra Dark Chocolate
 -  No Added Sugar Milk Chocolate
 -  Opus
 -  Praline Hearts
 -  Sea Shells
- Boxed chocolates only.*

-  Twists

Hannah Montana

-  Chocolate Lollipop 🍭





Haribo





 All Varieties
A kosher version of Haribo bearing a hechsher is available from some kosher stores. Please note that some Halal approved Haribo products bear the word 'kosher' on the pack. These do NOT have a hechsher and are not kosher approved.

High School Musical

-  Chocolate Lollipop 🍭

Hubba Bubba






-  Atomic Apple
-  Bubble Tape Snappy Strawberry
-  Bubble Tape Triple Treat
-  Cool Cola

-  Glob
-  Max Sour Double Berry
-  Max Strawberry & Watermelon
-  Seriously Strawberry

Jacob's

-  Iced Gems

Jameson's

-  Chocolate Brazils
-  Chocolate Caramels
-  Chocolate Peanuts
-  Chocolate Raisins
-  Ruffles Raspberry





Jelly Belly

-  Jelly Beans
-  Jelly Beans Smoothie Blend
-  Jelly Beans Sours
-  Jelly Beans Sugar Free
-  Jelly Beans Tropical
-  Licorice Bridge Mix
-  Licorice Pastels
-  Natural Channel
-  Sport Beans

Just Brazils



-  Dark
-  Milk


Kinder

-  Bueno
-  Chocolate
-  Maxi
-  Surprise

Kinnerton

Dairy Free, Nut Free, Gluten Free, Egg Free

-  Dark Chocolate Lollipops 🍭
-  Luxury Plain Chocolate 🍫

 This symbol indicates the product is 'Nut Free', based upon manufacturers' information. The LBD does not accept responsibility for its accuracy. Those with nut allergies are advised to make their own, independent enquiries.

Brick by brick

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Leonidas

- ▷ Block Dark
- ▷ Block Milk
- ▷ Block White
- ▷ Buche Praline Dark
- ▷ Buche Praline Milk
- ▷ Buche Praline White
- ▷ Carre Croquant Dark
- ▷ Carre Croquant Milk
- ▷ Casaleo Dark
- ▷ Casaleo Milk
- ▷ Casaleo White
- ▷ Finesse Dark
- ▷ Finesse Milk
- ▷ Finesse Wrapped Dark
- ▷ Finesse Wrapped Milk
- ▷ Gianduja
- ▷ Moka Dark
- ▷ Moka Milk
- ▷ Napolitain Dark
- ▷ Napolitain Mint
- ▷ Napolitain Milk
- ▷ Napolitain Nibs
- ▷ Napolitain White
- ▷ Noisette Masquee Dark
- ▷ Noisette Masquee Milk
- ▷ Noisette Masquee White
- ▷ Princesse Forme Enrobee Dark
- ▷ Princesse Forme Enrobee Milk

Lindt

- ▷ Excellence Dark 70%
- ▷ Excellence Dark 85%
- ▷ Excellence Extra Creamy
- ▷ Excellence Intense Coffee
- ▷ Excellence Intense Mint
- ▷ Swiss Double Milk Chocolate
- ▷ Swiss Milk Chocolate
- ▷ Swiss Milk Chocolate Hazelnuts

Lion

- NK Fruit Pastilles
- NK Fruit Salad

- NK Licorice Gums

Mars

- NK Bounty Dark
- NK Bounty Milk
- NK Celebrations
- ▷ Flyte
- K'▷ Galaxy
- ▷ Galaxy Caramel
- ▷ Galaxy Hazelnut
- ▷ Galaxy Raisin, Almond & Hazelnut

A kosher version of M & M's bearing a hechsher is available from some kosher stores.

- NK M & M's Choco
- NK M & M's Crispy
- NK M & M's Peanut
- ▷ Maltesers
- ▷ Maltesers White

K'▷ Mars

- ▷ Mars Delight
- ▷ Milky Way
- ▷ Milky Way Magic Stars

K'▷ Minstrels

- ▷ Revels

K'▷ Ripple

- NK Skittles
- NK Skittles Crazy Sours
- NK Skittles Wild Berry

K'▷ Snickers

- ▷ Starburst Fruity
- ▷ Starburst Sour
- ▷ Starburst Strawberry Mix
- ▷ Topic
- ▷ Twix

Maynard's

- NK Sports Mix
- NK Wine Gums
- NK Wine Pastilles

Mentos

- NK Chewing Gum
- ▷ Fruit
- ▷ Mint

It is preferable, whenever possible, to buy products made under Rabbinical supervision.

- NK** Strawberry Fresh
NK Sugarfree Mint
NK Sugarfree Mixed Fruit

Mitoku Macrobiotic

- P** Sweet Rice Candy Ginger
P Sweet Rice Candy Lotus
P Sweet Rice Candy Peppermint
P Sweet Rice Candy Sour Plum

Mojo

- P** Assorted Chews
NK Bursting Bottles
NK Dew Drops
NK Midget Gems
NK Mini Jelly Babies
P Mixed Fruit Lollies
NK Shrimp & Banana
NK Squirting Skulls

Nestle

- D** Aero Bubbles Milk
D Aero Bubbles Mint
D Aero Milk
D Aero Mint
D After Eight Bag Dark
D After Eight Bar Dark
D After Eight Bites
D After Eight Mints

After Eight Mints made in the UK are approved and Dairy. There are some

After Eight Mints available in the UK and in Duty Free Shops that are made in Germany. These are not approved.

- D** After Eight Straws
D Animal Bar
D Big Green Triangle
NK Black Magic Assortment
D Blue Riband
D Breakaway
D Caramac
D Dairy Box Assortment
D Drifter
D Kit Kat
D Kit Kat Cappuccino
D Kit Kat Chunky
D Kit Kat Chunky White
D Kit Kat Dark
D Kit Kat Mint
D Kit Kat Orange
D Kit Kat Senses
D Kit Kat White
D Lion Bar
D Matchmaker Cool Mint
D Matchmaker Zingy Orange
D Milky Bar
D Milky Bar Buttons
NK Milky Bar Moments
D Munchie Munchies
D Munchies
P Polo Extra Strong
NK Polo Fruits
P Polo Mints
P Polo Mints Sugarfree

Religious Studies Judaism GCSE, AS & A Level



Booster revision lessons or full course bookings taken now for September 09

Home visits, holiday lessons and distance learning available
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Contact **Rabbi Stanley Coten**, Principal Examiner RS

Please reply to stanleycoten@gmail.com
 or call 07870 691155

This symbol indicates the product is 'Nut Free', based upon manufacturers' information. The LBD does not accept responsibility for its accuracy. Those with nut allergies are advised to make their own, independent enquiries.

- P** Polo Spearmint
D Quality Street Assortment
D Rolo
NK Rowntrees Fruit Gums
NK Rowntrees Fruit Pastilles
NK Rowntrees Jelly Tots
NK Rowntrees Juicy Jellies
NK Rowntrees Tooty Frooties

Check ingredients declaration before purchase as old stock of Smarties containing Carminic Acid is Not Kosher.

- D** Smarties
D Smarties Mini
D Toffee Crisp
D Walnut Whip Vanilla
D Yorkie
D Yorkie Biscuit
D Yorkie Raisin & Biscuit

Panda

- P** Licorice Bar
P Licorice Bar Cool n Fresh
P Licorice Bears
P Licorice Pieces

Payne's

- P** Poppets Mint
D Poppets Raisin
D Poppets Toffee
NK XXX Extra Strong Mints

Plamil

- P** Carob Bar
P Carob Bar No Added Sugar
P Dairy Free Alternative to Milk Chocolate
P Dairy Free Chocolate Drops
P Dairy Free Chocolate Mint
P Dairy Free Chocolate Orange
P Dairy Free Chocolate Plain

- P** No Added Sugar Chocolate
P No Added Sugar Chocolate with Hemp
P Organic Chocolate
P Organic Chocolate Cayenne
P Organic Chocolate Dark
P Organic Chocolate Ginger
P Organic Chocolate Mint
P Organic Chocolate Orange

Quiggin's

- D** Animals Milk Chocolate
D Animals White Chocolate
NK Coconut Ice
D Fudge Bars Chocolate Milk
D Fudge Bars Chocolate Plain
D Fudge Bars Chocolate White
D Fudge Bars Plain
D Fudge Butter
D Fudge Chocolate
D Fudge Chocolate Milk
D Fudge Chocolate White
D Fudge Clotted Cream
D Fudge Damson
D Fudge Fruit & Nut
D Fudge Ginger
D Fudge Liquorice
D Fudge Maple & Walnut
D Fudge Orange & Cointreau
D Fudge Rum & Raisin
P Kendal Mint Cake Brown
P Kendal Mint Cake Chocolate Covered
P Kendal Mint Cake Unrefined
P Kendal Mint Cake White
P Marzipan Chocolate Covered
D Marzipan White Chocolate Covered
P Peanut Brittle

All details are correct at the time of going to press but are subject to change. Products not listed or covered by general notes are not approved and should not be used.

- P** Peppermint Creams
Chocolate Covered
- D** Rum Truffles
- D** Toffee Butter
- D** Toffee Liquorice
- D** Toffee Treacle

Sainsbury's

- NK** Belgian Chocolate Assortment
- NK** Fruit Pastilles
- NK** Liquorice Allsorts
- NK** Wine Gums

Sainsbury's 'Free From'

- P** Soya Choc Bar
- P** Soya Choc Bar Rice Crackle
- P** Soya Choc Bar Tangerine

Simpkins

- P** After Dinner Mints
- P** Chocolate Centre Limes
- P** Chocolate Centre Mints
- P** Chocolate Centre Oranges
- P** Drops Apple, Raspberry & Cranberry
- P** Drops Barley Sugar
- P** Drops Blackcurrant
- P** Drops Butterscotch
- P** Drops Citrus Lemon
- P** Drops Citrus, Lemon & Sour Cherry
- P** Drops Coffee
- P** Drops Forest Fruit
- P** Drops Mixed Fruit
- P** Drops Mixed Mint
- P** Drops Orange, Lemon & Grapefruit
- P** Drops Sour Cherry
- P** Drops Tropical Fruit
- P** Olde Miner Original
- P** Olde Miner Peppermint
- P** Sugar Free Berry Bliss
- P** Sugar Free Black Menthol
- P** Sugar Free Cherry Menthol
- P** Sugar Free Citrus Selection

- P** Sugar Free Mini Fruit Drops
- P** Sugar Free Mints
- P** Sugar Free Pops

Simpson's

- D** Chocolate Lollipop 🍭

Smint

- P** Mint
- P** Peppermint
- P** Spearmint
- P** White
- NK** Wildberry

Smith Kendon

- NK** Assortment Citrus
- NK** Assortment Mixed Fruit
- NK** Assortment Wildberry
- P** Barley Sugar

Spider Man

- D** Chocolate Lollipops 🍭

Sultans

- P** Turkish Delight Creme de Menthe
- P** Turkish Delight Hazelnut
- P** Turkish Delight Luxury
- D** Turkish Delight Milk Chocolate Bars
- P** Turkish Delight Pistachio

Swizzels Matlow

A number of Swizzels Matlow products are available with a hechsher from some kosher stores.

- NK** Banana Skids
- P** Barley Sugar
- D** Butterscotch
- NK** Candy Cones
- NK** Candy Lipsticks
- NK** Candy Whistles
- P** Climpies
- P** Crystal Fruits
- P** Crystal Liquorice
- P** Crystal Mints

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- NK Dolly Beads
- NK Dolly Watches
- NK Double Dip
- NK Double Lollies
- NK Double Lolly Fizz
- P Drops Cinnamon
- D Drops Coffee
- P Drops Honey
- P Drops Lemon
- P Drops Rainbow
- NK Drumstick Chew Bars
- NK Drumstick Lollies
- NK Fizzy Jelly Cola Bottles
- NK Foam Fried Eggs
- NK Foam Milk Bottles
- NK Foam Mushrooms
- NK Foam Pigs Mugs
- NK Foam Strawberry Tarts
- NK Fruit Fizzers
- P Fruity Pops
- NK Giant Chew Bars
- NK Giant Cola Bottles
- NK Giant Jelly Strawberries
- NK Giant New Refreshers
- NK Jelly Babies
- NK Jelly Bugs & Grubs
- NK Jelly Cola Bottles
- NK Jelly Fizzy Worms
- NK Jelly Friendship Rings
- NK Jelly Hissing Syds
- NK Jelly Juicy Lips
- NK Jelly Jungle Friends
- NK Jelly Pythons
- NK Jelly Rattlers
- NK Jelly Sea Monsters
- NK Jelly Spiders
- NK Jelly Sports Mix
- NK Lolly Fizz
- NK Love Heart Dip
- P Mega Fruity Pops
- NK Mega Refresher Bar
- NK Mr Chews
- NK Mr Fruits
- NK New Refresher Bars
- NK New Refreshers Lemon Original
- NK Parma Violets

- NK Rainbow Dust Straws
- NK Snap & Crackle Bars
- NK Sour Jelly Apple Rings
- NK Sour Jelly Apple Slices
- NK Stinger Chew Bars
- NK T Mints
- P Tropical Fruits

Taveners

- P American Hard Gums
- P Barley Sugar
- D Blackcurrant & Liquorice
- NK Bon Bons Lemon
- NK Bon Bons Strawberry
- NK Bon Bons Toffee
- D Chocolate Limes
- NK Coconut Mushrooms
- D Dairy Toffee
- NK Dolly Mixtures
- P Drops Fruit
- P Drops Sour Lemon
- P Drops Tropical Fruit
- P Fruit Jellies
- NK Fruit Pastilles
- NK Jelly Babies
- NK Liquorice Allsorts
- D Mint Humbugs
- NK Red & Black Gums
- P Rhubarb & Custard
- P Strawberry & Lemon Sherbets
- NK Toasted Teacakes
- D Toffees Assorted
- NK Wine Gums

Terry's

- NK All Gold Dark
- NK All Gold Milk
- D Chocolate Orange Bar Milk
- D Chocolate Orange Dark
- D Chocolate Orange Milk
- D Chocolate Orange Minty
- D Chocolate Orange Segsations

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For more information, contact the Kashrut Division:
020 8343 6247 www.kosher.org.uk info@kosher.org.uk

The Natural Confectionery Company

- NK All Products

Thomas

- D Chocolate Lollipops 🍬
- D Chocolate Mini Figures 🍬

Tic Tac

- P Fresh Mint
- NK Lime & Orange
- NK Orange
- P Spearmint
- P Tropical Twist

Tablerone

- D Blue Packet
- D Dark
- D Fruit & Nut
- D Honeycomb Crisp
- D Milk
- D Miniatures
- D Pralines
- D Snowtop

- D Tinys
- D White

Trebor

- NK Extra Strong Mints
- NK Extra Strong Spearmints
- P Soft Fruits
- P Softmints Mint
- P Softmints Spearmint

Trident

- NK All Products

Werthers

- D Butter Candies
- D Chewy Toffees

Winnie the Pooh

- D Chocolate Bars Milk & White 🍬
- D Chocolate Buttons Milk 🍬
- D Chocolate Lollipops 🍬
- D Chocolate Mini Figures 🍬

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Wrigley's

- P 5 Cobalt
- P 5 Electro
- P 5 Pulse
- P Airwaves Black Mint
- P Airwaves Cherry Menthol
- P Airwaves Green Mint
- P Airwaves Menthol & Eucalyptus
- P Doublemint
- P Extra Cool Breeze
- P Extra Fusion Orange Mango
- P Extra Fusion Orange, Pineapple & Banana
- P Extra Fusion Raspberry, Blackcurrant & Grapefruit
- P Extra Fusion Strawberry Peach
- P Extra Ice
- P Extra Ice Arctic
- P Extra Ice Liquid Burst Peppermint
- P Extra Ice Liquid Burst Spearmint
- P Extra Ice Mints
- P Extra Ice Mints Peppermint
- P Extra Ice Mints Spearmint
- P Extra Ice Polar
- P Extra Peppermint
- P Extra Spearmint
- P Juicy Fruit
- P Orbit Complete Lemon & Lime
- P Orbit Complete Peppermint
- P Orbit Complete Spearmint
- P Orbit Complete Strawberry
- P Orbit Complete Strong Mint
- P Spearmint

York Fruits

- NK Fruit Jellies



CRISPS & SNACKS

See also NUTS & SEEDS p.38 and POPCORN p.40.

Apollo

- Mini Pretzels

Doritos

- NK All Varieties
- NK Dippas All Varieties

Golden Wonder

- P Crisps Ready Salted
- D Crisps Salt & Vinegar

Jacob's

- NK Twiglets

Kallos

- P Rice Cake Bites Dark Chocolate
- P Rice Cake Bites Honey
- D Rice Cake Bites Milk Chocolate
- P Rice Cake Bites Savoury
- P Rice Cake Bites Sea Salt
- D Rice Cakes Milk Chocolate

Kettle Chips

- Golden Parsnip
- NK Honey Barbecue
- Lightly Salted
- NK Mature Cheddar & Red Onion
- No Added Salt
- NK Red Thai Curry
- NK Roasted Tomato & Basil
- NK Sea Salt & Balsamic Vinegar
- Sea Salt & Crushed Black Peppercorns
- NK Sour Cream & Chive
- NK Sweet Chilli

PK

- P Crisps Ready Salted
- NK Crisps Worcester Sauce
- NK Discos
- NK Frisps
- NK Hula Hoops

McCoys

- NK Mexican Chilli

- NK Salt & Malt Vinegar
- P Salted

Monster Munch

- NK All Varieties

Phileas Fogg

- NK Tortillas

Pringles

- NK All Varieties
- A kosher version of Pringles bearing a hechsher is available from some kosher stores.

Ryvita

- NK Minis All Flavours

Smiths

- P Chipsticks Ready Salted
- D Chipsticks Salt 'n' Vinegar

Snack a Jacks

- D Barbecue
- D Caramel
- NK Cheese
- D Jumbo Caramel
- NK Jumbo Cheese
- D Jumbo Chocolate Delights Chocolate Chip
- P Jumbo Salt & Vinegar
- P Salt & Vinegar
- D Sour Cream & Chives

Snaps

- NK Spicy Tomato

Snowcrest

- Cheese & Onion
- Crunchy Munch BBQ
- Ready Salted
- Salt & Vinegar

Walkers

- NK Baked Ready Salted

- NK Baked Salt & Vinegar
- NK Crisps Cheese & Onion
- P Crisps Ready Salted
- P Crisps Salt & Shake
- D Crisps Salt & Vinegar
- NK French Fries
- NK Lights Cheese & Onion
- P Lights Ready Salted
- NK Max Cheese & Onion
- NK Max Paprika
- NK Quavers
- NK Sensations Crackers
- NK Sensations Crisps
- NK Squares
- NK Sunbites Roasted Onion & Rosemary

DESSERTS

See also YOGHURT DRINKS p.50 and YOGHURTS p.51.



Alpro Soya

- P Caramel
- P Chocolate
- P Chocolate Dark
- P Custard
- P Vanilla

Ambrosia

- D Custard Banana
- D Custard Chocolate
- D Custard Devon
- D Custard Devon Low Fat
- D Custard Peaches
- D Custard Rhubarb
- NK Custard Strawberry
- D Custard Toffee

Granovita

- P Soyage Deluxe Banana
- P Soyage Deluxe Black Cherry
- P Soyage Deluxe Mango
- P Soyage Deluxe Peach & Apricot

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- P Soyage Deluxe Plain 🥜
- P Soyage Deluxe Raspberry 🥜
- P Soyage Deluxe Strawberry 🥜
- P Soyage Deluxe Tropical 🥜

Hartley's

- P Jelly Pots Blackcurrant 🥜
- P Jelly Pots Lemon & Lime 🥜
- P Jelly Pots Low Sugar Blueberry & Blackcurrant 🥜
- NK Jelly Pots Low Sugar Orange 🥜
- NK Jelly Pots Low Sugar Raspberry 🥜
- NK Jelly Pots Low Sugar Strawberry 🥜
- NK Jelly Pots Orange 🥜
- NK Jelly Pots Raspberry 🥜
- NK Jelly Pots Strawberry 🥜

Provamel

- P Caramel
- P Chocolate
- P Custard Chocolate
- P Custard Vanilla
- P Mocha
- P Vanilla



DIABETIC CONFECTIONERY

Blooms

Available from kosher stores.

- S Sugarfree Butter Rum
- S Sugarfree Starlight Mint

Holex

- P Bonbons Fruit
- D Dark Chocolate
- D Dark Chocolate Peppermint
- D Milk Chocolate
- D Milk Chocolate Hazelnut Filling

- D Milk Chocolate Mocca Cream
- D Milk Chocolate Rum
- D Milk Chocolate Strawberry Cream
- D Milk Chocolate with Hazelnuts
- D White Chocolate
- D White Chocolate Milk Mocca

Liebers

Available from kosher stores.

- S Diabetic Sweets

Must

Available from kosher stores.

- S Apple Cherry
- S Coffee
- S Dulche de Leche
- S Lemon
- S Lollypops
- S Mint
- S Peach

Ricola

- P Cranberry
- P Elderflower
- P Lemon Mint
- P Menthol
- P Original Herb

Rumplers

Available from kosher stores.

- S Sugarfree Chocolate Almonds
- S Sugarfree Chocolate Peanuts
- S Sugarfree Chocolate Raisins

Schmerling

Available from kosher stores and kosher sections of some supermarkets.

- S CY Sugarless Chocolate Blanc
- S CY Sugarless Chocolate Lait
- S Sugarless Chocolate Noir

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CHOPPED LIVER
BEEF VIENNAS
TURKEY VIENNAS
CHICAGO HOT DOGS

SMALL FISH BALLS
SALMON BITES
POTATO LATKES
TUSCAN FRITTERS
SMOKED SALMON
RILLETTE
TUNA RILLETTE
TUNA BITES

Sweet n Low

Available from kosher stores.

- S Fruit Medley
- S Peppermint
- S Summer Fruits

Xylitol

Available from kosher stores, healthshops or online from www.xylitoluk.co.uk.

- K Chocolate Luxury Dark
- K Chocolate Luxury Mint
- K Chocolate Luxury Orange



ENERGY DRINKS & SPORTS PRODUCTS

Bio Synergy

- NK Beauty From Within
- P Fitness Water
- P Liquid Energy Blackcurrant Burst
- P Liquid Energy Orange
- P Skinny Water

GO

- NK All Bars
- P Gel Blackcurrant
- P Gel Orange
- P Gel Tropical

Lucozade

- P Apple
- P Citrus Clear
- P Lemon
- P Orange
- P Original
- P Tropical
- P Wild Berry

Lucozade Sport

- P Hydroactive Citrus Fruits

- P Hydroactive Summer Fruits
- P Lemon Drink Mix
- P Lemon Plus Caffeine Boost
- P Sparkling Orange
- P Still Mixed Citrus
- P Still Orange
- P Still Raspberry
- P Still Tropical

Powerade

- P Aqua & Lime
- P Berry & Tropical Fruits
- P Cherry
- P Orange

Red Bull

- P Regular
- P Sugarfree

Red Devil

- P Energy Drink

Relentless

- P Energy Drink
- P Inferno
- P Juiced

FROMAGE FRAIS

Fromage frais and soft cheeses can be made with rennet and require Rabbinical supervision.

FROZEN YOGHURT

See ICE CREAMS, LOLLIES & SORBETS p.31.

FRUIT JUICES

As a general rule, pure fruit and vegetable juices are permitted, except for grape juice, which must be produced under Rabbinical supervision. On rare occasions, there can be problems with the Kashrut of the equipment used. See also SOFT DRINKS p.40.



FRUIT SNACKS

Pure dried fruit is permitted. However, a fine oil coating is sometimes added as a humectant and it is therefore advisable to check the ingredient declaration to ensure that any oil used is either mineral or vegetable. Products containing glycerine are not permitted. Glace cherries are permitted provided they do not contain E120. Please note that dried fruits which are often found infested still require careful checking. See also CEREAL, FRUIT & NUT BARS p.7.



Del Monte

- P Fruitini Squeezie Apple
- P Fruitini Squeezie Blackcurrant
- P Fruitini Squeezie Strawberry

Florida's Natural

- S Nuggets Orange
- S Nuggets Strawberry
- S Nuggets Variety Pack
- S Strings Variety Pack

Fruit Bowl

- P Fruit Flakes Blackcurrant
- P Fruit Flakes Orange
- P Fruit Flakes Raspberry
- P Fruit Flakes Strawberry
- P Fruit Flakes Tropical
- D Fruit Flakes Yoghurt Coated Blackcurrant
- D Fruit Flakes Yoghurt Coated Cranberries
- D Fruit Flakes Yoghurt Coated Raisins
- D Fruit Flakes Yoghurt Coated Raspberry

WARNING: The designation 'Parev' does not guarantee that a product is suitable for those with dairy or lactose intolerance.

It is preferable, whenever possible, to buy products made under Rabbinical supervision.

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3 Learn some Torah every day

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- ☞ Fruit Flakes Yoghurt Coated Strawberry

Humdinger

- ☞ Fruit Crisps Banana
- ☞ Fruit Crisps Exotic
- ☞ Fruit Crisps Mango
- ☞ Fruit Crisps Pineapple
- NK Fruit Strings
- NK Fruit Strings Tangy
- ☞ Lunchbox Mini Snacks

Kellogg's Screamin'

- S Fruit Winders Blackcurrant
- S Fruit Winders Duo Apple & Blackcurrant
- S Fruit Winders Duo Apple & Strawberry
- S Fruit Winders Duo Blackcurrant & Strawberry
- S Fruit Winders Raspberry
- S Fruit Winders Strawberry

Nakd

- ☞ Raisins Cherry
- ☞ Raisins Lemon
- ☞ Raisins Orange
- ☞ Raisins Pineapple

Ocean Spray

- ☞ Dried Cranberries

Organix Goodies

- ☞ Raisins

Planters

- ☞ Apricots
- ☞ Berry Mix
- ☞ Exotic Fruit Mix

HOT DRINKS

Cadbury

- ☞ Drinking Chocolate
- ☞ High Lights Chocolate
- ☞ High Lights Dark Chocolate
- ☞ High Lights Fudge
- ☞ High Lights Mocha
- ☞ Hot Chocolate Instant
- ☞ Hot Chocolate Instant Mocha

Divine

- ☞ Cocoa
- ☞ Drinking Chocolate

Galaxy

- ☞ Hot Chocolate Bliss
- ☞ Hot Chocolate Instant
- ☞ Hot Chocolate Instant Smooth & Dark



Green & Black's Organic

- ☞ Cocoa Fairtrade
- ☞ Hot Chocolate

Horlicks

- ☞ Light Malt
- ☞ Light Malt Chocolate
- ☞ Original Malted

Maltesers

- ☞ Instant Hot Chocolate

Moment du Chocolat

- NK Gourmet Hot Chocolate Marshmallows

Nestle

- ☞ Aero
- ☞ Aero Mint

Options

- ☞ Banana
- ☞ Belgian Chocolate
- ☞ Caribbean Coconut
- ☞ Choca Mocha
- ☞ Cracking Hazelnut
- ☞ Mint Madness
- ☞ Outrageous Orange
- ☞ Simply Cinnamon
- ☞ Tempting Toffee
- ☞ Turkish Delight
- ☞ Vanilla
- ☞ Wicked White Chocolate

Ovaltine

- ☞ Chocolate Add Milk
- ☞ Chocolate Light Add Water
- ☞ Original Add Milk
- ☞ Original Light Add Water

Snowcrest

- ☞ Cocoa
- ☞ Instant Hot Chocolate

ICE CREAM CONES & WAFERS



Alpine

- ☞ Ice Cream Cones
- ☞ Ice Cream Wafers

Askeys

- ☞ Brandy Snap Baskets
- ☞ Cafe Curls
- ☞ Cornets
- ☞ Cornets Cup
- ☞ Cornets Party
- NK Pompadour Fans
- ☞ Tuile Baskets
- ☞ Wafers
- ☞ Waffle Cones St Louis

Snowcrest

- ☞ Wafers

ICE CREAMS LOLLIES & SORBETS



Alpine

- ☞ ☞ Cup Custard & Apple
- ☞ ☞ Cup Custard & Rhubarb
- ☞ ☞ Cup Mocha Coffee
- ☞ ☞ Cup Vanilla Almond
- ☞ ☞ Cup Vanilla Fudge
- ☞ Ice Cream Banana & Toffee
- ☞ Ice Cream Blueberry
- ☞ Ice Cream Cherry
- ☞ ☞ Ice Cream Chocolate
- ☞ Ice Cream Chocolate Ripple
- ☞ Ice Cream Mint Choco Chip
- ☞ Ice Cream Parev Chocolate
- ☞ Ice Cream Parev Strawberry
- ☞ Ice Cream Parev Vanilla
- ☞ Ice Cream Praline Swirl
- ☞ Ice Cream Rum & Raisin
- ☞ ☞ Ice Cream Strawberry





For the latest information, text 'KOSHER' to 07786200350 to receive **text alerts**, visit www.kosher.org.uk to subscribe to **email alerts** and use the **Kosher Product Search**

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-   Ice Cream Strawberry Swirl
-  Ice Cream Tutti Fruity
-   Ice Cream Vanilla
-  Ice Lollies Cherry
-  Ice Lollies Lemon
-  Ice Lollies Orange
-  Sorbet Blackcurrant
-  Sorbet Lemon
-  Sorbet Mango
-  Sorbet Orange
-  Sorbet Passion Fruit
-  Sorbet Pineapple
-  Sorbet Strawberry

Baskin Robbins

The following flavours of Baskin Robbins Ice Cream are kosher certified and Dairy. Please note that the kosher certificate covers the ice creams only and does not include cones, toppings, syrups or any other item not listed.

























-   Banana Caramel
-   Bananas 'n Strawberry
-   Blue Raspberry Sherbet
-   Caramel Chocolate Crunch
-   Chocolate
-   Chocolate Chip
-   Chocolate Chip Cookie Dough
-   Chocolate Mousse Royale
-   Coconut Swirl
-   Cookies 'n Cream
-  Cotton Candy
-   Creme Brulee
-   English Toffee
-   Frozen Low Fat Yogurt
-   Gold Medal Ribbon
-   Hokey Pokey
-   Jamoca
-   Jamoca Almond Fudge
-   Lemon Sorbet
-   Love Potion
-   Mad About Chocolate
-   Mango Tango
-   Mint Choc Chip

-   Mississippi Mud
-   Nutty Coconut
-   Old Fashioned Butter Pecan
-   Perfectly Peachy
-  Pink Bubblegum
-   Pistachio Almond
-   Poma Power
-   Pralines 'n Cream
-  Rocky Road
-  Rum Raisin
-   Sherbet Orange
-   Sherbet Rainbow
-   Sherbet Red Raspberry
-   Sherbet Sunset
-   Strawberry Cheesecake
-   Tiger Tail
-   Tiramisu
-   Torch Bearer Trio
-   Vanilla
-   Very Berry Blackberry
-   Very Berry Strawberry
-  Winter White Chocolate
-   World Class Chocolate

Bassett's

-  Jelly Babies Lollies

Ben & Jerry's

-   'Wich
-   Baked Alaska
-   Bohemian Raspberry
-   Caramel Chew Chew
-   Chocolate Fudge Brownie
-   Chunky Monkey
-   Cookie Dough
-   Fossil Fuel
-   Frozen Yogurt Cherry Garcia
-   Frozen Yogurt Chocolate Fudge Brownie
-   Frozen Yogurt Strawberry Cheesecake
-   Half Baked
-   Phish Food
-   Sorbet Jamaican Me Crazy
-   Sorbet Mango Berry Swirl

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- S D Strawberry Cheesecake
- S D Vanilla
- S D Vanilla Toffee Crunch

Bottlegreen

- P Sorbet Push Up Elderflower
- P Sorbet Push Up English Summer
- P Sorbet Push Up Sweet Lime

Cadbury

- D Cone Chocolate & Fudge Twist
- D Cone Chocolate & Mint Twist
- D Cone Dairy Milk
- D Cone Dairy Milk Buttons
- D Creme Egg
- D Crunchie
- D Crunchie Blast
- D Dairy Milk Caramel Flake 99
- D Lolly Bournville Deeply Dark
- D Lolly Dairy Milk
- D Lolly Dairy Milk Fruit & Nut
- D Lolly Dream
- D Lolly Dream Strawberry
- D Tub Dairy Milk
- D Tub Dairy Milk Caramel
- D Tub Dairy Milk Creme Egg
- D Tub Flake

Calypso

- P Icicles 🍷
- P Jubbly Reduced Sugar Blackcurrant 🍷
- P Jubbly Reduced Sugar Orange 🍷
- P Jubbly Reduced Sugar Strawberry 🍷
- P Jubbly Reduced Sugar Tropical 🍷
- P Safari Pops 🍷

Carte d'Or

- D Chocolate Inspiration
- D Greek Yoghurt

De Roma

- D Choc & Nut Cone
- D Choc Ice
- D Chocolate
- NK Crazy Creatures Mousse
- P Fruit Lollies Assorted
- D Fruit Splits Assorted
- D Neapolitan
- P Pops
- D Raspberry Ripple
- P Rocket
- D Screwballs
- D Strawberry
- D Strawberry Cone
- D Vanilla
- D Vanilla Block

Del Monte

- NK 100% Juice Orange
- P 100% Juice Pineapple
- D Fruit Burst Mango & Pineapple
- D Fruit Burst Raspberry & Peach
- P Fruitini
- P Fruitini Apple & Blackcurrant
- P Orange
- P Pineapple
- P Smoothie Mango
- P Smoothie Raspberry
- P Smoothie Strawberry & Banana

Green & Black's Organic

- D Chocolate
- D Vanilla
- D Vanilla & Chocolate Sauce
- D Vanilla Caramel Nut

Haagen Dazs

- S D Baileys Irish Cream
- S D Banoffee

- S D Belgian Chocolate
- S D Caramel Biscuits & Cream
- S D Chocolate Chocolate Chip
- S D Chocolate Midnight Cookie
- S D Cookie Dough Chip
- S D Cookies & Cream
- S D Cookies & Cream Bar
- S D Cream Crisp Caramel
- S D Cream Crisp Vanilla
- S D Dulce de Leche
- S D Little Favourites
- S D Pralines & Cream
- S D Strawberries & Cream
- S D Strawberry Cheesecake
- S D Summer Berries & Cream
- S D Tiramisu
- S D Vanilla
- S D Vanilla & Almonds Bar
- S D Vanilla Caramel Brownie

Ice Blast

- P Sorbet Bubblegum
- P Sorbet Cherry
- P Sorbet Lemon
- P Sorbet Raspberry

Lyons Maid

- D Cone Choc & Nut
- D Cone Strawberry
- D Fruit Splits Assorted
- D Mint Choc Chip
- NK Mousse Raspberry Ripple
- NK Mousse Strawberry
- D Neapolitan
- D Raspberry Ripple
- D Vanilla
- D Vanilla & Chocolate Sticks

Mr Freeze

- P Ice Pops

Nestle

- D After Eight Cone
- D After Eight Dessert
- D After Eight Ice Cream
- D After Eight Stick

- D Banoffee Crumble
- NK Cheesecake
- D Fab Cone
- D Fab Lolly
- D Fab Tub
- D Matchmakers
- D Milkybar Tub
- D Mint Crisp Lolly
- D Mivvi Lolly
- P Mr Men Fruities
- D Mr Men Lollies
- D Mr Men Milkies
- D Munchies Bar
- D Nobbly Bobbly Lolly
- D Nobbly Bobbly Tub
- P Orange Maid
- D Quality Street Big Purple One
- D Quality Street Green Triangle
- D Quality Street Orange Crunch
- D Rolo Bar
- D Rolo Ice Cream
- D Rolo Lolly
- P Rowntrees Fruit Pastille Lolly
- NK Rowntrees Fruit Screammers
- D Toffee Crisp Bar
- D Toffee Crumble Lolly
- D Toffee Crumble Cone
- D Yorkie Bar
- D Zoom

Rachel's Organic

- D Cherry
- D Raspberry

Ribena

- P Lolly Blackcurrant
- P Lolly Orange
- P Smoothie

Roddas

- D Clotted Cream

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Simpsons

- P Freezeops All Flavours

Skinny Cow

- D Smoothie Berry Blush
D Stick Mint Double Choc
D Stick Toffee Honeycomb
D Stick Triple Choc
D Tub Cheeky Choc Brownie
D Tub Completely Mintal
D Tub Dream Creamy Cookie
D Tub Madly Deeply
D Tub Truly Lovin Toffee

Snowcrest

- KL Cappuccino
KL Carnival Cups
KL Chocolate
KL Chocolate Chip
KL CY Chocool Vanilla & Nuts
KL Coffee

- KL CY Creamy Caramel & Pecan
KL Fruitcool Lolly
KL Neapolitan
KL CY Neapolitan Trio
KL CY Snocool Neapolitan Sandwich
KL Snowbear
KL CY Snowcones Chocolate
KL Snowcones Chocolate Parev
KL Snowcones Strawberry
KL CY Snowcones Vanilla
KL Snowcones Vanilla Parev
KL Sorbet Chocolate & Orange
KL Sorbet Lemon
KL Sorbet Orange
KL Sorbet Raspberry
KL CY Stracciatella
KL Strawberry
KL Strawberry Choc Ice
KL CY Supercool Peanut Butter

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- KL CY Supreme Chocolate & Vanilla
KL CY Vanilla Choc Ice
KL Vanilla Choc Ice Parev
KL CY Vanilla Classic Crema
KL CY Vanilla Milky
KL Vanilla Parev
KL CY Vanilla Push Up

Sun Lolly

- P Cola
NK Grape
P Orange
NK Strawberry

Swedish Glace

- KL Chocolate Coated
Vanilla Lollies
KL Juicy Raspberry
KL Neopolitan
KL Rich Chocolate
KL Smooth Vanilla
KL Wild Blueberry

Thorntons

- D Stick Chocolate Trio
D Stick Toffee Temptation

Tofutti

- Available from Health Food Stores.
S Rock N Roll Cones

Treats

- P 5 Ice
P Berry Pop
P Bubblegum
D Classic Exotic
D Classic Milk Chocolate
D Classic White Chocolate
D Festival Mint
D Festival Original
D KnickerBockerGlory Chocolate
D KnickerBockerGlory Mint

- D KnickerBockerGlory Strawberry
P Refresher Cider
P Refresher Orange
D Screwball Raspberry Ripple
D Snocreme
D Strawberry Splits
D Zzapp

Wall's

- P Calippo Lemon & Lime
P Calippo Orange
P Calippo Strawberry
D Cornetto Love Chocolate
D Cornetto Love Disc
D Cream of Cornish
D Feast
D Magnum Mint
D Mini Milk Chocolate
D Mini Milk Strawberry
D Mini Milk Vanilla
D Soft Scoop Vanilla
NK Soft Scoop Vanilla Light
D Solero Exotic
D Twister Chocolate
D Twister Pear & Strawberry
D Twister Pineapple, Lemon, Lime & Strawberry
D Viennetta Mint
D Viennetta Vanilla

The following are only approved when sold in retail multipacks (ingredient listing on the outer box, but not on the ice cream wrapper). Ice creams sold singly (ingredient listing on the wrapper) are not approved.

- D Cornetto Classico
D Cornetto Mint
D Cornetto Strawberry
D Magnum Classic
D Magnum White

JELLY

See DESSERTS p.25.

It is preferable, whenever possible, to buy products made under Rabbinical supervision.

MILK SHAKES & MIXES

Bounty

- ⓓ Milk Drink



Crusha

- Ⓟ Banana
Ⓟ Chocolate
Ⓟ No Added Sugar Banana
ⓃⓀ No Added Sugar Raspberry
ⓃⓀ No Added Sugar Strawberry
ⓃⓀ Raspberry
ⓃⓀ Strawberry

Frijj

- ⓓ Banana 🍌
ⓓ Chocolate 🍫
ⓓ Chocolate Fudge
Brownie 🍫
ⓓ Chocolate Orange 🍊
ⓓ Strawberry 🍓

Galaxy

- ⓓ Creamiest Ever
ⓓ Thick Shake

Kenco

- ⓓ Cappio Iced Cappuccino
ⓓ Cappio Iced Mocha

M & M's

- ⓃⓀ Super Thick Shake

Maltesers

- ⓓ Super Frothy

Mars

- ⓓ Refuel Drink
ⓓ Refuel Extra Choc
ⓓ Refuel Family
ⓓ Thick Shake

Milky Way

- ⓓ Milkshake Mix

Nesquik

- Ⓟ Banana
Ⓟ Chocolate
Ⓟ Strawberry

Nesquik Fresh

- ⓓ Banana
ⓓ Chocolate
ⓓ Strawberry

Nesquik Magic Straws

- Ⓟ Chocolate
ⓃⓀ Strawberry

Ovaltine

- ⓓ Max for Milk Banana
ⓓ Max for Milk Chocolate
ⓓ Max for Milk Strawberry

Sipahh

- Ⓟ Flavouring Straw Banana
Ⓟ Flavouring Straw Caramel
Ⓟ Flavouring Straw Chocolate
Ⓟ Flavouring Straw Strawberry

Snowcrest

- ⓀⓄ ⓄⓂ Instant Snowchoc

Starburst

- ⓃⓀ Strawberry Thick Shake

Twix

- ⓓ Super Thick Shake

NUTS & SEEDS



All plain and roasted nuts are permitted, provided there are no added ingredients other than vegetable oil and salt. The following products have been checked by the Beth Din.

Apollo

- ⓀⓄ Almonds

- ⓀⓄ Almonds Roasted
ⓀⓄ Cashews
ⓀⓄ Cashews Roasted & Salted
ⓀⓄ Hazelnuts
ⓀⓄ Macadamia
ⓀⓄ Peanuts
ⓀⓄ Peanuts Roasted & Salted
ⓀⓄ Pine Kernels
ⓀⓄ Pumpkin Kernels
ⓀⓄ Sunflower Kernels
ⓀⓄ Walnuts

Big D

- Ⓟ Cashews Salted
Ⓟ Mixed Nuts & Raisins
Ⓟ Peanuts Dry Roast
Ⓟ Peanuts Salted

Cofresh

- ⓀⓄ Almond & Cashew Mix
Roasted Salted
ⓀⓄ Caramel & Sesame Coated
Almonds
ⓀⓄ Caramel & Sesame Coated
Cashews
ⓀⓄ Caramel & Sesame Coated
Peanuts
ⓀⓄ Caramel & Sesame Nut Mix
ⓀⓄ Cashews Black Pepper
ⓀⓄ Cashews Roasted Salted
ⓀⓄ Cashews Spicy Balti
ⓀⓄ Peanuts Dry Roasted
ⓀⓄ Peanuts Spicy Balti

KP

- Ⓟ Cashew Nuts Roasted
Salted
Ⓟ Mixed Nuts & Raisins
Ⓟ Peanuts Dry Roasted
Ⓟ Peanuts Dry Roasted
Salt & Vinegar
Ⓟ Peanuts Honey Roasted
Ⓟ Peanuts Original Salted

- Ⓟ Peanuts Spicy Chilli
Ⓟ Pistachio Nuts Roasted
Salted

Phileas Fogg

- Ⓟ American Nut Mix
Roasted
Ⓟ Cashew Nuts Roasted
Ⓟ Persian Pistachios
Roasted & Salted

Planters

- Ⓟ Brazil Nuts
Ⓟ Cashews & Peanuts Honey
Roast
Ⓟ Cashews & Peanuts Sea
Salt & Cracked Black
Pepper
Ⓟ Cashews & Peanuts Sea
Salted
Ⓟ Cashews Sea Salted
Ⓟ Mixed Nuts & Raisins
Ⓟ Natural Nut Mix
Ⓟ Nut & Fruit Mix
Cranberries
Ⓟ Peanuts Dry Roasted
Ⓟ Peanuts Honey Roasted
ⓓ Peanuts, Raisins &
Chocolate Chips
Ⓟ Peanuts Sea Salted
Ⓟ Pistachios
Ⓟ Seed Mix

PEANUT BUTTER



Meridian

- Ⓟ Crunchy
Ⓟ Crunchy No Salt
Ⓟ Crunchy Organic
Ⓟ Crunchy Organic No Salt
Ⓟ Smooth
Ⓟ Smooth No Salt

Monki

- Ⓟ Crunchy
Ⓟ Smooth

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Sainsbury's

- P Crunchy
- P Smooth
- P Wholenut

Skippy

- S Creamy
- S Creamy Reduced Fat
- S Creamy Roasted Honey Nut
- S Superchunk
- S Superchunk Reduced Fat
- S Superchunk Roasted Honey Nut

Snowcrest

- K Crunchy
- K Smooth

Sun Pat

- NK All products

Whole Earth

- P Crunchy Organic
- P Crunchy Original
- P Smooth Organic
- P Smooth Original

POPCORN

Butterkist

- P Cinema Sweet
- P Microwave Butter
- P Microwave Salted



- P Microwave Sweet
- P Organic Cane Sugar
- P Organic Sea Salt
- P Salted
- P Sweet
- D Toffee

Orville Redenbacher's

- S D Movie Theatre Butter
- S D Sweet & Salty

Popz

- S D Microwave

Snack a Jacks

- D Butter Toffee
- D Chocolate
- P Lightly Salted
- P Salt & Vinegar

SNACK BARS

See CEREAL, FRUIT & NUT BARS p.7 and FRUIT SNACKS p.29.

SOFT DRINKS

All soft drinks are permitted, unless they contain grape juice or non-permitted E-numbers. Drinks containing Fruit Extract should be avoided, as the extract could be from grape, which must be produced under Rabbinical



supervision. Please note smoothies often contain grape juice and thus even the varieties not containing grape juice may be problematic due to shared use of equipment. See also ENERGY DRINKS & SPORTS PRODUCTS p.28.

7Up

- P Cherry
- P Free
- P Regular

Abbott's

- P Ginger Beer Traditional Jamaican Style

Ame

- NK All Products

Appletise

- P Appletiser
- P Fruitiser Apple & Dragonfruit
- P Fruitiser Mango & Mandarin
- P Fruitiser Pomegranate & Raspberry
- P Peartiser

Aqua Splash

- P Sparkling Apple & Blackcurrant
- P Sparkling Forest Fruits
- P Sparkling Lemon & Lime
- P Sparkling Orange & Mandarin
- P Sparkling Peach
- P Sparkling Strawberry
- P Still Apple & Blackcurrant
- P Still Lemon & Lime
- P Still Orange & Mandarin
- P Still Peach
- P Still Strawberry & Kiwi

Barr

- P American Cream Soda
- P Cola
- P Cola Diet
- P Dandelion & Burdock

- P Dandelion & Burdock Diet
- P Ginger Beer
- P Lemonade
- P Lemonade Diet
- P Lemonade Shandy
- P Limeade
- P Pineapple Soda
- P Red Kola

Barr Simply Citrus

- NK Apple & Blackcurrant
- P Florida Orange
- P Peach

Barr Simply Fruity

- P Apple
- P Blackcurrant & Apple
- P Orange & Peach
- P Strawberry

Bass

- P Shandy Lemon

Big Tom

- P Spiced Tomato Juice

Britvic

- P 55 Apple
- P 55 Apple, Raspberry & Cranberry
- P 55 Orange
- P Apple
- P Apple Pressed
- P Bitter Lemon
- P Bitter Lemon Low Calorie
- P Citrus Spring Lemon
- P Citrus Spring Orange
- P Cordial Blackcurrant
- P Cordial Cranberry
- P Cordial Lime
- P Cordial Peppermint
- P Ginger Ale
- P Ginger Beer
- P Indian Tonic Water
- P Indian Tonic Water Low Calorie

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- P** Iron Brew
P J2O Apple & Blueberry
P J2O Apple & Mango
P J2O Apple & Melon
P J2O Apple & Raspberry
P J2O Orange & Cranberry
P J2O Orange & Passionfruit
P J2O Orange & Pomegranate
P Juice Grapefruit
P Juice Orange
P Juice Pineapple
P Juice Pomegranate
P Orange Squash
P Orange Squeezed
P Quencher Orange Drink
P Soda Water
P Tomato Juice Cocktail

C Vit

- P** Multi Vitamin Blackcurrant

Calypso

- NK** Aqua Juice Sparkling
NK Aqua Juice Still
NK Jubbly Smoothie
P Strawberry & Banana
P Natural Mineral Water
P Pure Fruit Juices
P Safari Cup Sugar Free Orange
P Safari Cup Sugar Free Raspberry

Capri Sun

- P** 100% Apple Juice
P 100% Orange Juice
NK 100% Summer Fruits
P Apple
P Apple & Blackcurrant
P Blackcurrant
P Fruit Rush Orchard
P Fruit Rush Tropical
P Orange
P Orange & Tropical
NK Summer Berries
P Tropical

Coca Cola

- P** Cherry
P Diet
P Diet Caffeine Free
P Diet Cherry
P Diet Citrus Zest
P Diet Plus Antioxidants
P Diet Plus Vitamins
P Regular
P Zero

Copella

- P** Apple
P Apple & Elderflower
P Apple & Mango
P Apple & Raspberry

Cresta

- P** Lemonade

Del Monte

- P** Apple
P Apple & Mango
P Breakfast
P Fruit Burst Caribbean
P Fruit Burst Five Fruit Citrus
P Fruit Burst Orange
P Fruit Burst Tropical
P Gold Orange & Pineapple
P Gold Pineapple
P Gold Pineapple & Mango
P Grapefruit
P Orange
P Orange Juice Bits
P Orange, Apple & Passionfruit
P Orange, Peach & Apricot
P Pineapple
NK Pomegranate & Pear
P Tomato

Del Monte World Fruits

- P** Indian Mango & Papaya

KEEP UP TO DATE!

Nosh Guide listings are correct at the time of going to press but are subject to change



Dr Pepper

- P** Regular
P Zero

Fanta

- P** Fruit Twist
P Icy Lemon
P Icy Lemon Zero
P Orange
P Orange Zero

Fanta Still

- P** Orange Citrus
NK Orange Tropical
NK Orange Tropical Zero

Five Alive

- NK** Berry Blast
P Citrus Burst
P Tropical Hit

Gatorade

- P** Lemon

- P** Orange

GI Fruitades

- P** Appleade
P Lemonade
P Orangeade

Glaceau

- P** Defense
P Essential
P Focus
P Multi V
P Power C
P Revive
P Spark

Honest to Goodness

- P** Apple
P Apple & Summerberries

Idris

- P** Ginger Beer

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Innocent

- NK** Breakfast Thickies
NK Smoothies

Irn Bru

- P** '32'
P Diet
P Regular

James White

- P** Apple & Cinnamon
P Apple & Elderflower
P Apple & Summer Berries
P Apple Bramley
P Apple Cox
P Apple Russet
P Ginger Beer
P Lemon Refresher
P Organic Apple
P Organic Apple & Crushed Ginger
P Organic Apple & Pomegranate
P Organic Beetroot
P Organic Carrot
P Organic Carrot & Apple
P Organic Cranberry & Apple
P Organic Pear
P Organic Raspberry & Pear
P Organic Vegetable

Ju Fru

- P** Orange & Passionfruit
P Tropical

KA

- P** Black Grape
P Kola
P Mango
P Pineapple
P Strawberry

Kia Ora

- P** Mixed Fruit
P Orange

Kia Ora No Added

Sugar

- P** Mixed Fruit
P Orange
P Pear & Blackcurrant

Lilt

- P** Pineapple & Grapefruit
P Pineapple & Grapefruit Zero

Lipton

- P** Ice Green Tea Orange

Meridian

- P** Apple
P Apple & Blackcurrant
P Apple Organic
P Pear

Minute Maid

- P** 100% Apple
P 100% Orange
P Apple Mango
D Breakfast on the Go Citrus
D Breakfast on the Go Smoothie Summer Fruits
NK Cell Defence
NK Nutri Top Up
P Orange & Passionfruit
P Orange Juice & Raspberry
P Orange Juice Juicy Bits
NK Red Grape & Raspberry

Oasis

- P** Blackcurrant Apple
P Citrus Punch
P Peach Passionfruit Extra Light
P Summer Fruits
P Summer Fruits Extra Light

Ocean Spray

- P** Cranberry & Blackcurrant
P Cranberry & Blackcurrant Light



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- P** Cranberry & Blueberry
P Cranberry & Mango Light
P Cranberry & Pomegranate
NK Cranberry & Raspberry
P Cranberry & Raspberry Light
P Cranberry Classic
P Cranberry Classic Light Juice
P Cranberry Select
P Dilutable Cranberry & Pomegranate
P Dilutable Cranberry & Raspberry
P Dilutable Cranberry Juice
P Dilutable Cranberry Juice Light
P Grower's Select Cranberry & Orange
NK Juice Plus Grape, Apple & Cranberry
NK White Cranberry & Grape
NK White Cranberry & Lychee

- NK** White Cranberry Blend

Orangina

- P** Light
P Orange
P Sanguine Orange

Panda Pops

- P** Cherry
NK Cola
P Lemonade
P Orange

Panda Spring

- NK** All Products

Panda Still

- P** Apple
P Apple & Blackcurrant
NK Blackcurrant
P Orange
P Raspberry

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Penine Spring

- P Mineral Water Citrus
- P Mineral Water Orange & Peach
- P Mineral Water Strawberry

Pepsi

- P Cola
- P Diet
- P Max
- P Max Twist
- P Raw

Pomegreat

- NK Chilled Drinks
- NK Juice Drinks
- NK On the Go

Pomepure

-  Pomegranate Juice

Prize

- P Cherryade
- P Cola
- P Cream Soda
- P Lemonade
- P Lemonade Shandy
- P Limeade & Lemonade
- P Orangeade

R Whites

- P Lemonade
- P Lemonade Premium
- P Lemonade Premium Low Calorie

Red Bull

- P Cola

Ribena

- NK 100% Pure Juices Blackcurrant
- NK 100% Pure Juices Raspberry & Blackberry
- P Drink Apple

- P Drink Blackcurrant
- P Drink Blackcurrant & Cranberry
- P Drink Orange
- P Drink Really Light Blackcurrant
- P Drink Really Light Blueberry
- P Drink Really Light Raspberry & Pomegranate
- P Drink Strawberry
- P Squash Blackcurrant
- P Squash Really Light Blackcurrant
- P Squash Really Light Blueberry
- P Squash Really Light Raspberry & Pomegranate

Rio

- P Sparkling Florida
- P Sparkling Tropical
- P Sparkling Tropical Light

Robinsons

- P Barley Water Lemon
- P Barley Water Orange
- P Blackberry & Pear
- P Fruit & Barley Apple & Blackcurrant
- P Fruit & Barley Apple & Pear
- P Fruit & Barley Citrus
- P Fruit & Barley Orange
- P Fruit & Barley Peach
- P Fruit & Barley Pink Grapefruit
- P Fruit & Barley Strawberry & Kiwi
- P Fruit & Barley Summer Fruits
- P Fruit & Barley Tropical
- P No Added Sugar Apple & Blackcurrant
- P No Added Sugar Lemon
- P No Added Sugar Orange
- P No Added Sugar Orange & Mango

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The United Synagogue website is full of useful and interesting information. Our current Top Five Pages are:

- Kosher Food Search
- Member Shuls
- Find your Family
- Jewish Calendar
- US Jobs

There's plenty more besides. Have a look and see what's there.



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- P No Added Sugar Orange & Pineapple
- P No Added Sugar Summer Fruits
- P Passionfruit & Mandarin

Robinsons Fruit Shoot

- P 100% Apple
- P 100% Apple & Blackcurrant
- P Apple
- P Blackcurrant & Apple
- P H2O Still Spring Water
- P No Added Sugar Apple
- P No Added Sugar Blackcurrant & Apple
- P No Added Sugar Orange & Peach
- P No Added Sugar Strawberry
- P No Added Sugar Tropical
- P Orange & Peach
- P Strawberry

Robinsons Fruit Squash

- P Apple & Blackcurrant

- P Orange
- P Orange & Pineapple
- P Summer Fruits

Robinsons High Juice

- P Apple
- P Apple, Cherry & Raspberry
- P Apple, Strawberry & Lychee
- NK Blood Orange
- NK Grape & Melon
- P Orange
- P Peach
- P Pink Grapefruit

Robinsons Smooth Juice

- P Apple
- P Apple & Blackcurrant
- P Orange

Rosemary Conley

- P Apple & Pomegranate
- P Cranberry & Blueberry
- P Orange & Mandarin Spring Water

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Roses

- P Lime Juice Cordial

Rubicon

- P Guanabana
P Guava
NK Guava Berry & Grape
P Lychee
P Mango
P Mango, Apple & Peach
P Orange
P Papaya
P Passion
P Pomegranate
P Sparkling Guanabana
P Sparkling Guava
P Sparkling Guava No Added Sugar
P Sparkling Lychee
P Sparkling Mango
P Sparkling Mango No Added Sugar
P Sparkling Passion
P Sparkling Passion No Added Sugar
NK Sparkling Pomegranate
NK Sparkling Pomegranate No Added Sugar
P Sparkling Tropical

Sainsbury's

- P Classic Cola
P Classic Cola Diet
P Ginger Ale Dry
P High Juice Lemon
P High Juice Orange
P High Juice Pink Grapefruit
P High Juice Tropical
P Indian Tonic Water Diet
P Lemonade
P Lemonade Diet
P Lime Juice Cordial
P Soda Water

Schweppes

- P Bitter Lemon

- P Bitter Lemon Slimline
P Canada Dry
P Canada Dry Slimline
P Cordial Blackcurrant
P Cordial Lime
P Cordial Orange
P Cordial Peppermint
P Deuce Cranberry & Raspberry
P Deuce Orange & Guava
P Ginger Beer
P Indian Tonic Water
P Indian Tonic Water Slimline
P Juice Orange
P Juice Pineapple
P Juice Pink Grapefruit
P Lemonade
P Lemonade Classic Cloudy
P Lemonade Diet
P Lemonade Shandy
P Lemonade Summer Punch
P Lemonade Winter
P Russchian
P Soda Water
P Straightcut Lemon
P Straightcut Pomegranate & Blueberry
P Straightcut Slimline Grapefruit & Mandarin
P Straightcut Slimline Lemon
P Tomato Juice Mix
P Tonic Water Lemon
P Tonic Water Lemon Slimline
P Tonic Water Pomegranate

Shloer

- NK All Products

Snowcrest

- KE Lemon
KE Orange
KE Orange No Sugar
KE Raspberry
KE Strawberry

Soda Stream

- S Cola
S Cola Diet
S Ginger Ale
S Lemonade
S Sugar Free Apple
S Sugar Free Cranberry & Raspberry
S Sugar Free Lemonade
S Sugar Free Orange
S Sugar Free Tonic
S Tonic
S Xstream

Sprite

- P Regular
P Zero

St Clements

- P Fruits Citrus
P Fruits Apple, Pear & Kiwi
P Fruits Blackcurrant, Apple & Blueberry
P Fruits Strawberry & Lime
NK Simply Juice Apple & Blackcurrant
NK Simply Juice Orange & Peach
NK Smoothie Strawberry & Banana

Strathmore Sparkling

- P Apple & Cinnamon
P Apple, Jasmine & Camomile
P Blackberry
P Orange, Mandarin & Lemongrass
P Peach & Apricot
NK White Grape & Lychee

Strathmore Still

- P Cranberry & Raspberry
P Forest Fruits
P Mango & Guava

Sun Exotic

- D Pineapple & Coconut
P Tropical

Sundaze

- P Sparkling Apple
P Sparkling Orange

Sunny D

- NK Caribbean
NK Florida

Sunpride

- D Pineapple & Coconut

Tango

- P Apple
P Cherry
P Citrus
P Citrus No Added Sugar
P Orange
P Orange No Added Sugar

The Pure Juice Company

- KE Pear
KE Sour Cherry

Tizer

- P Sparkling Mixed Fruit Juice

Tropicana

- P Essentials Calcium
NK Go! Blackcurrant & Apple
NK Go! Orange & Pear
NK Gold Label Orange & Raspberry
NK Gold Label Raspberry, Rosehip & Elderberry
P Grapefruit Golden
P Grapefruit Pink
P Orange & Mango
P Orange Original
P Orange Smooth
NK Orange, Grape & Cranberry
NK Pomegranate, Grape & Apple
NK Ruby Breakfast
NK Smoothie Apple, Pear & Cranberry
NK Smoothie Raspberry & Pomegranate

WARNING: The designation 'Parev' does not guarantee that a product is suitable for those with dairy or lactose intolerance.

It is preferable, whenever possible, to buy products made under Rabbinical supervision.

- NK** Smoothie Strawberry & Banana
P Tropical Fruit
V8
NK Pomegranate & Cranberry
NK Tropical
P Vegetable

Vimto

- NK** Cans
NK Cordial

Whole Earth

- P** Apple & Raspberry
P Cola
P Cranberry
NK Elderflower
NK Ginger
P Lemonade

SWEETS

See CONFECTIONERY p.10.

SYRUPS & TOPPINGS



Askeys

- P** Crackin' Choc n Mint
P Crackin' Chocolate Chunk
P Treat Sauce Chocolate Dark
D Treat Sauce Chocolate Milk
P Treat Sauce Strawberry
D Treat Sauce Toffee

Fiddes Payne Sugar 'n' Spice

- P** Sugar & Chocolate
P Sugar & Cinnamon
P Sugar & Vanilla

Lyle's

- NK** Golden Syrup Maple Flavour
NK Squeezy Syrup Banoffee
NK Squeezy Syrup Blackcurrant

- NK** Squeezy Syrup Golden Syrup
NK **D** Squeezy Syrup Milk Chocolate
NK Squeezy Syrup Raspberry
NK Squeezy Syrup Strawberry
NK Squeezy Syrup Toffee

Rowse

- NK** Maple Syrup
NK Maple Syrup Organic

Snowcrest

- NK** Syrup Chocolate
NK Syrup Lime
NK Syrup Strawberry
NK Syrup Toffee

YOGHURT DRINKS

Actimel

- D** 0.1% Fat Original
D 0.1% Fat Raspberry
D 0.1% Fat Strawberry
D Blueberry
D Cherry
D Coconut
D Forest Fruits
D Multifruit
D Orange
D Original
D Raspberry
D Strawberry
D Vanilla



Benecol

- D** Light
D Natural Classic
D Peach & Apricot
D Pineapple
D Strawberry

Flora pro.activ

- D** Original
D Pomegranate & Raspberry

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- D** Strawberry
D Tropical

Fromage Frais is only permitted when produced under Rabbinical supervision. The following products are approved.

Muller

- NK** Vitality

Munch Bunch

- D** Drinky + Banana
NK Drinky + Strawberry

Yakult

- D** Light
D Original

Yop

- NK** Raspberry
NK Strawberry



YOGHURTS

Yoghurts are permitted except when they contain gelatine, cochineal (E120), grape juice or any of the problematic emulsifiers or stabilisers. Yoghurts containing whole raspberries or raspberry pieces should be avoided as raspberries require careful inspection.

Activia

- D** Apricot
NK Cereal
NK Cranberry
D Fat Free Cherry
D Fat Free Peach
D Fat Free Vanilla
D Fig
NK Fruit Layer Blueberry & Blackberry
D Fruit Layer Prune
NK Fruit Layer Raspberry
NK Intensely Creamy Cherry
D Intensely Creamy Lemon
D Intensely Creamy Peach
D Intensely Creamy Strawberry
D Kiwi Cereal
D Mango
D Prune
NK Raspberry
NK Rhubarb
NK Strawberry

For the latest information, text 'KOSHER' to 07786200350 to receive text alerts, visit www.kosher.org.uk to subscribe to email alerts and use the Kosher Product Search

All details are correct at the time of going to press but are subject to change.

Alpro Soya

- P Yogurt Organic Blueberry
- P Yogurt Organic Peach
- P Yogurt Organic Peach & Mango
- P Yogurt Organic Red Cherry
- P Yogurt Peach & Pear
- P Yogurt Plain
- P Yogurt Strawberry
- P Yogurt Strawberry & Banana
- P Yogurt Vanilla

Benecol

- D Apricot
- D Cherry
- D Mango
- D Orange
- D Peach
- D Pineapple
- D Plain
- D Strawberry

Flora pro.activ

- D Apricot
- D Prune
- D Strawberry

Muller

- D Fruit Corner Blueberry
- D Fruit Corner Cherry
- D Fruit Corner Peach & Apricot
- D Fruit Corner Strawberry
- NK Mullerlight All Flavours

NK Vitality

Munch Bunch

- D Apricot
- D Blackcurrant & Apple
- D Raspberry
- D Strawberry

Munch Bunch

Squashums

- D Blackberry & Apple
- D Raspberry
- D Strawberry

Petits Filous

Not to be confused with Frubes Fromage Frais which are Not Kosher.

- D Frubes Pouches Raspberry
- D Frubes Pouches Strawberry
- D Yoghurt Chocolate
- D Yoghurt Vanilla

Provamel

- P Yofu Blueberry
- P Yofu Cherry
- P Yofu Peach & Mango
- P Yofu Plain
- P Yofu Strawberry

Wildlife

- D Whole Milk Raspberry
- D Whole Milk Strawberry
- D Yo To Go Pouches



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A NOTE FROM THE KLBD MARKETING DEPARTMENT

BRAVO MARS – Congratulations to Mars for achieving KLBD Kosher Certification.

Thank you to the team at Mars for their professional and dedicated manner throughout the Kosher certification process. It has been a pleasure and a privilege to work with you on this mammoth task. Thank you too for kindly sponsoring the Kosher Nosh Guide 2009. This will sponsorship enables us to increase our print run and distribute to all Jewish youth and kosher consumers across the country.

Providing for those who keep Kosher and only rely on trusted hechsherim – this part of our job is easy – but what about all those who aspire to keep Kosher but need a little help?

Kol Yisroel areivim zeh lozeh – all Israel are responsible for each other, therefore, we must do all we can to make it possible for all Jews to take their first step on the Kosher ladder. We at KLBD feel a strong responsibility to guide, encourage and make it easy to keep Kosher.

We engage experts in Kosher food and food manufacture to search through the maze of ingredients, many hidden behind fancy modern names and E numbers, to ensure the food we eat is Kosher. We are working on a very intensive project with leading international brands to bring you a variety of products under the supervision of the KLBD – Kosher London Beth Din.

Our expert Rabbinic inspectors, led by Rabbi Jeremy Conway, operate worldwide to facilitate the achievement of Kosher certification for our clients, making the KLBD one of the leading international Kosher authorities.

With over 2,000 treats in the new Kosher Nosh Guide 2009 you can look forward to a very sweet year ahead. Look out for the new KLBD-D certified MARS products, including Mars, Snickers, Galaxy, Ripple, Minstrels and three flavours of Tracker bars.

Thank you for using the Kosher Nosh Guide and greeting it with such enthusiasm each year. You are responsible for turning this tiny local publication into the giant it has become in the international Kosher food market.

We at KLBD wish you all a happy KOSHER year.

Florette Hyman

MARKETING DIRECTOR, KLBD

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Email: florette@kosher.org.uk

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