MANUFACTURER	KOSHER	NON KOSHER
	BAKED BEANS	
Crosse & Blackwell		All
Heinz		All (UK only)
Rakusens	Baked Beans	
Tesco	Baked Beans ONLY when bearing a KLBD hechsher (available from some	
	stores in Northern Ireland)	
	Joseph Market Ma	
	BAKING PREPARATIONS/COOKING	
	CHOCOLATE	
	All Baking Powders, Bicarbonate of Soda and arrowroot are acceptable	
	for use and are considered (P)	
Allinson	Bread Flour Country Grain; Bread	
	Flour Oatmill; Bread Flour Seed & Grain; Bread Flour Wholemeal Seed &	
	Grain; (Yeast) Dried Active (Yeast)	
	EasybakeFlour	
Dr Oetker	Some products are kosher. Check on	
Wilton	www.kosher.org.uk	
VVIIION	When bearing a hechsher. Available at Stock on Grafton Street.	
	ut clock on Granon chosh	
Nielsen Massey	Vanilla extract, when bearing a	
	hechsher (cRc). All vanilla extracts	
	require Rabbinic supervision.	
	BEVERAGES	
Cadbury	Bournville Cocoa (P - KLBD) ;	
	Drinking Chocolate / Hot Chocolate	
	Instant (D Highlights (D) All Flavours	
0	A	1000/ 0
Caprisun	Approved flavours : 100% Apple; 100% Orange ; Apple, Apple & Black	100% Summer Fruits ; Summer Berries
	currant; Apple & Cherry;	Bernes
	Blackcurrant; Champions; Fruit Rush	
	Orchard; Fruit Rush Tropical; H2O+	
	Apple; H"O+ Blackcurrant; Mango;	
	Orange; Orange & Tropical; Tropical	
Coca Cola	All	
Dr. Pepper	Dr. Pepper / Dr. Pepper Zero (P)	
Britvic	All Soft Drinks (P)	J 20 Grape and Kiwi ; J 20 Red
		Grape & B'currant
Del Monte	All Soft Drinks (P)	Fruit Burst Five Fruit Citrus ;
Fanta	All Soft Drinks (P)	Super Fruits
Five Alive	Citrus; Tropical (P)	Berry; Apple
Green & Blacks	Cocoa Fair Trade (P) Hot Chocolate	= -··), · · 'P'P'
	(P)	
Innocent		All Fruit juice ; all smoothies
Irn Bru	Regular (P); Sugar Free (P)	
Kia Ora	All Soft Drinks (P)	
Lilt	Pineapple & Grapefruit (P); Mango (P); Pineapple & Grapfruit Zero (P)	
Lucozade Energy	All (P)	
Mars	All Milkshakes (D)	
Nescafe	All Flavoured Cappuccino, Latte &	3 in 1 Original - no info
	Moca (D)	
Nesquik	Banana / Chocolate / Strawberry (P)	Magic Straw Strawberry

Options	All flavours (D)	
Ovaltine	All flavours (D)	
Pepsi	All products (P)	
Ribena	All products (P) except listed (next	Juiced up Blackcurrant
Mideria	column)	Duiced up Blackeurrant
Ribena Plus	All products (P)	
Robinsons	Barley water - All (P) ; Squashes (P)	My 5 All / Winter Berry ; Grape
	except listed (next column); Double	Pomegranate; Raspberry
	concentrate - All(P); Fruit & Barley -	
	All (P);	
Roses	Lime Juice Cordial (P)	
Sprite	All products (P)	
Sunny D	Carribbean / Florida / Tropical (P)	
Schweppes	All (P)	
Tango	All (P)	
	BISCUITS, CRACKERS & CEREAL BARS	
Alpen		All varieties of Cereal Bars
Cadbury's Brunch Bats	Raisin (D), Chocolate Chip (D),	
	Hazlenut (D)	
Dove's Farms	Banana, Mango & Brazil; chocolate &	
	Crispy Rice; Flapjack Apple &	
	Sultana; Flapjack Traditional Butter; Sultana Apricot & Apple	
	Sultana Apricol & Apple	
Duchy Originals	All (D)	
Jacobs	Cream Crackers / Light (P LBD)	Iced Gems / Twiglets
Jordans	All except as noted (next column)	Frusli Blueberry; Frusli Red Berries
Kelloggs		All Cereal Bars
Nakd	all varieties with hechsher	
Nature Valley	all varieties with hechsher (note:	
	some are dairy - chalav stam)	
Oreo		Not kosher in IE/UK
Quaker		Oat So Simple Morning Bars; Harvest Bars
	Crianhyand (D) (when bearing a KI DD	Crackerbread and Thins are not
Ryvita	Crispbread (P) (when bearing a KLBD hechsher)	approved; also minis all flavours
	neononer)	approved, also milio dii navedie
Walkers (Scottish)	(D, when bearing hechsher) : Biscuits	
,	for Cheese Scottish; Oatcakes;	
	Biscuits; Shortbread	
	BREAD	
	SPECIAL NOTE; Bread, biscuits &	
	cakes bought without a "Hechsher"	
	often contain Treif ingredients, and or	
	ingredients that are milky, or are	
	baked on trays and in ovens that are	
	Treif. It is therefore essential to buy	
	bread, biscuits & cakes that are	
	prepared under Rabbinic Supervision.	

Allied Bakeries Allieds Reverse major broads are: Allinson; Burgen; Day O Priesh; Kingamili, Mighty White; Sunblest (bread & crumpets only). The following products of the above brands have been approved as of 2014 and, during the next year, as the existing packaging is replaced, the Sephardic Kashrut Authority logo (SKA) will appear on these products: Bagels, Bread, Hot Cross Buns; Muffins, Pancakes (Dairy), Pockets, Crumpets, Rolls, Toasting Walfes. Except for Pancakes all products are Pareve. Allinson SEE ALLIED All breads (P-Pat Yisrael) Bagels(P); Scores - Fruit & Brown (D), Crimamon Silces(D), Soda Bread (D), Country Store Load (D) All Breads & Burns are Kosher (P) with a KChechsher Boston Brown (D), Consult the Jewish Community Office for Pat Yisrael items Kingamili SEE ALLIED Sunblest SEE ALLIED Sunblest SEE ALLIED Sunblest SEE ALLIED All PURE Butter is permitted (D - Chalay Stam), No additives other flavourings other than solid are permitted. GEREALS Alpen High Fruit (P); Original / No added Sugar (D) Dorset Cereals All Varietties (KLBD) Flahavan's Porridge Oats (P) Jordans All Cereals (P) except those listed (next column); Dairy flavours : Krave - Chocolate Carnen, Hazefinit; Chocapie / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquis (P) Reside (P) Except Clusters / Cookie Crisp / Chocolate Carnen, Hazefinit; Chocapie / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquis (P) Quaker All Cereals (P) except Clusters / Cookie Crisp / Chocapie / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquis (D) Quaker All Cereals (P) Except Clusters / Cookie Crisp / Chocapie / Duo / Crunch (D) Golden Grahams / Fruit Flavours; Frosted Wheat - Orchard and Summer Fruit Provided Carles (P) Quaker All Cereals (P) Except Clusters / Conditive Bites Apple & Sutana / Crincherry Oats / Bars; Weetos Chocolate, Rice & Wheat Flakes, Weetaflakes, Readybrék Chocolate, Rice & Wheat Flakes, Weetaflakes, Readybrék Chocolate, Rice & Wheat Flakes, Weetaflakes, Readybrék Chocolate, Rice & Wheat Flakes, W	Allied Bakeries		
Kingsmill Kinghy White; Sunblest (bread a curumeter only) The following products of the above brands have been approved as of 2014 and during the next year, as the existing packaging is replaced, the Sephardic Kashrut Authority (pog (SKA) will appear on these products: Bagels, Bread, Hot Cross Burs; Muffins, Pancakes (Dairy), Pockets, Crumpets, Rolls, Toasting Waffies, Except for Pancakes (Dairy), Pockets, Crumpets, Rolls, Toasting Waffies, Except for Pancakes all products are Pareve. All breads (P-Part Yisrael) Bagels(D); Scones - Fruit & Brown (D), Cinnamon Slices(D), Soda Bread (D), Country Store Lord (D)		Allied Bakeries major brands are:	
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Red berries Red berries	Dorset Cereals Flahavan's Jordans	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave - Chocolate Caramel, Hazelnut; Country	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate,
Nestle All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) Quaker All Cereals (P) Scotts Porridge Oats (P) Tesco (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") Weetabix All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D)	Dorset Cereals Flahavan's Jordans	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave - Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey;	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate,
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Scotts Porridge Oats (P) Tesco (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D) Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos Bars	Dorset Cereals Flahavan's Jordans Kelloggs	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo /	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer
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Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") Weetabix All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D) Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos Bars	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P)	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit
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Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit
Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal")	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch
Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave - Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D):	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana /
Chocolate, Weetos Meteors Whole Earth All Cereals (P) Except Cocoa-Crunch (D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave - Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes,	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos
Whole Earth All Cereals (P) Except Cocoa-Crunch (D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave - Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate,	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos
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(D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos
(D)	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos
	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco Weetabix	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave - Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos
	Dorset Cereals Flahavan's Jordans Kelloggs Nestle Quaker Scotts Tesco Weetabix	Sugar (D) All varieities (KLBD) Porridge Oats (P) All Kosher (P) All Cereals (P) except those listed (next column); Dairy flavours: Krave-Chocolate Caramel, Hazelnut; Country Store; Special K Oats & honey; Special K Peach & Apricot; Special K Red berries All Cereals (P) Except Clusters / Cookie Crisp / Chocapic / Duo / Crunch (D) Golden Grahams / Nuggets / Nesquik (D) All Cereals (P) Porridge Oats (P) (P): Fruit & Fibre; Instant Hot Oat Cereal; Wheat Biscuits; Oats (Porridge/"Oatmeal") All cereals are (P) Except (D): Crunchie Bran, Oatibix Flakes, Weetaflakes, Readybrek Chocolate, Rice & Wheat Flakes, Weetos Chocolate, Weetos Meteors All Cereals (P) Except Cocoa-Crunch	Minis All Flavours; Frosted Wheats; Mini Max : Chocolate, Original Oats & More Raisin Shredded Wheat - Orchard and Summer Fruit Oat Original/Harvest Crunch Oatibix Bites Apple & Sultana / Cranberry Oaty Bars; Weetos

	Please note all cheese must have	
	Rabbinical supervision. This includes	
	all hard and soft cheeses, including cottage cheese, cream cheese and	
	fromage frais. Take care, as some	
	cheeses come in a kosher and non-	
	kosher option, but look the same.	
	Check for the kosher symbol.	
	onesk for the kesher symbol.	
Babybel	Only when bearing kosher	
Dubliner cheese	<u>ceritification</u>	Not kosher in IE/UK
Philadelphia cream cheese		Not kosher in IE/UK
Samson cream cheese	Kosher - Cholov Stam (Plain dairy,	Not Rostier III IE/OK
Samson cream cheese	NOT cholov yisrael)	
	CONFECTIONERY	
Barratts	Dib Dabs / Sherbet Fountain (P);	All Other Products
Burratto	Frosties Fizzy / Refesher Lolly (P)	7 III Guilei i reddele
Bassetts	Cherry Drops / Fruit Bon Bons (P)	All Other Products
	Murray Mints (P) Pear Drops /	
	Sherbert Lemons (P) Everton Mints /	
	Mints Favourites (D) Butter Mints (D)	
Bendicks	Bittermints / Chocolate Ginger (P)	All Other Products
	Chocolate Mint Crisp / Mint Collection	
	(P) Victorian Mints (P)	
Cadbury's	All products (D)	Boost / Flake Allure ;Dairy Milk Bliss - All; Crème Egg Twisted
Chewits	All (P) Except Ice Cream (D)	Vampire Fangs
Daim	Mini / Single (D)	All Other Products
Elizabeth Shaw	Dark Mint Crisp (P) / Flutes Amaretto /	
Elizabeth Snaw	Orange (D) Milk Butterscotch Crisp (D)	Flutes Latte / Mint
Ferrero	Ferrero Rocher (D)	All Other Products
Frys	Turkish Delight (D)	All Other Products
Fox's	Glacier Fruits / Mints / Smoothie /	All Other Products
. ox o	Dark (P) Classic / Echo / Echo Mint /	
	Rocky Caramel (D) Praline Mousse /	
	Choc. Fudge / Chocolate (D)	
Godiva	All (D) with OU Logo only	All Other Products
Green & Blacks	All (D) except All Dark Chocolates (P)	
Guylian	All (D)	
-	Atomic Apple / Seriously Strawberry	All Other Products
Hubba Bubba	Atomio Appie / Ochousiy Othawschi v	All Other Flouducts
Hubba Bubba	(P) Bubble Tape Snappy Strawberry	All Other Floudets
Hubba Bubba		All Other Floudets
	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P)	
Lindt	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P)	Swiss Tradition
	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi /	
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D)	Swiss Tradition
Lindt	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations;	Swiss Tradition M & Ms (NOT kosher in IE/UK;
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White;	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU hechsher); Skittles; Skittles Wild
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky Way Magic Stars; Revels/ Snickers/	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU hechsher); Skittles; Skittles Wild
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky Way Magic Stars; Revels/ Snickers/ Topic/ Twix/ Flyte (P): Starburst	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU hechsher); Skittles; Skittles Wild Berry; Skittles Crazy Sours
Lindt Kinder	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky Way Magic Stars; Revels/ Snickers/ Topic/ Twix/ Flyte (P): Starburst All products; Double Cream	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU hechsher); Skittles; Skittles Wild Berry; Skittles Crazy Sours Black Magic Assortment; Vice
Lindt Kinder Mars Masterfoods	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky Way Magic Stars; Revels/ Snickers/ Topic/ Twix/ Flyte (P): Starburst All products; Double Cream Chocolate (D) Drifter (D); Exploder	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU hechsher); Skittles; Skittles Wild Berry; Skittles Crazy Sours Black Magic Assortment; Vice Versas; ALL Rowntree
Lindt Kinder Mars Masterfoods	(P) Bubble Tape Snappy Strawberry (P) Cool Cola / Original (P) All (D) except Excellence Dark (P) Bueno White / Chocolate / Maxi / Surprise (D) (D): All Bounty bars/Celebrations; Galaxy (all varieties); Maltesers/White; Mars/Mars Delight; Milky Way/ Milky Way Magic Stars; Revels/ Snickers/ Topic/ Twix/ Flyte (P): Starburst All products; Double Cream	Swiss Tradition M & Ms (NOT kosher in IE/UK; US is kosher when bearing OU hechsher); Skittles; Skittles Wild Berry; Skittles Crazy Sours Black Magic Assortment; Vice

IDI-	All and dead (PA)	ı
Panda	All products (P) except Licorice Bars / Lemon / Mint / Creams (D)	
Paynes	Poppets Mints, Orange, Chop Chip	XXX Extra Strong Mints
raylles	Cookie (P); Poppets Raisin, Toffee (D)	AAA Extra Strong Willis
Terry's	Choc. Orange Milk Bar (D) Choc.	All products
	Orange Dark / Milk (D); Choc Orange Popping Candy (D)	
Thorntons		All other products
Tic Tac	Fresh Mint / Spearmint / Tropical Twist (P)	Cherry Passion ; Lime & Orange / Orange
Tobler	All (D)	
Werthers	Butter Candies (D)	
Wrigleys	All (P)	Extra Mint / Peppermint
	CRISPS, POPCORN	
	Crisps and popcorn require approval from a Rabbinical Authority, as even plain-flavoured items may be produced on equipment that previously handled non-kosher flavours	
Kettle	All Crisps with (KLBD) Logo only	
KP	Ready Salted / Salt & Vinegar Crisps (P)	All other products
Pringles		All varieties (unless manufactured in the US and bearing a kosher symbol/hechsher)
Walkers	Ready Salted/ Salt & Shake (P)	All other varieties
	DIABETIC FOODS	
Dietade	Lemon Squash / Orange Squash (P)	
Sweet n Low	Jelly Crystals Cherry / Raspberry (P) Jelly Crystals Strawberry (P)	
	DIABETIC SWEETENERS	
Canderel	Granular (P) / Tablets (D) KLBD	
Hermesetas	Gold / Liquid / Granulated / Mini (P)	
Tior modeluo	Cola, Elquia, Cialialatea, IIIIII (i.)	
Splenda	Granulated (P) / Tablets (D)	
Sweet N' Low	Acesulfame K Sachets / Tablets (D)	
	EGGS	
	Both white eggs and brown hen's eggs are kosher, but white ones are usually cleaner inside. Free range eggs are a little stricter, and must be discarded if they contain red markings (brown marks	
	are ok.) in the yolk or the white. Eggs from caged/battery hens can have a red spot in the white removed and may then be eaten; red marks in the yolk are still not kosher. Easiest method is to use a clear glass to inspect.	

	Fresh or frozen fish should should always be bought with some skin attached, so you can check for scales. In addition, fresh or frozen fish should be rinsed in cold water prior to any preparation, as it may have come into contact with forbidden seafoods.	
	Kosher species of fish, canned in brine, water or vegetable oil are approved. Minced fish and pickled fishes require Rabbinical supervision.	
John West (all items are	Anchovies, Kipper fillets Brine, Kipper	Lumpfish Caviar, Mackerel fillets
parve unless otherwise marked D)	fillets Oil, Mackerel fillets Brine, Mackerel fillets Curry sauce,	Garlic & Herb
	FISH, SMOKED	
	The following is a list of approved lrish smoked salmon labels. Unless otherwise indicated, approval is only for plain COLD smoked salmon.	
Burren Smokehouse	All varieties, when bearing the KLBD symbol	
Clarkes.ie -	cold smoked salmon	
Connemara Smokehouse	cold smoked salmon	
Daly's Seafood	cold smoked salmon	
Duncannon Smokehouse	cold smoked salmon	
Dunn's of Dublin	cold smoked salmon	
Frank Hederman	cold smoked salmon	
Galway Bay Sea Foods	cold smoked salmon	
Kerryfish	cold smoked salmon	
Kinvara *	cold smoked salmon	*Kinvara Village are supporting the boycott of Israeli goods
Nolan's	cold smoked salmon	
Spillane Seafoods	cold smoked salmon	
William Carr	cold smoked salmon	
		NOT KOSHER: KRD Fisheries; Sea Star; Star Seafood Ltd.; Ummera; Wrights of Howth; Wrights of Marino
	FLOUR, BAKING MIXES	
	All types of plain, strong, whole- wheat, cake and self-raising flour are permitted. Baking mixes are permissable only when Rabbinically supervised	
	FRUIT & VEGETABLES, FRESH & FROZEN	
	Generally all fresh and frozen fruits and vegetables are permitted. However, some items are prone to infestation and require a through checking prior to consumption	

	The Office of Chief Rabbi currently recommends avoiding the consumption of the following, due to infestation problems: broccoli, cauliflower, blackberries, raspberries. Pureed berries are permitted. If necessary, contact the Office for detailed instructions how to check the above for infestation. Leafy vegetables always require washing and checking in strong light. Asparagus tips may not be used; for artichoke, remove outer leaves near base and inspect for boreholes. FRUIT & VEGETABLES, CANNED, DRIED & FROZEN Most canned fruit is permitted,	
	provided that it is not canned in grape juice or E120 colouring is used. Most frozen fruits are permitted. All vegetables, canned in water or brine	
	are permitted. Fruits (Canned & Frozen) which are commonly infested should be avoided. This includes frozen or tinned, broccoli & cauliflower florets, blackberries and raspberries.	
	All pure dried fruit is permitted. However, oil is sometimes added, and it is therefore necessary to check the ingredients to ensure that the oil is vegetable and that no glycerin has been added. In addition, dried or fresh dates need to be split open prior to consumption because of possible worm infestation.	
Baskin-Robbins [NOTE: Toppings, cones and flavours not listed are NOT KOSHER APPROVED. Individual Baskin-Robbins STORES AND KIOSKS ARE NOT SUPERVISED by the KCI, KLBD or any other Rabbinical Authority, Some outlets sell sealed packs bearing a KLBD logo, When purchasing from an open container, please ensure a CLEAN SCOOP is used.]	ICE CREAM & LOLLIES All (D): Banana & Strawberry; Banana Caramel; Blue Raspberry Sherbet; Chocolate; Chocolate Chip; Chocolate Chip Cookie Dough; Chocolate Mousse Royale; Coconut Bukan; Cookies Cream; Gold Metal Ribbon; Hokey Pokey; Jamoca; Jamoca Almond Fudge; Mango Tango; Mint X Choc Chip; Mississippi Mud; Nutty Coconut; Old Fashioned Butter Pecan; Orange Sherbet; Pistachio Almond; Pralines & Cream; Rainbow Sherbet; Red Raspberry Sherbet; Sorbet Lemon, Sorbet Mango; Strawberry Cheesecake; Vanilla; Very Berry Strawberry; World Class Chocolate	Cotton Candy; Nutty Cream Cheese Brownie; Rocky Road ; Rum & Raisin
Ben & Jerries	All varieties (D)	
Cadbury	All (D)	Dairy Milk Caramel Cone
Carte D'Or	Chocloate Inspiration (D)	

Green & Blacks	All (D)	Strawberry
Haagen Dazs	All varieties (D)	
Kerrygold	(3)	All soft ice cream mixes
Nestle	All products (D) except Mr. Men Fruities Lolly (P) Orange Maid Lolly (P); Rowntrees Fruit Pastilles Lolly (P)	Rowntrees Fruit Screamers Smarties Push Up
Walls / HB (Heart Logo WITHOUT "HB")	(D): Cream of Cornish tub; Feast Chocolate Stick; Magnum Mint Stick; Mini Milk: Choolate Lolly, Strawberry Lolly, Vanilla Lolly; Soft Scoop Vanilla Tub; Solero Exotic Explosion Stick; Twister Fruit Juice Stick; Twister Pear & Strawberry Stick; Viennetta Mint; Viennetta Vanilla (P) Items: Calippo Lemon & Lime / Orange (P) Calippo Strawberry / Tropical (P) Cornetto Classico (P)	Aero Mint Bubbleball ; Aero Choc Bubbleball ; Soft Scoop Vanilla; Light Tub Viennetta; Vienneta Red Berries; Magnum Minis; Magnum Double Caramel
	JELLIES & PUDDINGS	
	Only jellies (gelatin desserts) under actual rabbinical supervision may be used.	
Ambrosia	All (D) except	Custard Strawberry/Jelly Puds
Dindo	Custond Bounday (B) / Instant / Louis	Rice Apple
Birds	Custard Powder (P) / Instant / Low Fat (D) Creme Caramel / Ready to serve Custard Semolina Mix (D)	All other products no information
Greens	Quick Jel All Colours (P); Egg Custard Mix / Original Carmelle (P)	
	MARGARINE	
	Only Kosher when made under Rabbinic Supervision. Brands claiming to be made from "pure vegetable oil" may often contain fats of animal origin	
	MILK, FRESH All fresh milk is acceptable for	
	consumption	
	MILK, POWDERED & CANNED	
Marvel	Dried Skimmed Milk (D)	
Carnation/Nestle	All Dairy (D)	
Snowcrest	All Products KLBD	
Soya milk products	See SOYA below	
	OILS & FATS Pure Vegetable Oils, labelled as such are permitted. All solid vegetable fats (ie., margarine, shortenings, cooking fats) require Rabbinic Supervision	
	PASTA / RICE	
	All dried pasta, including pasta	Black pasta
	containing egg is permitted. All plain uncooked and parboiled rice is acceptable. Fully cooked rice is not permitted, nor are unsupervised flavoured mixes containing rice.	
Uncle Ben	containing egg is permitted. All plain uncooked and parboiled rice is acceptable. Fully cooked rice is not permitted, nor are unsupervised	Express / Risotto / Wok

	Whole & Ground Spices, Herbs & Sea Salt are permitted. Other Salts e.g. Celery Salt, Garlic Salt, Onion Salt & Seasonings, example Chicken Seasoning, Casserole Seasoning etc. may well contain non-Kosher Stearic Acid Salts which are not necessarily listed on the label. All plain, sea and mineral salt is permitted.	
Bisto	Cross Bounday Original (B)	Canada
Clearspring	Gravy Powder Original (P) All products, when bearing hechsher	Granules Teriyaki sauce
Clearspring	only	Tonyaki saucc
Colmans	All products (P) except	Wholegrain Mustard Sauce Mixes
Crosse & Blackwell	Branston Spicy Pickled (P); Branston Relish Sweetcorn & Red Pepper (P) Branston Relish Tomato & Red Pepper (P) Branston Pickle Original / Sandwich (P) Branston Pickle Smooth (P)	Piccalilli / Pickle Mustard Wholegrain Dijon / Mayo Pesto /Baked Beans/ Pickle Mustard / Beetroot Salad Cream / Apple Sauce Cranberry Sauce (P)
Dolmio		All Varieties
Haywards	All Pickles products / Mango Chutney	
Heinz	(P) Salad Cream (P); Salad Cream Light / Extra Light (P) *Ketchup Tomato / Tomato Organic (P); *Ketchup Tomato Reduced Salt & Sugar (P); *BBQ (P) * Only when bearing MK	Tomato Frito ; Fat Free Mayo Dressing Pickle / Mustard Sandwich Spread Mayonnaise
Hellmann's	Mayonnaise Garlic / Light (D) Mayonnaise Lighter Than Light (D) Real Mayonnaise / Ketchup (P); Dressing Thousand Island / Garlic & Herb (D) Dressing French / Honey & Mustard (P) Salad Cream / Vinaigrette Fat Free (P)	Dressing Caesar Salad Vinaigrette Balsamic Mayonnaise Mustard
HP	All products (P) When made in Netherlands	
Kraft		All Products
Kikkoman	Soy Sauce / Sweet Soy Sauce (P) When made in Netherlands	Teriyaki Sauce
Lea & Perrins	Worcestershire Sauce / Garlic (P)	Tomato & Worcester
Old El Paso		All Products
Ragu		All Products
Sharwoods Tabasco	Chipotle / Green / Habanero / Red (P)	All Products
Whole Earth	Organic Tomato Ketchup (P)	
	SNACK FOODS	
Jordans	All Cereal, Fruit & Nut Bars (P) except	Frusli B'berries / Red Berries
Kelloggs		Cereal Bars (All varieties)
Quaker Harvest		All Cereal Bars
Big D	All Nuts (P)	
KP	All Nuts (P)	
Planters	All Kosher (P) except Peanuts, Raisins & Chocolate Chips which are (D)	Peanuts Gado Gado Kaffir Lime & Chilli Wasabi
	SOYA	

	T	
	All 100% unflavoured plain soya milk	
	is permitted. Other soya products	
	require Rabbincal approval.	
Alpro	Soya milks (all -P); soya yoghurts (all,	Smooth & Croamy Pango
Alpro	except as noted)	Smooth & Creamy Range
Benecol	Dairy free mixed berries, tropical	
Benedoi	bany nee mixed bernes, depical	
Provamel	Soya milks (all -P); soya yoghurts (all,	
	except as noted)	
V-Bites/Redwood	All products, whether bearing	
	hechsher or not	
	SPREADS, JAMS & PRESERVES	
	All Jams, Marmalades and Preserves	
	are permitted unless they contain	
	Grape Juice, E120, Brandy etc.	
	Special care should be taken when	
	buying reduced sugar jams as some	
	contain grape juice as sweetener.	
	This should be listed on the	
	ingredients declaration. Lemon curd	
	& Mincemeat may be made with animal fat or suet and so requires	
	certification. All pure honeys, without	
	added flavourings, are permitted.	
	added navodrings, are permitted.	
Cadbury	Milk Chocolate Spread (D)	
Nutella	Hazelnut Chocolate Spread (D)	
Frank Coopers	All (P)	
Gales	Honey (P)	Lemon Curd
Hartleys	All Jams & Marmalades (P) KLBD	Lemon outd
Robertson	` '	
	All Jams & Marmalades (P)	
Roses	Lemon & Lime Marmalade / Lemon (P) Lime / Orange Marmalade (P)	
	Lille / Orange Marmalade (F)	
Whole Earth	All Peanut Butter (P); Chocolate &	
Whole Earth	Chocolate Dark (D)	
	SLIMMERS FOODS (VEGETARIAN	
	and SOYA listed separately)	
Slim Fast	All (D) except	Biscuit Bites Cheese Meal
		Replacement Bars; Pretzels Sour
		Cream & Chives Milkshake Drink
		Strawberry Milkshake Drink
		Raspberry Fruits of the Forest Rhubarb, Strawberry ; Fruit Layer
		Ritubalb, Strawberry ; Fruit Layer
	VEGETARIAN FOODS (see also SOYA)	
Linda McCartney		All products
•	Minos (P)	· ·
Quorn	Mince (P)	All other products
Redwood/VBites	All (P) with or without Hechsher	
Tivall	All (P) with Hechsher	
	YOGHURTS & YOGHURT DRINKS	

	Yoghurts are generally permitted. However, one should read the ingredients carefully to ensure that they do not contain Gelatine, Carmine (E120), Grape Juice or prohibited emulsifiers or stabilisers. Yoghurts containing whole raspberries or raspberry pieces should be avoided as raspberries require careful inspection. Fromage frais is permitted when produced under Rabbinical supervision.	
Actimel	Apricot; 0% Fat Cherry; 0% Fat Mandarin; 0% Fat Mango; 0% Fat Peach; 0% Fat Pineapple; 0% Fat Strawberry; 0% Fat Vanilla; Apple; Apricot; Cranberry; Fig Fruit Layer prune	0% Fat Blueberry; Fibre Cereal; Fruit layer raspberry
Actimel Intensely Creamy		Intensely Luscious Cherry Fat Free Blueberry /
Benecol	Fat Free	Free blueberry /
Flora pro.activ	All (D)	
Muller	Fruit Corner All (D); Vitality - Strawberry / Peach & Passion Fruit Smooth Toffee (D); Muller Rice Original /Toffee /Vanilla Custard (D)	Mullerlight All Flavours Crunch Corner / Rice Mini Raspberry / Strawberry Fruit Juice Jelly
Danone Activia	All (D)	
Petits Filous (not to be confused with fromage frais products with similar names, which are Not Kosher)	All Products (D) except items listed	Fruit Layers
	CLEANING PRODUCTS	Non-Kosher Cleaners
Ajax		Thick Liquid
Brillo		Soap Pads (contains animal fats)
Goddards	Silver Dip / Silver Polish / Brass & Copper Polish	
Astonish	AII (KLBD)	
	NON-KOSHER E NUMBERS E120, E422, E430, E431, E432, E433, E434,E435, E436, E441, E442, E470, E470(a), E470()b) E471, E472(a), (b), (c), (e), (f), E473, E474, E475, E476, E477, E479 (b), E481, E482, E483, E491, E492, E493, E494, E495, E542, E570, E572, E1441	