

**Kosher Kiwi Licensing Authority New Zealand**  
**ועד הכשרות ניו זילנד**



**5777**

Updated October 2016



# The Kosher Kiwi Directory

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[www.kosherkiwirectory.co.nz](http://www.kosherkiwirectory.co.nz)

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Please note that the Kosher Kiwi Directory is being continuously updated. This is a massive undertaking, with many people putting endless hours into detailing kashrut information, so that the kosher consumers are able to enjoy a range of new & existing products.

To the best of our knowledge the products listed in this Kosher Guide are correct. However, food production is ever-changing and it is an on-going task to keep up with the changes.

We will endeavour to keep our community updated with product changes as we are informed of them. These updates will be emailed to community members, and will be also be available on our web-site. [www.kosherkiwirectory.co.nz](http://www.kosherkiwirectory.co.nz)

## Disclaimer!

Kosher Kiwi Licensing Authority New Zealand Directory has taken every possible precaution to ensure that the Kashrut information is exact. Thus the Kosher Kiwi Licensing Authority New Zealand cannot be held responsible for any errors.

We will ensure to the best of our ability that you and the wider community are constantly informed about regular updates.



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## **KOSHER STORES**

There are 2 Kosher Stores in NZ –

### **AUCKLAND**

Greys Ave Deli – (GAD)  
108 Greys Ave, Central City, at Auckland Hebrew Congregation Centre  
Ph 09 373 2908  
greysavedeli@ahc.org.nz

#### **Open -**

Mon – Fri 8.30am – 3.30pm  
Sun - 9am – 11am

### **WELLINGTON**

Wellington Kosher Co-Op  
80 Webb St, at Wellington Jewish Community Centre  
Ph 04 384 3136  
kdeli@ihug.co.nz

#### **Open -**

Wed - 12 – 4pm  
Thurs - 5pm – 7pm  
Fri - 10am – 2.30pm  
Sun - 11am – 3pm

### **OTHER RETAIL STORES TO SOURCE KOSHER PRODUCTS -**

Countdown Supermarkets  
NW – New World Supermarkets  
PnS – Pak n Save Supermarkets  
Huckleberry Farms at 3 Auckland locations  
- Royal Oak – 6 Campbell Rd, Royal Oak – Ph 625 0077  
- Grey Lynn – 405 Richmond Rd – Ph 376 3107  
- Glenn Innes (opposite Nosh) – Ph 528 2944  
Ceres Organics – 181 Ladies Mile, Ellerslie – Ph 579 7126  
Inside Africa – at Botany, Albany & Henderson, Auckland

### **INSTRUCTIONS ON USING THIS DIRECTORY –**

Codes have been used in the columns next to the products to show –

P – Pareve  
D – Dairy / Milchig  
F – Meat / Fleishig  
P/DV – Pareve, made on equipment that has been used for dairy  
**NK – NOT KOSHER**

#### **KEY:**

crc – Chicago Rabbinic Council  
ka – from Kosher Australia web-site – [www.ka.org.au](http://www.ka.org.au)  
ldn – from London Kosher web-site – [www.kosher.org.uk](http://www.kosher.org.uk)  
Mel – from Melbourne Kashrut Authority  
Uos – from South Africa Union of orthodox Synagogues web-site – [www.uos.co.za](http://www.uos.co.za)  
Wgtn – Wellington Hebrew Congregation  
Hechsher - A hechsher symbol to indicate which Kashrut Authority has certified the product. This hechsher is on the product label.

## **KASHRUT WEB-SITES**

There are now many web-sites that give up-to-date kosher product information –

[www.ka.org.au](http://www.ka.org.au) - The NSW Kashrut Authority – Sydney

[www.kosher.org.au](http://www.kosher.org.au) - Kosher Australia - Melbourne

[www.kosher.org.uk](http://www.kosher.org.uk) - The London Beth Din Kashrut Division

[www.ous.co.za](http://www.ous.co.za) - The Union of Orthodox Synagogues – Sth Africa

[www.oukosher.org](http://www.oukosher.org) - OU Kosher

## **RECOGNISED KASHRUT AUTHORITIES' SYMBOLS & CONTACT DETAILS**

### **NEW ZEALAND**



Auckland Hebrew Congregation / Wellington Hebrew Congregation  
Kosher Kiwi Licencing Authority- [www.kosherkiwidirectory.co.nz](http://www.kosherkiwidirectory.co.nz)

### **AUSTRALIA**



Kosher Australia (Melbourne) - [www.kosher.org.au](http://www.kosher.org.au)



The NSW Kashrut Authority - [www.ka.org.au](http://www.ka.org.au)

### **SOUTH AFRICA**



Kashrus Dept of the Beth Din of Johannesburg – [www.ous.ka.za](http://www.ous.ka.za)

### **UNITED KINGDOM**



Kashrut Division of the London Beth Din – [www.kosher.org.uk](http://www.kosher.org.uk)



Manchester Beth Din - [www.mbd.org.uk](http://www.mbd.org.uk)

### **CANADA**



Kashruth Council of Toronto - [www.cor.ca](http://www.cor.ca)

### **UNITED STATES**



Kosher Overseers Associates of America



OK Kosher Certification – [www.ok.org](http://www.ok.org)



The Union of Orthodox Jewish Congregations – [www.ou.org](http://www.ou.org)



'Kof-K' Kosher Supervision – [www.k-kof.org](http://www.k-kof.org)



Vaad Ha'ir of Winnipeg -



Kosher Supervision of America – [www.ksa.kosher.com](http://www.ksa.kosher.com)



'Star-K' Kosher Certification

### **ISRAEL**



Vaad HaKashrut of Adass Israel



The Bais Din Tzedek of the Eida Hachareidis of Jerusalem



# FOOD INGREDIENTS & ADDITIVES

The London Beth Din states -

## INGREDIENTS

Products containing any of the ingredients listed below should not be purchased unless the product is Rabinically approved.

## NON-KOSHER INGREDIENTS

Edible Fat, Edible Oil, Fish Oil

Gelatine

Glycerine & Glycerides

Polysorbates

Stearates

Diacetin & Triacetin

Casein & Caseinates

Wine Vinegar, Wine & Brandy

Shortening

Rennet

## WHY ARE THE ABOVE NOT KOSHER?

### Edible Fat, Edible Oil, Fish Oil

Should be avoided as one does not know the source from which they are derived.

### Gelatin, Glycerine, Glycerides, Polysorbates, Stearates, Diacetin & Triacetin

May be animal derived and should be avoided.

### Casein

Milk protein solids. The manufacturing process is akin to that of cheese and therefore casein is only kosher when made synthetically or under Rabbinical supervision.

### Wine Vinegar, Wine & Brandy

Many ingredients of wine origin render a product non-kosher unless the product is manufactured under Rabbinical supervision. Vinegar of unspecified source may be of wine origin.

### Shortening

Shortenings are cooking fats and could contain animal fats.

### Rennet

Rennet is used in cheese manufacture as a clotting agent. Rennet is a concentrated extract of the rennin enzyme obtained from either calves or adult cattle.

## ADDITIVES

Most processed foods nowadays contain food additives, and they are referred to according to a standardized set of EEC numbers – E numbers.

Certain E numbers may be derived from animal or vegetable sources. When present in kosher products E numbers will be of vegetable origin and approved by a rabbinical authority.

## NON-KOSHER E NUMBERS

E120	E422	E432	E433	E434	E435
E436	E441	E470	E471	E472(a)	E472(b)
E472(c)	E472(d)	E472(e)	E472(f)	E473	E474
E475	E476	E477	E481	E482	E483
E491	E492	E493	E494	E495	E542
E570	E672				

### E120 Cochineal/Carmine

This is unique in that it is the only non-permitted colour. It is a naturally occurring red colour, which is derived from the cochineal beetle.

### E422 Glycerol

Glycerol occurs naturally in many plant cells and is synthesized by the plants themselves, but it is obtained commercially from oils and fats as a by-product of the soap and fatty-acid industry. It is used as a sweetener or to reduce the effects of humidity on food.

### E432 – E495 Emulsifiers & Stabilisers

These are derived commercially from fatty acids. Emulsifiers play an important role in the food industry because the manufacture of many foodstuffs involves the formation and stability of an emulsion (eg oil and water), and an emulsifier aids the mixing of these two liquids to form one complete product (eg. Mayonnaise). Stabilisers help to keep the product in a stable condition, preventing the breakdown of the emulsion.

### E542 Edible Bone Phosphate

Degreased steam extract of animal bones, used in medicines as an anti-caking agent to prevent particles sticking together.

### 570 Stearic Acid

Naturally occurring fatty acid found in all animal fats and vegetable oils, used as an anti-caking agent, eg, in spices.

### E572

Prepared synthetically from commercial stearic acid and used as an anti-caking or release agent, eg, in moulded confectionery.

{This has been taken from the London Kashrut guide}

## A BASIC INTRODUCTION TO KOSHER EATING

The Torah gives an outline of some of the key principles of Kosher eating. No clear explanation is given for them. Certainly, they are bound up with the injunction to be a holy people following the instruction of their holy God. While it might be tempting to imagine that some health reasons underpin the Laws of Kashrut, it would be unconscionable for the Jewish world to imagine that our God would be indifferent to the health of the rest of humanity. The Rabbis of the Talmud did make some additional restrictions in the name of healthy eating. There is a prohibition against eating dangerous foods and also against talking while eating a bony fish meal!

The basic prohibitions in the Torah concern **species, process and mixtures**. There is also a series of laws concerning the agricultural cycle, many of which, but not all, exclusively concern produce from the land of Israel.

### KOSHER SPECIES

The Bible defines Kosher beasts as those, which have a split hoof and chew the cud. Hence, cows, sheep, goats and deer are Kosher species. The pig, which has a cloven hoof, but does not chew the cud, is not. Horses, rabbits, dogs, cats, etc., are also excluded. In theory, giraffe would be Kosher; in practice it is very difficult to slaughter it painlessly in the prescribed manner.

Kosher meat must be processed appropriately (see below) and will always be clearly identified as such. Kosher meat in New Zealand can only be obtained through the Shul shop in Auckland and the Kosher Co-op, in Wellington.

### FISH

The Torah defines Kosher species of fish as those that have fins and scales. There is occasionally Halachic debate over the Kashrut of a certain fish. In the majority of cases this is because two different fish share the same name in different countries. In other cases there may be a concern that the markings on the fish do not satisfy the religious requirement for scales.

Kosher species of fish may be obtained from any fishmonger. Ideally they should not be cut with knives and on boards that have been used for non-Kosher species. Where it is impossible to use Kosher knives and boards, if the fishmonger's knives and board has been wiped clean they may be used, but the fish must be washed thoroughly when it is brought home. Those scrupulous about Kashrut will scrape away at the area where the fishmonger's knife was used.

In buying Kosher fish one should ensure that the fins and scales can be seen at time of purchase. Accordingly, boned skinless fillets or steaks are not acceptable.

### POULTRY

The Bible itself does not give the rule for identifying fowl. It lists a number of species of acceptable birds and prohibits others. Chicken, many ducks and geese are acceptable. Birds of prey, carrion-eaters and ostriches are not. When turkeys were introduced to Europe in the 17<sup>th</sup> century, there was substantial debate as to whether or not it fitted within the tradition. The majority of Jewish communities around the world do eat turkey. Pheasants and partridge are not considered to be Kosher. Only eggs of permitted fowl are kosher.

As with meat, Kosher fowl must be slaughtered and processed appropriately. It is only available in the Shul shops.

### SWARMING THINGS

The Bible prohibits swarming creatures. This covers all insects and much aquatic life. The prohibited insects are not just the succulent ones that one might stuff with rice or serve deep-fried, but also the tiny thrips and maggots that may be found in/on many vegetables. Accordingly, there is a religious requirement to wash all vegetables and check for possible infestation. Crabs, lobsters, shrimp and shellfish are all prohibited. Snakes and reptiles are also prohibited. The eggs of non-kosher animals, i.e. snakes' eggs and sturgeon caviar may not be eaten (cod and salmon roe are, by contrast, acceptable).

### PROCESS

Kosher slaughter is mandated by the Torah. It is defined within the Talmud. There is a requirement for a proficient Shochet to inspect the animal and to ensure that it is visibly healthy with no clearly broken bones or damaged organs. The Shochet uses a very sharp knife or Chalaf, which he regularly checks for nicks or imperfections. These would invalidate the knife and the slaughter.

The process is scrupulously structured to avoid pain for the animal.

The animal is checked afterwards for defects in its internal organs which would render it unfit or a *treifa*.

The Torah prohibits the eating of the blood of beasts or fowl. This is removed through a salting and soaking process (*melicha*). This must be performed within three days of the shechita before the blood has time to congeal.

The process slaughter and salting show intense sensitivity to the idea that a life is being taken. Although we do not consider animals to be on the same spiritual footing as human beings, the laws of Kashrut are more than mere technicalities. They enable us to focus on the special quality and sanctity of God's creation. Each animal is attended to: its blood removed and symbolically buried. It is a far cry from the mechanical slaughter and butchery of the non-Kosher abattoir.

## PROHIBITED MIXTURES

The Torah states in three places that one should not cook a kid in its mother's milk. The Rabbis interpret the repetition as teaching three distinct lessons.

- ☆ Milk and meat (of any kosher animal) should not be cooked together.
- ☆ Where they have been combined and cooked together, they may not be eaten.
- ☆ Where they have been cooked together, no benefit may be derived from them. (Accordingly if one were to accidentally marinate a steak in yoghurt and cook it, it could not then be eaten or sold, nor even given to one's dog).

It is this injunction that to all intents and purposes gives the Kosher kitchen its unique definition. Those pots and pans and implements that will come into contact with meat (and therefore acquire a meaty flavour), are kept distinct from those that will be used in conjunction with milk.

A pot that has been used for both (together or separately) acquires and will impart a milky-meaty taste. Milky-meaty tastes are treif. Even vegetables cooked in such a pot are not Kosher.

Many Kosher kitchens will, additionally, retain a set of pareve implements. These are the boards and knives used exclusively with vegetables, fruit or fish which do not come into any contact with either milk or meat. The food prepared with pareve implements may comfortably then be used, eaten or cooked with either milky or meaty ingredients and utensils.

In many cases where a pot has accidentally been used with the wrong ingredients, all is not necessarily lost and the Rabbi of the community will advise on how to save the pot and/or the food if possible. Indeed, much of the kitchen and many utensils can be kashered. It's never too late to start.

One should clean and wash one's mouth out after milk and before eating a meat meal. The Anglo/Ashkenazi practice is to wait three hours after eating meat before dairy products are consumed. Sefardim and many Ashkenazim wait six hours.

## AGRICULTURAL AND LAND OF ISRAEL PROHIBITIONS

Almost all fresh fruit, vegetables and grain can be assumed to be Kosher. There is a prohibition called "orlah" on the first three years' fruit from a tree after planting (and replanting). There is a prohibition called "chadash" on the new year's grain harvest prior to the Omer (16<sup>th</sup> Nisan). In Israel there is a prohibition on "tevel" (untithed fruit and vegetables). These present few problems here in New Zealand though you may see them referred to on the Kosher markings on Israeli pickles and wine, etc.

## DERIVATIVES

As already stated, only the eggs, roe, milk etc. of kosher species are kosher.

The derivatives from non-Kosher animals are non-Kosher. Therefore, the gelatine obtained from animals which have not been properly slaughtered or the rennet in non-Kosher cheese will render what they are cooked with and what they are cooked in non-Kosher. The red food colouring cochineal is synthesised from the cochineal beetle and is therefore not Kosher. Many production processes use non-Kosher fats or wine products (see below). Even when these are not listed in the ingredients, the fact that they have been used on the production line and there has been no interim kashering, means that they have an impact on the whole product range.

***Most alcohols in New Zealand are by-products of the dairy industry. To this end the majority of New Zealand alcohols and beers are actually dairy and should not be drunk with meat meals!***

There are a number of dairy ingredients and derivatives used in commercial bread production in this country. To that end, many of the approved breads are dairy and should not be eaten with meat meals.

## WINE

There are a number of strict Rabbinical injunctions pertaining to wine.

While there are certainly any number of non-Kosher ingredients that may be added to wine in order to improve its texture or flavour, the principle reason for the Rabbinic rulings relates to the use of wine in many pagan celebrations.

Many religious ceremonies elevate and sanctify wine. It is the basis of our Kiddush, for example. The Rabbis instructed that the wine we bless and bring to our table should have been cultivated in a spiritually appropriate environment. To that end, from the point the grapes are harvested, until the time it is poured into a glass, the wine should only be handled and processed by someone who is strictly observant. Contact or transfer by anyone else renders the wine unfit for Kosher consumption.

This does not apply to fermented grains (e.g. whisky). Nor does it apply to wines which have undergone the boiling process (or a supervised pasteurisation) rendering them "mevushal". These mevushal wines may be poured or handled by anyone. Wines which are not mevushal require special handling.

When it comes to arranging Kosher functions, it is far easier on the supervisors and the staff at the venue if mevushal wines are used.

The prohibition includes all grape juices. Grape juice is often to be found as an ingredient of canned fruits and it is for this reason that there are restrictions on which canned fruits may be purchased.

## MILK AND CHEESE

The milk of Kosher animals is inherently Kosher. Chalav Yisrael is supervised milk; meaning quite literally that the milking process through to bottling has been supervised and it is known that no other milk has been added. Until very recently it was the practice of many farmers to mix different types of milk (including the milk from non-Kosher species) in order to give distinctive flavours/textures. In very many countries today, the dairy board regulations are such that this is illegal and the farmers comply with the law for fear of losing their business. It is in recognition of these strictures that many Rabbis will allow the drinking of unsupervised milk, where a supervised alternative is not readily available.

Because of substantial concerns regarding the renneting process and the use of non-Kosher rennets, there is a requirement that Kosher cheese be produced with Kosher rennet and under supervision. Vegetarian rennets are not Kosher.

## PESACH

The rules of Pesach (Passover) prohibit the eating of “chametz” (leaven) from wheat, barley, oats, spelt and rye. Additionally, Ashkenazim do not eat “kitnyot” which are legumes or pulses or their derivatives. In the same way that non-Kosher flavour is absorbed by vessels from the food and then imparted when they are used again, the taste of chametz is absorbed by utensils, meaning that they need to be kashered or substituted over Pesach. The laws of Pesach are very complex (refer to the Kosher Kiwi Guide to Passover). It is for this reason that this guide which covers Kosher production for the year is not reliable for Passover.

## CHECKING EGGS

While the eggs of Kosher fowl are Kosher, fertilised eggs with bloodspots are prohibited. Accordingly, eggs should be opened and checked by cracking them individually into a glass. Where a reddish bloodspot is seen in the egg it should be discarded. (The glass should be washed before new eggs are cracked into it.) White eggs pose very few problems in this regard.

It is customary when boiling eggs to boil at least three in a pot at once and not to remove them individually while they are still hot.

## CHECKING VEGETABLES FOR BUGS

Different types of vegetables are susceptible to different types of infestation. Types of bug and probability of infestation vary from country to country. Where three or more bugs have been identified in any given batch of vegetable, rice etc. it is considered infested.

Broad, leafy vegetables such as lettuce and spinach should be washed and each leaf individually checked for flies and maggots.

Cauliflower and broccoli should be cut into small florets and soaked for a few minutes in water with a little salt or vinegar added in order to dislodge the bugs that lurk within. If soaked in a light opaque container, the bugs will show up clearly against the edge of the water. The florets should be removed, rinsed and individually inspected. If more than three bugs have been found in the water, the process should be repeated.

Asparagus should be dipped in slightly warm water for five minutes. It should be agitated to dislodge the thrips that are normally found within it. If no thrips are seen (they are little black or grey specks with legs), the asparagus should be rinsed and can then be cooked. If thrips are found the process should be repeated until the water is seen to be clear.

## MAKING A SIMPLE KOSHER MEAL

It need not be hard to entertain Kosher guests. Mostly, they will appreciate that you have thought of them and gone to any trouble. You can serve fresh fruit straight out of any fruit bowl. Kosher biscuits can be put on any plate (preferably with a napkin or doyley underneath). Kosher crisps and nuts can be served out of any clean bowl. Kosher dips, readily available, can be served out of any clean glass bowl. It is preferable to use disposable plastic, but if served cold with clean cutlery they will be Kosher according to the most lenient authorities. Assuming the vegetable peeler is only used for vegetables, raw carrot spears, cucumber spears and celery sticks are readily made. A new knife should be used for cutting the vegetables and they should be cut onto a paper plate or a temporary covering should be put over the chopping board.

It is easy to make Kosher sandwiches for adults or kiddies' parties. Use a new or plastic knife on any New Zealand fresh butter or kosher margarine and kosher bread. There are a variety of approved cream cheeses or smoked salmons, approved jams, approved chocolate spreads and all honeys that can be used on top. Canned tuna or salmon is readily mixed with Kosher mayonnaise (a new jar should be used) and new or plastic utensils to make a simple salad.

For more adventurous cuisine many Kosher fish can readily be baked in a new aluminium foil tray with appropriately cut vegetables and seasonings applied and the whole lot fully double-wrapped in foil and baked even in a clean, but non-Kosher oven. A number of meat dishes too might be prepared a similar way. Care in all such cases should be taken to make sure that the food has only been placed on appropriate surfaces and that due precaution has been taken cutting vegetables, etc. A guest might well want to check the double wrapping. Cooked/heated foods will need to be served onto new, appropriate, Kosher crockery.

Delve into the guide and see what is available. Invite friends around. Try it once, try it twice – who knows you might pick up some spiritually rewarding habits.

Bon Appétit — B'Tayavon

{This has been taken from a previous Kosher Kiwi Directory written by Rabbi Jeremy Lawrence}

## ALCOHOL

<b>BACARDI</b> – all brands are acceptable.	P	KA
<b>BOURBON</b> – all brands are acceptable.	P	KA
<b>BRANDY</b> – requires Rabbinic supervision. – <b>must have hechsher.</b>	P	KA
<b>CHAMPAGNE</b> - requires Rabbinic supervision. – <b>must have hechsher.</b>	P	KA
<b>CLARET</b> - requires Rabbinic supervision. – <b>must have hechsher</b>	P	KA
<b>COGNAC</b> - requires Rabbinic supervision. – <b>must have hechsher.</b>	P	KA
<b>GIN</b> – all brands are acceptable except when grape is an ingredient.	P	KA
<b>Grape Juice</b> - requires Rabbinic supervision.– <b>must have hechsher</b>		KA
<b>PORT</b> – is a fortified wine & is <b>NOT KOSHER</b> unless produced under Rabbinic supervision.	P	KA
<b>RUM</b> – all brands are acceptable, <b>except when made in USA.</b>	P	KA
<b>SHERRY</b> – requires Rabbinic supervision. – <b>must have hechsher.</b>	P	KA
<b>TEQUILA</b> – all brands are acceptable, providing there is <b>NO WORM</b> in bottle.	P	KA
<b>VERMOUTH</b> – requires Rabbinic supervision.	P	KA
<b>VODKA</b> – all brands of plain vodka are acceptable, except those made with grapes. Flavoured vodkas should have rabbinic supervision.	P	KA
<b>WHISKEY (IRISH)</b> – some rules apply! – check Sydney Beth Din website – <a href="http://www.ka.org.au">www.ka.org.au</a>	P	KA
<b>WHISKY (SCOTCH)</b> – All brands of scotch whisky are acceptable.	P	KA

## Advocaat

Bols	Advocaat	P		
Coymans	Royal Dutch Advocaat	P		
Herman Jansen	Advocaat	P		

## Beer

All regular NZ beers can be assumed to be Kosher & Pareve.

Founders Organic Brewery (Nelson)	Generation Ale Long Black Red Head Tail Black	P	FR	
Canterbury Breweries (NZ)	Mr Beer American Devil Mr Beer Bewitched Red Ale Mr Beer Black Tower Mr Beer Canadian Draught Mr Beer Classic American Mr Beer Cowboy Lager Mr Beer Creamy Brown Mr Beer Grand Bohemian Mr Beer Golden Wheat Mr Beer Hard Cider Mr Beer Linebacker Bock Mr Beer Mellow Amber Mr Beer Nut Brown Ale Mr Beer Oatmeal Stout Mr Beer Pale Export Mr Beer Pilothouse Pilsner Mr Beer St Patrick's Irish Stout Mr Beer Vienna Lager Mr Beer Weizenbier Wheat Beer Mr Beer West Coast Pale Ale Mr Beer Witty Wheat Monk	P	FR	
NZ Breweries (Lion)	<b>Brands listed below are PAREVE beers -</b> Canterbury Draught Waikato Draught Lion Red Lion Brown	P	FR	

	Steinlager Steinlager Edge Steinlager Pure Steinlager Premium Light Speight's Distinction Ale Speight's Gold Medal Ale Speight's Old Dark Speight's Pale Ale Speight's Porter Speight's Pilsener Speight's Summer Harvest Speight's Summit Speight's Traverse Ice Beer Light Ice Rheineck Tasman Bitter Black Ice Black Mac Mac's Gold Mac's Great White Mac's Hop Rocker Mac's Light Mac's Sassy Red Mac's Spring Tide Mac's Sundance Mac's Twisted Castlepoint Greenstone Lager			
	Australian Beers, Ales, Lagers, Pilsener & Stout are Kosher & Pareve.	P	KA	
Foster's	Carlton	P		
	Crown	P		
	Foster's	P		
	V.B	P		

## Ciders

Cascade	Apple Cider	P		
	Ultra C Sparkling Blackcurrant Drink	P		
Strongbow	Strongbow Dry (bottles)	P		
	Strongbow Original (bottles)	P		
	Strongbow Sweet (bottles)	P		
	Strongbow Clear Cider in Can	P		
	Strongbow Original Cider in Can	P		

## Cocktail Syrups

LeJay Lagoute	Strop De Caramel	P		
	Strop De Cassis	P		
	Strop De Cinnamon	P		
	Strop De Fraise	P		
	Strop De Gomme	P		
	Strop De Menthe	P		
	Strop De Orgeat	P		
	Strop De Vanille	P		
	Strop De Noix De Coco	P		

## Cream Liqueur

Bailey's	<b>Products must be 'Product of Ireland'</b>			
	Coffee Liqueur	D		
	Crème Caramel	D		
	Mint Chocolate	D		
	Original Irish Cream	D		
Emmet's	Cream Liqueur	D		
Godiva	Cappuccino	D		
	Caramel Milk Chocolate	D		
	Chocolate Cream	D		
	White Chocolate	D		



Sheridan's	Crème Liqueur – <b>Product of Ireland only</b>	D		
Tia Maria	Coffee – <b>Product of Jamaica &amp; NZ</b>	D		
	Coffee – <b>Product of Jamaica &amp; UK</b>	P		
	Orange – <b>Product of Jamaica &amp; NZ</b>	D		
	Orange – <b>Product of Jamaica &amp; UK</b>	P		

## Champagne

MUST HAVE RABBINIC SUPERVISION AND HECHSHER.

## Flavoured Alcoholic Drinks

Angostura	<b>Products must be 'Product of Trinidad'</b>			
	Caribbean Club Rum Punch Pineapple	P		
	Caribbean Club Rum Punch Passionfruit	P		
	Caribbean Club Rum Punch Traditional	P		
	Caribbean Club Rum Spiced	P		
	Caribbean Club Limbo Drummer	P		
Archers	<b>Products must be 'Product of Italy'</b>			
	Aqua Schnapps – Cranberry	P		
	Aqua Schnapps – Exotic Passion	P		
	Aqua Schnapps – Peach	P		
	Aqua Schnapps – Raspberry	P		
	Schnapps & Lemonade	P		
	Vea – Apple	P		
	Vea – Tropical	P		
	Veva - Raspberry	P		
Bacardi	<b>Breezer Range - NOT KOSHER</b>	NK		Mei 01.13
Pimm's	Pimm's & Lemonade	P		
Smirnoff	Ice Black	P		
	Ice Red	P		
	Vodka & Apple	P		
	Vodka & Cola	P		
	Vodka & Tonic	P		
WKD	Citrus Cut	P		
	Vodka Blue	P		
	Vodka Iron Brew	P		
	Vodka Red	P		

## Gin

All Brands are acceptable except when **GRAPE** is listed as an ingredient.

Angos	Dry Gin	P		
Beefeater	Gin	P		
Bols	Silver Top Dry	P		
Bombay Sapphire	Dry Gin – <b>Must Not be product of South Africa</b>	P		
Gabriel Boudier	Saffron Gin	P		
	Sloe Gin	P		
Gordon's	Gin	P		
	Sloe Gin	P		

## Grenadine

Bols	Grenadine	P		
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## Liqueurs

Archers <sup>5</sup>	Peach Schnapps – Not Product of South Africa	P		
Benedictine	<b>Dom – NOT KOSHER</b>	NK		
Bokma	Goldstrike – Product of Holland	P		
Bols	<b>Products must be "Product of Holland"</b>			
	Advocaat	P		

	Amaretto and Amaretto Foam	P		
	Bitter Orange	P		
	Blue and Blue Foam	P		
	Butterscotch	P		
	Cherry Brandy	P		
	Cassis Foam	P		
	Coconut	P		
	Coffee	P		
	Crème De Bananes	P		
	Crème De Cacao (brown)	P		
	Crème De Cacao (white)	P		
	Crème De Cassis	P		
	Curacao Dry Orange	P		
	Curacao Triple Sec	P		
	Elderflower	P		
	Genever	P		
	Genever Zeer Oude	P		
	Green Bananas	P		
	Jenever Jong	P		
	<b>Kirsch – NOT KOSHER</b>	NK		
	Kiwi	P		
	<b>Lindauer Apfel - NOT KOSHER</b>	NK		
	Lychee	P		
	<b>Maraschino - NOT KOSHER</b>	NK		
	Melon	P		
	Parfait Amour	P		
	Passionfruit	P		
	Peach	P		
	Peppermint Green and Green Foam	P		
	Peppermint White	P		
	Raspberry	P		
	Red Orange	P		
	Strawberry	P		
	Vanilla	P		
	Vieux	P		
	Yoghurt	D		
Chartreuse	<b>NOT KOSHER</b>	NK		
Cherry Boudier	<b>NOT KOSHER</b>	NK		
Chivas Brothers	<b>Lochan Ora - NOT KOSHER</b>	NK		
Cointreau	Cointreau – <b>Must be Product of France</b>	P		
Coymans	Royal Dutch Advocaat – <b>Must be Product of Holland</b>	P		
De Kuyper	<b>Products must be "Product of Holland"</b>			
	<b>Apricot Brandy – NOT KOSHER</b>	NK		
	<b>Blackberry – NOT KOSHER</b>	NK		
	Butterscotch	D		
	<b>Cherry Brandy – NOT KOSHER</b>	NK		
	Cranberry	P		
	Crème de Bananes	P		
	Crème de Cacao Brown	P		
	Crème de Cacao White	P		
	Crème de Cassis	P		
	Crème de Menthe White	P		
	Crème de Menthe Green	P		
	<b>Curacao Blue – NOT KOSHER</b>	NK		
	Melon	P		
	Raspberry	P		
	Sour Apple	P		
	Sour Rhubarb	P		
	Triple Sec	P		
	Wild Strawberry	D		
Disaronno	Amaretto <sup>18</sup>	P		
	Originate <sup>5</sup>	P		
Drambuie	15 Speyside Malt Whiskey	P		
	Liqueur	P		
	The Royal Legacy of 1745	P		
Dubonnet	<b>NOT KOSHER</b>	NK		
Frangelico	Hazelnut	P		
Gabriel	<b>Products must be "Product of</b>			

Boudier	<b>France*</b>			
	Citronelli	P		
	Crème d'Abricots	P		
	Crème de Bananes	P		
	Crème de Cacao	P		
	Crème de Café	P		
	Crème de Cassis de Dijon	P		
	Crème de Fraises	P		
	Crème de Fraises et Poivre de Tasmanie	P		
	Crème de Framboises	P		
	Crème de Framboises et Thym	P		
	Crème e Griottes et Chocolat	P		
	Crème de Melons Verts	P		
	Crème de Menthe	P		
	Crème de Mures	P		
	Crème de Pêches	P		
	Crème de Pêches de Vigne	P		
	Crème de Pêches et Fleur de Habiscus	P		
	Crème de Prunelles et Sureau	P		
	Curacao	P		
	Curacao Triple Sec	P		
	Guignolet de Dijon	P		
	Liqueur Darjeeling Tea	P		
	Liqueur de Cassis et Pain d'Epices	P		
	Liqueur de Cranberry	P		
	Liqueur de Framboise	P		
	Liqueur de Gingembre	P		
	Liqueur de Granades	P		
	Liqueur de Lychees	P		
	Liqueur de Mangue	P		
	Liqueur de Myrtilles	P		
	Liqueur de Poires William	P		
	Liqueur de Pommes	P		
	Liqueur de Pommes the Earl Grey	P		
	Liqueur de Rhubarbe	P		
Giffard	<b>Products must be "Product of France"</b>			
	Abricot	P		
	<b>Abricot du Roussillon</b>	<b>NK</b>		
	Agave Sec	P		
	Amaretto	P		
	<b>Banana du Brasil</b>	<b>NK</b>		
	Caramel Toffee	P		
	Giddard Cassis Noir de Bourgogne	P		
	<b>Cherry – NOT KOSHER</b>	<b>NK</b>		
	Crème Banane	P		
	Crème Cacao Blanc	P		
	Crème Cassis d'Anjou	P		
	Crème Cerise	P		
	Crème Chataigne	P		
	Crème Fraises des Bois	P		
	Crème Framboise	P		
	Crème Fruits de la Passion	P		
	Crème Menthe	P		
	Crème Pamplemousse Rose	P		
	Crème Pêche	P		
	Crème Pêche de Vigne	P		
	Crème Violette	P		
	Curacao Blue	P		
	<b>Curacao Orange – NOT KOSHER</b>	<b>NK</b>		
	Eau de Vie de Poire William	P		
	Fraise	P		
	Ginger of the Indies	P		
	Lichi Li	P		
	Mangue Topic	P		
	Manzana Verde	P		
	Marasquin	P		
	Menthe Pastille	P		
	Muroise du Val de Loire	P		
	Rhubarbe	P		
	Triple Sec	P		
	<b>Vanille de Madagascar - NOT</b>	<b>NK</b>		

	<b>KOSHER</b>			
	Watermelon	P		
Glavya	Scotch Whisky Liqueur	P		
Glenfiddich	Whisky Liqueur	P		
Godiva	Cappuccino - <b>Must have OU hechsher.</b>	<b>D</b>		
	Caramel Milk Chocolate - <b>Must have OU hechsher.</b>	<b>D</b>		
	Chocolate Liqueur - <b>Must have OU hechsher.</b>	<b>D</b>		
	White Chocolate - <b>Must have hechsher.</b>	<b>D</b>		
<b>Grand Marnier</b>	<b>NOT KOSHER</b>	<b>NK</b>		
Heering	Cherry	P		
	Coffee	P		
Herman Jansen	<b>Products must have London Beit Din hechsher.</b>	P		
	Advocaat	P		
	Apricot Brandy			
	Cherry Brandy	P		
	Chocolate Mint	P		
	Kummel	P		
	Triple Sec	P		
<b>Irish Mist</b>	<b>Whiskey Liqueur – NOT KOSHER</b>	<b>P</b>		
Kahlua	Coffee Liqueur – <b>If bottled or purchased in the USA must have OU logo</b>	P		
LeJay Lagoute	<b>Products must be "Product of France"</b>			
	Apricot Brandy	P		
	Banana	P		
	Cacao Blanc and Cacao Brun	P		
	Cherry Brandy	P		
	Crème d'Abricot	P		
	Crème de Cassis de Dijon	P		
	Crème de Fraise	P		
	Crème de Framboise	P		
	Crème de Menthe Verte	P		
	Crème de Mure	P		
	Crème de Myrtille	P		
	Crème de Pêche	P		
	Curacao Blue	P		
	Litchi	P		
	Pamplemousse Rose	P		
	Parfait Amour	P		
	Poire	P		
	Pomme Verte	P		
	Triple Sec	P		
Luxardo	<b>Products must have London Beit Din hechsher.</b>			
	Amaretto di SasChira	P		
	Kirsch de Cuisine	P		
	Limoncello	P		
	Orange Bitter	P		
	Passione Ambra	P		
	Sambuca Cranberry	P		
	Sambuca dei Cesari	P		
	Sambuca Passione Nera	P		
	Sambuca Pomegranate	P		
	Sambuca Raspberry	P		
	Sambuca Spiced Apple	P		
	Sour Apple	P		
<b>Malibu</b>	<b>Coconut Rum – NOT KOSHER</b>	<b>NK</b>		
<b>Midori</b>	<b>Melon Liquor - NOT KOSHER</b>	<b>NK</b>		
Ouzo	Ouzo 12	P		
Pernod	Absinthe 40% <sup>5</sup>	P		
	Absinthe 68% <sup>5</sup>	P		
Pimms	No1 Cup – <b>Must be "Product of Italy"</b>	P		
	<b>No 3 Winter Cup – NOT KOSHER</b>	<b>NK</b>		
	Vodka Cup - <b>Must be "Product of Italy"</b>	P		




Sabra	Available at Greys Ave Deli			
<b>Sambuca</b>	<b>NOT KOSHER</b>	<b>NK</b>		
Sheridans <sup>5</sup>	Cream Liqueur – <b>Must be “Product of Ireland”</b>	<b>D</b>		
<b>Southern Comfort</b>	<b>Must be “Product of Ireland”</b>	<b>D</b>		
Tia Maria	Coffee – <b>Product of Jamaica &amp; NZ</b>	<b>D</b>		
	Coffee – <b>Product of Jamaica &amp; UK</b>	<b>P</b>		
	Orange – <b>Product of Jamaica &amp; NZ</b>	<b>D</b>		
	Orange – <b>Product of Jamaica &amp; UK</b>	<b>P</b>		

## Mixes for Alcohol

Angostura	Bitters <sup>5</sup> – <b>Must be product of “Trinidad”</b>	<b>P</b>		
	Aromatic Bitters <sup>22</sup>	<b>P</b>		
Pimms	No 1 Cup	<b>P</b>		
	<b>No 3 Winter Cup – NOT KOSHER</b>	<b>NK</b>		
	Vodka Cup	<b>P</b>		

## Rum

All varieties of unflavoured rum, without added spices or flavours, are kosher.  
Kosher Australia

Angostura	<b>Products must be “Product of Trinidad”</b>			
	1824	<b>P</b>		
	1919	<b>P</b>		
	3 Yr Premium Light	<b>P</b>		
	5 Yr Premium Dark	<b>P</b>		
	5 Yr Premium Gold	<b>P</b>		
	7 Yr Premium Dark	<b>P</b>		
Bacardi	<b>Products must be “Product of Bahamas”</b>			
	8 Years Old	<b>P</b>		
	Anjejo Reserva	<b>P</b>		
	Apple	<b>P</b>		
	Berry	<b>P</b>		
	Coco	<b>P</b>		
	Gold	<b>P</b>		
	Limon	<b>P</b>		
	White	<b>P</b>		
Bacardi	Rum – <b>Product of Puerto Rico</b>	<b>P</b>		
Cruzan	Unflavoured Dark and Light Only	<b>P</b>		
Dom-Q Rum	All Flavours – <b>Must have OU hechsher</b>	<b>P</b>		
Fernandes	Black Label – <b>Must be “Product of West Indies”</b>	<b>P</b>		
Forres Park	Puncheon Rum - <b>Must be “Product of West Indies”</b>	<b>P</b>		
Iceberg	Rum – <b>Must have OU hechsher</b>	<b>P</b>		
Jumbi <sup>18</sup>	Rum – <b>Must have OU hechsher</b>	<b>P</b>		
Old Oak	Gold	<b>P</b>		
	White Rum	<b>P</b>		
Pampero	<b>Anniverso – NOT KOSHER</b>	<b>NK</b>		
	Blanco	<b>P</b>		
	Especial	<b>P</b>		
<b>Stroh</b>	<b>Jagartee</b>	<b>NK</b>		
	<b>Original</b>	<b>NK</b>		

## Sake



Hakutsuru	Sake - <i>Approved by London Beth Din</i>	<b>P</b>		
Sun Masamune	Go Shu 40	<b>P</b>		
	Goshu Blue	<b>P</b>		
	Goshu Dry	<b>P</b>		
	Nama	<b>P</b>		
	Gorin	<b>P</b>		

## Sambuca

Luxardo	Sambuca	<b>P</b>		
Vaccari	Sambuca	<b>P</b>		

## Sherry

Sherry requires Rabbinic supervision.

Kedem	Sherry Royale – <b>ONLY when bearing OU-P or the logo of the Tzelmer Rav – Mevushal</b>	<b>P</b>		
Tio Pepe	Sherry – <b>ONLY when bearing hechsher of London Beit Din</b>	<b>P</b>		


## Tequila

All brands are acceptable except those containing a worm.

Cazadores	Anejo	<b>P</b>		
	Blanco	<b>P</b>		
	Reposado	<b>P</b>		
Don Bernardo	G – <b>Must have OU hechsher</b>	<b>P</b>		
Jose Cuervo	Especial Gold	<b>P</b>		
	Especial Silver	<b>P</b>		
	Traditional Resposada	<b>P</b>		
Sauza	<b>Products Must be “Product of Mexico”</b>			
	Blanco	<b>P</b>		
	Commenerative	<b>P</b>		
	Gold	<b>P</b>		
	Hornitos Anejo	<b>P</b>		
	Plata	<b>P</b>		
	Reposado	<b>P</b>		
	Tres Generaciones Anejo	<b>P</b>		
	Tres Generaciones Plata	<b>P</b>		
	Tres Generaciones Reposado	<b>P</b>		
Sol Dios	Anejo – must have OU hechsher	<b>P</b>		
	Platinum/Blanco – must have OU hechsher	<b>P</b>		


## Vermouth

Vermouth requires Rabbinic supervision.

<b>Cinzano</b>	<b>Bianco</b>	<b>NK</b>		
Kedem	<b>ONLY when bearing OU hechsher</b>	<b>P</b>		
<b>Martini</b>	<b>All Products</b>	<b>NK</b>		

## Vodkas

All brands are acceptable, except those made with grape alcohol. NWS Kashrut Authority.

42 Below	Vodka – <b>Product of NZ. Made in dairy vessels. Should not be used directly with meat.</b>	<b>P/DV</b>		
Absolute	Various – <b>must have OU hechsher</b>	<b>P</b>		
Absolut	<b>Products must be “Product of Sweeden”</b>			
Absolut...	Apeach	<b>P</b>		
	Berry Acai	<b>P</b>		
	Citron	<b>P</b>		
	Kurant	<b>P</b>		
	Mandarin	<b>P</b>		
	Mango	<b>P</b>		
	Pear	<b>P</b>		
	Peppar	<b>P</b>		
	Raspberri	<b>P</b>		
	Ruby Red	<b>P</b>		
	Vanilla	<b>P</b>		
	Vodka	<b>P</b>		
Belvedere	Unflavoured	<b>P</b>		
Chopin	Unflavoured	<b>P</b>		
<b>Ciroc</b>	<b>Vodka</b>	<b>NK</b>		
Finlandia	Unflavoured	<b>P</b>		
Gordon	<b>Products Must have Chicago</b>			

	<b>Rabbinical Council Hechsher</b>			
	Citrus	P		
	Orange	P		
	Wild Berry	P		
Grey Goose	L'Orange	P		
	La Poire	P		
	Le Citron	P		
	Unflavoured	P		
Karloff	Vodka	D		
Kirov	Vodka	D		
Iceberg	Unflavoured	P		
Kettle One	Unflavoured	P		
Old Thomas de Luxe	Vodka – <b>Product must NOT be Made in South Africa</b>	P		
Provda	Unflavoured – <b>Must have OU hechsher</b>	P	Ⓢ	
R Jelinek	Plum Vodka - <b>Must have OU hechsher</b>	P	Ⓢ	
Savenkoff	Vodka - <b>Product must NOT be Made in South Africa</b>	P		
Skyy	<b>Products Must be "Product of USA"</b>			
	Citrus	P		
	Passionfruit	P		
	Raspberry	P		
	Vodka - Unflavoured	P		
Smirnoff	Black Label – <b>Product of UK</b>	P		
	Blue Label	P		
	Blue Label <sup>5</sup> – <b>Product of UK</b>	P		
	<b>Blueberry<sup>5</sup> – NOT KOSHER</b>	P		
	Caipiroska – <b>Product of UK</b>			
	<b>Grand Cosmopolitan – NOT KOSHER</b>	NK		
	<b>Green Apple – NOT KOSHER</b>	NK		
	<b>Ice Unflavoured – NOT KOSHER</b>	NK		
	Ice – Various Flavours – <b>Must Have KSA Hechsher</b>	P		
	Ice Black – <b>Product of UK or Italy</b>	P		
	Ice Red – <b>Product of UK or Italy</b>	P		
	Ice Red Can – <b>Product of Netherlands</b>	P		
	Lime - <b>Product of UK</b>	P		
	Lime Vodka & Cola - <b>Product of UK</b>	P		
	Mojito - <b>Product of UK</b>	P		
	Norsk - <b>Product of UK</b>	P		
	Penka - <b>Product of UK</b>	P		
	Red Labe	P		
	Silver Label	P		
	Vanilla - <b>Product of UK</b>	P		
	Vodka & Apple - <b>Product of UK</b>	P		
	Vodka & Cola - <b>Product of UK</b>	P		
	Vodka & Cola Diet - <b>Product of UK</b>	P		
	<b>Vodka &amp; Cranberry – NOT KOSHER</b>	NK		
	Vodka & Tonic - <b>Product of UK</b>	P		
	Vodka Twists – Various Flavours - <b>Must Have KSA Hechsher</b>	P		
Stoli	<b>Products Must be "Product of UK"</b>			
	Citros			
	Gala Applik			
	Ohranj	P		
	Razberri	P		
	Strasberi			
	Vanil			
Stolichnaya	Various Flavours – <b>Must Have OU hechsher</b>	P		
Stolichnaya	Unflavoured – Elit, Gold & Red	P		
Three Olives	Unflavoured	P		
Ursus	<b>Flavoured Vodkas – NOT KOSHER</b>	NK		
Zubrowka	<b>Flavoured Vodkas – NOT KOSHER</b>	NK		
Van Gogh	Various Flavours – <b>Must Have Hechsher of Beit Din of Netherlands</b>	P		
Vladivar	Vodka Unflavoured – <b>Product of UK</b>	P		

Vox	Unflavoured	P		
Yevreyskaya	Unflavoured	P		

## Whisky / Whiskey

**WHISKY (SCOTCH)** – some rules apply – check Sydney Beth Din website – [www.ka.org.au](http://www.ka.org.au) – Pareve

**WHISKEY (IRISH)** Must bear a Rabbinic Hechsher or is listed below – Pareve

Jameson	Irish Whiskey	P		
Middleton	Irish Whiskey	P		
Paddy	Irish Whiskey	P		
Powers	Irish Whiskey	P		
Tullamore Dew	Irish Whiskey	P		

## Wines

**All Wines, including Wines from Israel, made from grapes (including Grape Juice) must be Kosher certified.**

**Brandy, Champagne, Cognac, Sherry & Vermouth – must be Kosher certified.**

A selection of kosher wines (red & white) & champagne are available from Greys Ave Deli, Wellington Kosher Co-Op & New World Victoria Park.

Gourmet Garage are importers & suppliers of Kosher Wines – [gourmetgaragenz@gmail.com](mailto:gourmetgaragenz@gmail.com) – 021 0434 129

Goose Bay (NZ)	Sauvignon Blanc NZ White Wine - only bottles with hechsher - mevushal	P		
	East Coast Pinot Noir NZ Red Wine - only bottles with hechsher - mevushal	P		
	Chardonnay - only bottles with hechsher	P		
	Pinot Gris - only bottles with hechsher	P		
	Viognier - only bottles with hechsher	P		
O'Dwyer's Creek (NZ)	Chardonnay - At Greys Ave Deli & Wgtn Kosher Co-Op	Ⓢ	Ⓢ	
	Marlborough Sauvignon Blanc	Ⓢ	Ⓢ	

## BABY FOODS

ONLY baby food varieties which have been listed below should be used. However if your doctor or paediatrician requires a specific diet please contact your Rabbi for further advice.




















## Baby Cereals

Earth's Best	Brown Rice Cereal	P	Ⓢ	
	Teething Biscuits	P	Ⓢ	
Farex (Aust)	<b>Must have 'Made in Australia' on label.</b>			
	Apricot Porridge	D	Ⓢ	
	Baby Rice Cereal	P	Ⓢ	
	Original Malted Cereal	P	Ⓢ	
Heinz/Watties (Aust)	<b>ALERT - May 2012 – All jars, cans &amp; pouches &amp; wet baby foods have been deleted by Kosher Australia, due to shared equipment &amp; ingred changes. The following are still acceptable -</b>			
	Iron Enriched Baby's First Rice Cereal	P	Ⓢ	
	Iron Enriched Rice Cereal	P	Ⓢ	

## Baby Custards / Fruits / Gels / Vegetables






Heinz (Aust)	<b>No longer acceptable. ALERT - May 2012 – All jars, cans &amp; pouches &amp; wet baby foods have been deleted by Kosher Australia, due to shared equipment &amp; ingred changes.</b>	NK		05.12
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## BABY FORMULA

Abbott <sup>10</sup>	<b>Products must be 'Product of Holland' ONLY</b>			
	Isomil Liquid	P		
	Isomil Powder	P		
Heinz (NZ)	<b>Products must be 'Product of New Zealand'.</b>			
	<b>GOLD RANGE – NOT KOSHER</b>	<b>NK</b>		
	Nurture 1 & 2	D		
Nestle	Lactogen	D		
Karicare (NZ)	The following Formulae have been investigated by The Kashrut Authority and are suitable for infants. They are all Dairy and Chalav Stam - not Chalav Yisrael. They contain ingredients, (including whey) that are kosher based upon the rulings of Rabbi Moshe Feinstein ZT"L. They also contain oils that are "non mehadrin". Note they need not be used in separate utensils. Product of New Zealand ONLY.			
	<b>Speciality Formula HA All Ages</b>	<b>NK</b>		
	From Birth Infant Formula 1	D		
	From 6 Months Follow-on Formula 2	D		
	Gold Plus	D		
	Karicare 1 New Baby	D		
	Karicare 2 Follow On Formula	D		
	Karicare 3 Toddler	D		
	Karicare Aptamil Gold+1	D		
	Karicare Aptamil Gold+2	D		
	Karicare Aptamil Gold+3	D		
	Speciality Formula AR All Ages	D		
	Speciality Formula HA-AR All Ages	D		
Wyeth	SMA Baby Formula5 "Product of Ireland" ONLY	D		
	S-26 Original	D		
	S-26 Gold Soy "Product of Ireland" ONLY	P		

## Pain Killers for Babies

Dymadon, Panadol Drops, Paralgin Jnr Elixir & Infant Drops and Tempra Drops – pain killers contain non-kosher ingredients but may be used for infants & children unable to take tablets. In all cases, the safety of the child is of paramount concern, & one must not refrain from using non-kosher medication when medically required. Panadol & Panadeine also contain non-kosher ingredients. Their nature is such that the medications are acceptable for use by both children & adults. ka



Bonjela	Bonjela	P		
Dymadon	Syrups & Elixirs	P		
Panadol	Drops & Elixir	P		
Paralgin	Tablets	P		
Tempra	Drops & Syrups	P		

## BAKING INGREDIENTS

### Baking Soda



All brands are acceptable.

### Baking Paper

Glad (Aust)	Baking Paper	P		
	Oven Bags	P		

## Baking Powder

Baking Powder must be Kosher Certified.

Edmonds (NZ)	<b>Acto Baking Powder – ONLY available in catering sizes at Gilmours.</b>	P		
Hansells (NZ)	Baking Powder	P		
Kings (NZ)	Baking Powder	P		

## Carob



All plain ground dried Carob is acceptable.

## Citric Acid

All retail packets of Citric Acid are acceptable. Bulk Purchases require an approved Hechsher.

## Cocoa & Drinking Chocolate




All pure Cocoa Powder without additives or flavourings is acceptable.

Cadbury	Bournville Cocoa	P		
Hansells	Drinking Cholate	D		
Nestle	Cocoa	P		

## Coconut



All brands of desiccated & shredded (white only).

## Cherries – tinned / jars

Masterfood (USA)	Red Maraschino Cherries	P		
McLarens (Canada)	Cherries	P		
Oregon (USA)	Pitted Bing Cherries	P		














## Coconut Milk & Coconut Cream

All brands of coconut milk & coconut cream must be kosher certified.

Kara (Indonesia)	UHT Natural <b>Coconut Milk</b> Classic – in tetrapaks	P		
	<b>Coconut Cream</b> - in tins - 'Manufactured by PT Pulau Sambu Indonesia' is Kosher & Pareve even without hechsher.	P		

## Cooking Chocolate

See Confectionery for complete list of kosher chocolates.

Alpha (Aust)	Cooking Chocolate - all varieties	P		Logo only
Cadbury (Aust)	Cooking Chocolate - Dark	D		
	Cooking Chocolate - Light	D		
Hershey's (USA)	Semi Sweet Chocolate Chips. Only with  hechsher	D		
Nestle (Aust)	<b>Must have 'Made In Australia' on label.</b>			
	Cocoa	P		
	Choc Bits – Dark	D		
	Choc. Bits – Milk	D		
	Cooking Chocolate	D		
	<b>Chocolate Melts - NOT KOSHER</b>	<b>NK</b>		
Sweet William	Chocolate Buttons – kosher ONLY with Kausralia logo	P		
	Chocolate Chips– kosher ONLY with Kausralia logo	P		
	Dairy free Original– kosher ONLY with Kausralia logo	P		

	Dairy Free White Delight Block – kosher ONLY with KAustralia logo	P		
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## Corn Syrup

All brands without additives are acceptable.

## Cream of Tartar








Most authorities permit the use of Tartaric Acid/Cream of Tartar, provided it has been aged for 12 months. One generally assumes that Tartaric Acid available at a retail level fulfils this requirement.

## Decorations

In addition to the products listed below, some icing decorations are available at Greys Ave Deli.

Americolour (USA)	Professional Cake decorating colourings, gels, airpens, wafer paper etc – contact Importer – Golding's Craft Supplies, Wgtn – 0800 555 585			New 05.12
Blackwood (USA)	Icing Decorations with Hechsher – Countdown			
Wiltons (USA)	Icing Decorations – <b>must have hechsher</b> – Millys Kitchen Shop, Akld			

## Essences

Heilala (NZ)	Vanilla Beans Ground Vanilla Beans	P		New 04.12
	Vanilla Extract Vanilla Sugar Vanilla Paste	D		
Neilson-Massey (USA)	Pure Vanilla Extract - in speciality Delis & Cook Shop	P		
Moirs (S Africa)	Vanilla Essence – no hechsher. At Countdown	P	uos	
Queen Fine Foods (Aust)	Available at Countdown.			
	Lemon	P		
	Rose	P		
	Vanilla/ Vanilla Extract / Imitation Vanilla	P		
	Vanilla Bean Paste	P		

## Eggs

White eggs are less likely to contain blood-spots, and should be used if available. Check for Blood Spots.

## Golden Syrup & Treacle

All brands are acceptable.

## Glucose

All brands of Glucose Powder & Syrup are acceptable. Bulk Purchases require an approved hechsher.

## Gluten








All brands are acceptable. See Gluten Free Section for products.

## Flour

- **PLAIN FLOUR** - All regular milled Plain Flour is acceptable.
- **SELF RAISING FLOUR** with Cream of Tartar or Tartaric Acid is acceptable
- **ACCEPTABLE FLOURS - (ALL BRANDS)** - Arrowroot, Atta, Buckwheat, Carob, Channa Dhal, Cornflour, Dhal flour, Organic flour, Pea flour, Plain flour, Polenta, Potato flour, Riceflour, Rye flour, Semolina, Self-Raising, Self Raising Flour with Cream of Tartar / Tartaric Acid\* Spelt, Soy flour, Wheatgerm

Arrowhead Mills (USA)	Organic Brown Rice Flour	P		
	Organic Yellow Cornmeal	P		
	Organic White Rice Flour	P		
Orgran (Aust)	All Purpose Plain Flour	P		
	Gluten Free bread Mix	P		
	Pizza & PASTRY Multimix	P		
	Plain Flour	P		
	Pasta Flour	P		
	Self Raising Flour	P		


## Food Colourings

McCormick	Food Colour Multi Pack (Red, Yellow, Green, Blue)	P		
Queen Fine Foods (Aust)	Black	P		
	Blue	P		
	<b>Cochineal – NOT KOSHER</b>	<b>NK</b>		
	Green	P		
	Pillar Box Red	P		
	Rose Pink	P		
	Yellow	P		
Wiltons (USA)	<b>must have hechsher</b> – Millys Kitchen Shop, Akld			

## Icing Sugar, Icings

All brands of pure icing sugar (NO additives) are acceptable.

All Icing Sugar Mixture is kosher provided ONLY Sugar, Corn Starch, Maize Starch, Wheat Starch or Tapioca Starch are the only ingredients.

Bakels (NZ)	<b>Pettinice Ready to Roll Icing (Fondant)</b> White Chocolate Ivory Black Blue Green Orange Pink Purple Red Yellow	P		
Betty Crocker (USA)	<b>READY TO SPREAD ICINGS -</b>			
	Creamy De Luxe, Vanilla, Dark, Dutch Fudge, Milk Chocolate Party Frosting	D		

## Lecithin

NOT ACCEPTABLE unless bearing reliable hechsher.

## Nuts




All unprocessed nuts with no oils, additives or preservatives are Kosher. Sliced, Slivered, Ground is acceptable.

## Polenta

All brands of unprocessed Polenta are pareve and acceptable.

## Sugar

ALL varieties of sugar are acceptable including Golden Syrups, Molasses & Treacle.

Brown Sugar	All retail brands of Brown Sugar.	P		
Caster Sugar	All retail brands of Caster Sugar.	P		
Coffee	All retail brands of Coffee Sugar.	P		



Sugar				
Icing Sugar	All brands of Icing Sugar are acceptable.	P		
Icing Sugar Mixture	All Icing Sugar Mixture is kosher provided ONLY Sugar, Corn Starch, Maize Starch, Wheat Starch or Tapioca Starch are the only ingredients.	P		
Palm Sugar	"Product of Malaysia" ONLY	P		
Raw Sugar	All retail brands of Raw Sugar.	P		
Sugar Cubes	All retail brands of Sugar Cubes.	P		
White Sugar	All retail brands of White Sugar.	P		

The following sugars are certified:

Chelsea (NZ)	White Sugar Dark Cane Sugar Soft Brown Sugar Icing Sugar Caster Sugar Coffee Sugar Golden Syrup Molasses Treacle	P		
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## Tartaric Acid

All brands are acceptable according to most Halachic opinions & are accepted by the KA as mehadrin.

## Tapioca

All brands of pure Tapioca are acceptable.

## Treacle

All brands are acceptable.

## Vanilla

Must be Kosher Certified.

Neilson-Massey (USA)	Pure Vanilla Extract - <i>at speciality Delis &amp; Cook Shops</i>	P		
Heilala (NZ)	Vanilla Beans Ground Vanilla Beans	P		New 05.12
	Vanilla Extract Vanilla Sugar Vanilla Paste	D		
Moirs (S Africa)	Vanilla Essence – <i>no hechsher – At Countdown</i>	P		
Queen Fine Foods (Aust)	<i>Available at Countdown</i>			
	Natural Vanilla / Vanilla Extract / Imitation Vanilla	P		
	Organic Vanilla Bean Paste	P		

## Baking & Cake Mixes

Arrowhead (USA)	All Purpose Baking Mix	D		
	Brownie Mix – regular, gluten free	D		
	Chocolate Chip Cookie Mix	D		
	Buttermilk Pancake & Waffle Mix	D		
	Multigrain Pancake & Waffle Mix	D		
Betty Crocker (USA)	Warm Delight Microwave Cakes – Hot Fudge	D		
	Warm Delight Microwave Cakes – Molten Caramel Cake	D		
	Warm Delight Microwave Cakes – Molten Chocolate Cake	D		
Casalare (Aust)	<b>Must have Kosher Aust hechsher on label</b>			
	Batter/Tempura Mix – gluten free	P		

	Bread Mix – gluten free	P		
	Buckwheat Pancake Mix – gluten free	P		
	Choc Mud-Cake Mix – gluten free	P		
	Cookie Mix – gluten free	P		
	Muffin Mix - gluten free	P		
	Pizza Base Mix – gluten free	P		
	Quinoa Pancake Mix – gluten free	P		
Pam's	Pam's Pancake Mix			
Hansells (NZ)	<b>Pancakes in a Flash NO LONGER KOSHER</b>	NK		
Orgran (Aust)	<b>Must have Kosher Aust hechsher on label . All Orgran products listed below are gluten free.</b>			
	Apple & Cinnamon Pancake Mix	P		
	Buckwheat Pancake Mix	P		
	Chocolate Cake Mix	P		
	Chocolate Muffin Mix	P		
	Lemon Poppyseed Muffin Mix	P		
	Vanilla Cake Mix	P		

## Beverages – Powdered – Hot Chocolate



Bellagio	A Variety of Flavoured Hot Chocolate Mixes	D		
Cadbury (Aust)	Bournville Cocoa	P		
	Drinking Chocolate	P		
Caffe D'Amore (USA)	Frappe Freeze – Smoothie Base Mix - Vanilla - Coffee Toffee - <i>At Countdown</i>	D		
Ghiradelli (USA)	Frappe Classico	P		
	Sweet Ground Coffee & Cocoa	P		
	Sweet Ground Chocolate & Cocoa – <i>At Nosh</i>	P		
	Sweet Ground White Chocolate Mix	P		
Hershey's (USA)	<b>Only products with hechsher acceptable.</b>	D		
Horlicks (UK)	Malted Food Drink	D		
Green & Blacks	Cocoa – <i>at NW</i>	P		
	Hot Chocolate – <i>at NW</i>	P		
Nestle (Aust)	Cocoa	P		
	Malted Milk	D		
	Malted Milo	D		
	Milo	D		
Nesquik (Aust)	Banana	P		
	Chocolate	P		
	<b>NOT KOSHER – Caramel, Honeybunny, Strawberry, Plus Strawberry &amp; Plus Chocolate Flavours.</b>	NK		15.06.11
Unistraw Sippah Milk Flavouring Straws (China)	<b>'MADE IN CHINA' ONLY. Must have U hechsher. DRINKING STRAWS</b>	P		
	Banana Straws	P		
	Chocolate Straws	P		
	Chocolate Mint Straws	P		
	Cookies & Cream Straws	P		
	Strawberry Straws	P		

## Coffee

- All **PLAIN** instant & decaffeinated coffee & coffee bags is acceptable.
- Powdered Coffee Whiteners - **Must be Kosher Certified.**

Fontana (USA)	Coffee Flavours (Made for Starbucks.) <b>must have hechsher.</b>		U	
	Syrups as follows: Caramel, Almond, Hazelnut, Vanilla – Starbucks		U	
Nestle (Aust)	<b>NOT KOSHER - Cappuccino Style Instant Coffee Flavoured Coffee</b>	NK	KA	Upd 2011
	<b>NOT KOSHER - Cappuccino Style Instant Coffee Mix</b>	NK	KA	Upd 2011
Moccona (Aust)	Mocha Duet	P	KA	

## Coffee Beans

- All coffee beans (fresh and ground) are acceptable. 
- NOT KOSHER – Ground beans with enhanced flavour, Vanilla, Mocha, Rum etc – unless certified.** 

## Coffee Substitutes

All brands of **PLAIN** coffee are acceptable. ka  
Acceptable additives are Chicory & Ricory. ka

Bambu	Instant Coffee Substitute	P	KA	
Caro (Germany)	Caro <b>'Product of Germany' ONLY</b>	P	KA	
	Caro Extra <b>'Product of Germany' ONLY</b>	P	KA	

## Concentrates / Cordials – see Juices

## Mineral Water

Some Kosher certified bottled waters below. However, all plain, unflavoured mineral & spring waters are acceptable.

NZ Premium	Premium Eternal Spring	P	U	
Eternal Water NZ	Spring Water	P	SR	

## Soft Drinks

- While normally The Kashrut Authority will endorse products on the basis of ingredient labels, the nature of soft drinks and our experience with them is such that all brands of carbonated/ uncarbonated soft drinks – diet or otherwise may be considered acceptable provided the following three conditions are met:  
1 - They do not contain GRAPE JUICE or GRAPE JUICE FLAVOUR.  
2 - They do not list as an ingredient **COCHINEAL, CARMINE OR ANTHOCYANINS (I.E. COLOURING #120 OR #163)**, although some authorities permit #163).  
3 - The sweetening agent is **NOT FRUCTOSE** (fruit sugar) as this may be grape derived. Phenylalanine does not pose a Kashrut problem.
- The Kashrut Authority in line with the majority opinion of Halachic authorities does not consider tartaric acid (#334) to be a non-acceptable ingredient.
- 'Health' drinks usually contain amino acids or other protein derivatives that may come from animal sources.
- Those containing ingredients with the suffix –anime or –ine should not be used unless with a reliable Hechsher or unless listed here.
- However, if the only additional ingredients to regular soft drinks in a health drink are sucrose, dextrose, dextrin, sodium chloride, potassium chloride, or various phosphates, the product is acceptable. ([www.ka.org.au](http://www.ka.org.au))

As a general rule, soft drinks, e.g. Lemonade, Lift, plain Soda Waters, Fanta, Coke, Sprite, Pepsi, Ginger Ale, Mountain Dew, Schweppes, Tonic Water etc & diet versions are acceptable **providing GRAPE JUICE is NOT a flavour, or E120 (carmine) is NOT an ingredient.**

Red Bull (Austria)	Blue, Red & Silver Edition in cans & bottles <b>'Made in Austria' ONLY.</b>	P	KA	
	Energy Drink & Sugar Free energy Drink in cans & bottles <b>'Made in Austria or Switzerland' ONLY.</b>	P	KA	
Sparletta (S Africa)	Cream Soda / Iron Brew – Countdown	P	KA	

## Teas / Teabags / Herbal Teas

- All PURE HERBAL TEA that is plain dried herbs (e.g. camomile, rosehip) without any additives (e.g. flavours) listed in ingredients is acceptable.
- All brands of PURE TEA & TEA BAGS are acceptable provided that NO ADDITIVES are listed in the ingredients. - [www.ka.org.au](http://www.ka.org.au)
- Flavoured teas may have added flavours infused into the tea leaves & therefore require Kosher approval. eg – Chai tea & Earl Grey require Kosher approval.

Celestial Seasonings (USA)	Herbal – <b>ONLY</b> when bearing "Star K" Hechsher	P	☆	
	Herbal – <b>ONLY</b> when bearing "Torah K" hechsher	D		
	Tea Leaves – <b>ONLY</b> when bearing "Star K" hechsher		☆	
Dilmah	A large variety of Teas. <b>Must have hechsher.</b>		U	
Hampstead	A large variety of Herbal Teas. <b>must have hechsher.</b> - At Ceres, Ellerslie.			
Traditional Medicines	A large variety of Herbal Teas. <b>must have hechsher.</b> - At Ceres, Ellerslie.			
Twinnings	Herbal & Flavoured Teas	P	KA	
	Plain Tea incl. Earl Grey	P	KA	
Yogi Wellness Tea	A large variety of Herbal Teas. <b>must have hechsher.</b> - At Ceres, Ellerslie			

## Syrups

Shotts (NZ)	<b>Shotts Syrups - NOT KOSHER</b> <b>The entire range of Shotts Syrups is no longer under Kosher Kiwi supervision and so it can no longer be recommended as Kosher.</b>	NK		
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## BISCUITS, CRACKERS & CRISPREADS

### Biscuits

- ONLY KOSHER CERTIFIED BISCUITS, CRACKERS ETC MAY BE PURCHASED. THEY MUST HAVE A HECHSHER.
- A wide variety of biscuits, crackers & crispbreads are available at the Greys Ave Deli.
- South African Kosher Biscuits also available at supermarkets & 'Inside Africa Stores' – Botany, Albany, Henderson – [www.insideafrica.co.nz](http://www.insideafrica.co.nz) Must check for hechsher.

Arnott's	<b>Tim Tams Original – NOT KOSHER</b> <b>Tim Tams Double Coat – NOT KOSHER</b> Due to ingredient changes, Tim Tams are no longer Kosher. Older kosher batches may still be available, must	NK	KA	
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	have # symbol left of expire date. Non-kosher batches will have cochineal (colour 120) in ingredient list.			
Bakers (S Africa)	<b>MUST have Johannesburg Beit Din Logo</b> <b>Update Sept 12 - The PYOTTS range of biscuits &amp; crackers (that are produced in Sth Africa) is being phased out and re-branded as BAKERS. The kashrut status of these products is unaffected.</b>			
	Betta Snack – Entire Range	D		
	Choc Kits	D		
	Choc Kits – White	D		
	Choc Delight	D		
	Choice Assorted	D		
	EET Sum Mor	D		
	Ginger Nuts	D		
	Jolly Jammers	D		
	Marie	D		
	Nuttikrust	D		
	Red Label – Lemon Creams	D		
	Romany Creams – all flavours	D		
	Royal Creams	D		
	Strawberry Whirls	D		
Baumans	Cream Crackers	D		
	Lemon Creams	D		
	Topper Creams - Chocolate	D		
	Topper Creams - Raspberry	D		
Duchy Originals (UK)	<b>A variety available at Countdown supermarkets – must have hechsher.</b>			
	Organic Ginger Biscuits	D		
Eskal	Lemon Wafers – NW Lunn Ave	P		
Jacobsens (Denmark)	Copenhagen Butter Cookies - New World & P n S. <b>Approved by the Danish Rabbinate.</b>	D		
Leda (Aust)	<b>A variety of Bars &amp; Cookies in NW &amp; PnS – must have hechsher.</b>			
	Choc Coated Cream Filled Cookies	P		
	Choc Filled Biscuits	P		
	Choculence	P		
	Coconut Cookies	P		
	Gingernut Cookies	P		
	Leda Bakery Choc Chip Cookies	P		
	Leda Bakery Golden Crunch Cookies	P		
	Leda Chocolate Rum Balls	P		
	Minton	P		
	Nurture Soft Baked Twist – Apple Loves Pomegranate	P		
	Nurture Soft Baked Twist – Blueberry Loves Goji	P		
Mary's Gone Crackers	Assorted Wheat-Free Crackers – Huckleberry	P		
Murray's Cookies - USA	<b>Sugar Free – all at Supermarkets</b>			
	Choc Chip Cookies – all at supermarkets	D		
	Choc Sandwich Cookies	D		
	Cream Sandwich Cookies	D		
	Lemon Sandwich Cookies	D		
	Shortbread Sandwich Cookies	D		
Nature's Path (USA)	Organic Signature Series	D		
	Ginger Spice	D		
	Deep Chocolate	D		
	Animal Cookies (chocolate)	D		
Natures Source	A variety available – check for hechsher.			

Bokomo (S Africa)				
New Morning	Organic Honey Grahams – at Huckleberry	D		
	Mini Bite Chocolate Grahams	D		
Orgran(Aust)	<b>Biscuits listed below, plus a few various others. MUST Have Kosher Aust hechsher</b>			
	Amaretti Biscotti	P		
	Classic Choc	P		
	Classic Choc Cookie	P		
	Dinosaur Wholefruit Cookies	P		
	Itsy Bitsy Bears	P		
	Outback Animal Cookies - Chocolate	P		
	Outback Animal Cookies - Vanilla	P		
	Mini Outback Animal Cookie- Choc Multipack	P		
	Mini Outback Animal Cookie- Vanilla Multipack	P		
Voortman	Various cookies – NW Lunn Ave	D		
Walkers (Scotland)	<b>ONLY when bearing  (D) hechsher.- A wide variety Walkers shortbreads, biscuits &amp; oatcakes are available at Greys Ave Deli &amp; some supermarkets</b>			

## Cakes / Pavlovas

### Cakes

Cakes & Cake Mixes usually contain non-kosher ingredients, and must only be used if they are produced under supervision. Cakes bought in a non-kosher cake shop, even if containing only kosher ingredients are NOT ACCEPTABLE because of the non-kosher utensils used in their preparation.

In Auckland, Greys Ave Deli, can provide Kosher cakes.

### Pavlovas

At time of print, there are no retail pavlovas available.

## Crackers / Crispbread / Corn Cakes / Rice Cakes

Arnotts (Aust)	Butter 98% Fat Free Cruskits	D		
	Corn Cruskits	P/DV		
	Cruskits Original	D		
	Rye Cruskits	D		
Beigel & Beigel (Israel)	<b>A large variety available. Must have hechsher.</b>			
	Salt Crackers	P		
	Sesame Crackers	P		
	Spicy Crackers	P		
	<b>NISH NOSH – at New World</b>			
	- Sour Cream & Onion	P		
	- Italian Pesto	P		
	- Mediterranean Herbs	P		
Burns & Ricker (USA)	Bagel Chips - several flavours	P		
	Crispini	P		
	Pita Crisps	P		
Carrs Table Crackers (UK)	Cracked Pepper	P		
	Plain	P		
	Roasted Garlic & Herb	P		
	Sesame Seed	P		

Gourmet Thins (UK)	Sesame Seeds	P		
	Wheat & Oats	P		
Orgran (Aust)	Corn Crispbread	P		
	Corn CrispiBites – Balsamic Herb	P		
	Corn CrispiBites – Onion Chive	P		
	Corn CrispiBites – Original	P		
	Deli Crackers – Multigrain with Poppyseed - <i>gluten free</i>	P		
	Essential Fibre Crispbread – <i>gluten free</i>	P		
	Toasted Buckwheat Crispbread	P		
	Toasted Multigrain Crispbread with Quinoa – <i>gluten free</i>	P		
Osem (Israel)	Crackers	P		
Pyotts	<b>Must have South Africa Beit Din hechsher.</b>			
	Provita Multigrain	D		
Real Foods (Aust)	<b>Products listed below must have hechsher.</b>			
	Cracked Pepper & Lemon Corn Thins	P		
	Multigrain Corn Thins	P		
	Multi Pack Original Corn Thins	P		
Real Foods....	Organic Sesame Thins	P		
	Organic Corn Thins	P		
	Rice Thins	P		
	Rye & Caraway Corn Thins	P		
	Soy & Linseed Corn Thins	P		
Ryvita (UK)	Fruit & Seed Crunch Crispbread	P		
	Multigrain Crispbread	P		
	Original Rye Crispbread	P		
	Pumpkin Seed & Oats Crispbread	P		
	Sesame Rye Crispbread	P		
	Sunflower Seeds & Oats	P		
Sunrice	5 Grains Thin Rice Cakes	P		
	Corn & Sesame Thick Sliced Rice Cake			
	Mixed Grain Thin Rice Cakes	P		
	Original Thick Sliced Rice Cakes	P		
	Original Thin RiceCakes	P		
	Rice and Corn Thins	P		

## Pita Crisps

Danny's (NZ)	Garlic & Sesame Seed Crisps	P		
	Onion & Poppyseed Crisps	P		

## Pretzels

Beigel & Beigel (Israel)	Pretzels Sticks - A large variety available.	P		
Newman's Own Organics (USA)	Salted Round Pretzels	P		
Pocket Pretzels (USA)	Pocket Pretzels	P		
Shultz (USA)	Many varieties available - <b>must have hechsher.</b>	P		
Snyders (USA)	Pretzel Pieces	D		
	Honey BBQ	D		
	Buttermilk Ranch	D		
	Honey, Mustard & Onion Pieces	D		


## BREADCRUMBS

Matzo Meal can be used as a substitute.

Bokomo (S Africa)	Breadcrumbs - regular & seasoned	P		
	Cornflake Breadcrumbs	P		
Casalare (Aust)	100% White Rice Crumbs - wheat free, gluten free	P		
	Savoury Rice Crumb	P		
Orgran (Aust)	All Purpose Crumbs	P		
	Crispy Corn Crumbs	P		

## BREADS, BAGELS, CRUMPETS & PITA

### Bagels






Brooklyn (Wgtn)	Bagels – frozen - at Greys Ave Deli & Wgtn Kosher Co-Op	P		
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### Breads

Rolls/Pizza bases are available from the Greys Ave Deli.  
Special runs of Challot available Friday from Greys Ave Deli & Wgtn Kosher Co-Op




<b>GOODMAN FIELDER WATTIES (NZ)</b>	<b>PRODUCE BREADS UNDER THE FOLLOWING LABELS –</b> <b>Freya's</b> <b>McKenzie</b> <b>Molenberg</b> <b>Nature Fresh</b> <b>River Mill</b> <b>Sunny Crust</b>  <b>ONLY THE PRODUCTS LISTED BELOW HAVE BEEN APPROVED &amp; ARE PAREVE.</b> <b>They are acceptable from all NZ Manufacturing Plants.</b> <b>It is preferable to eat breads that are pareve.</b>  <b>NOTE - VOGELS BREADS</b> <b>It is NOT recommended to buy Vogels Breads due to a change in the formulation.</b>			
<b>De Bakkers</b>	<b>All Products no longer approved.</b>			
<b>Freya's</b>	Bavarian Full Grain Loaf	P		
	Dutche Wholemeal Loaf	P		
	Quinoa & Flaxseed Loaf	P		
	Roggenbrot Dark Rye Loaf	P		
	Sunflower & Barley Loaf	P		
	Swiss Soya Linseed Loaf	P		
	Tuscan Mixed Grain Loaf	P		
<b>MacKenzie</b>	Malted Grain Bread	P		
	Original White Bread	P		
	Southern Grain Bread	P		
	Station Seed & Grain Bread	P		
<b>Nature's Fresh</b>	White Loaf	P		
	Wheatmeal Loaf	P		
	Multigrain Loaf	P		
	Simply Fibre White Loaf	P		
	Simply Fibre Wholemeal Loaf	P		
	Simply Fibre Multigrain Loaf	P		
<b>River Mill</b>	Nature's Grain Bread	P		
	Wheatmeal Bread	P		
	White Bread	P		
<b>Sunny Crust</b>	Nature's Grain Bread	P		
	Wheatmeal Bread	P		
	White Bread	P		
	<b>ROLLS &amp; BUNS &amp; PITA</b>			
<b>Molenberg</b>	Original Long Rolls	P		
<b>Nature's Fresh</b>	Hamburger Buns	P		
	Seeded Hamburger Buns	P		
	Hot Dog Rolls	P		
	Seeded Long Rolls	P		
	Wholemeal Long Rolls	P		
	Long Rolls	P		
	King Burger Buns	P		
<b>River Mill</b>	Hamburger Buns	P		
	Long Rolls	P		



































### Pita Bread / Tortillas

Danny's (NZ)	Pita - Plain	P		
	Pita - Mini Plain	P		
	Pita - Mini Oat Bran	P		
	Pita - Mini Wholemeal	P		
	Pita - Lebanese	P		

	Pita - Wholemeal	P		
	Pita - La Mediterranee – Italian / Moroccan / Turkish	P		New 03.12
	<b>NOT KOSHER – Garlic Pita</b>	<b>NK</b>		

### CEREALS

- **BRAN, POLENTA, SEMOLINA & WHEATGERM** – all brands that are pure & unprocessed are pareve & acceptable. 
- **PLAIN ROLLED OATS, QUICK OATS, & ONE-MINUTE OATS** – all brands are acceptable. They must not contain additives. (This refers to plain oats, a natural cereal product containing no additives). 
- **LECITHIN** is only kosher when bearing a hechsher. 
- A wide range of kosher breakfast cereals are available at Huckleberry Farms, Akld & supermarkets.

Abundant Earth (USA)	Organic Start Fibre – 7 Flakes	D		
	Organic Start Golden Flax Flakes	D		
	Organic Start Raisin Bran Flakes	D		
Abundant Earth (Aust)	Puffed Corn	P		
	Puffed Millet	P		
	Puffed Organic Brown Rice	P		
	Puffed Organic Corn	P		
	Puffed Organic Kamut	P		
	Puffed Organic Millet	P		
	Puffed Rice	P		
Arrowhead Mill	A variety available at Huckleberry.	P		
Bokomo (S Africa)	Pro Nutro Chocolate Cereal	D		
	Pro Nutro Banana	D		
	Pro Nutro Strawberry	D		
	Pro Nutro Original	D		
	Crispy Crunch	P		
	Nature's Source – Light 'n Crispy	D		
	Muesli Crunch	P		
	Swiss Muesli	P		
	Nature's Source - Toasted Nut Crunch	P		
	Nature's Source - Tropical Cluster	P		
	Nature's Source - Strawberry & Yoghurt Cereal	D		
	Nutzy Crunch	P		
Brookfarm (Aust)	<b>At NW, Huckleberry &amp; Nosh - must have hechsher.</b>			
	Macadamia Muesli – Gluten Free - Toasted - Natural	P		
Brookfarm (Aust....)	Macadamia Cranberry Muesli - Gluten Free - Toasted - Natural	P		
	Muesli with Cranberries – Toasted	P		
Casalare (Aust)	Soft Oat Grouts	P		
	Quinoa Grain	P		
Earth's Best	A range of cereals at Huckleberry.			
Erewhon	A variety available at Huckleberry.			
Jungle (S Africa)	Tastee Wheat Hot Cereal	P		
Kelloggs (Aust)	<b>Products listed below must be 'Made in Australia'. Only products listed are acceptable.</b>			
	All Bran Original	P		
	All Bran Tropical	P		
	All Bran Wheat Flakes	P		



	All Bran Wheat Flakes Honey Almond	P		
	Coco Pops	P		
	Coco Pops - Coco Rocks	P		
	Coco Pops - Chex	P		
	Cornflakes	P		
	Crispix - honey	P		
	Crunchy Nut Cornflakes	P		
	Frosties	P		
	Guardian	P		
	Mini Wheats 5 Grains	P		
	Nutrigrain	P		
	Rice Bubbles	P		
	Special K	P		
	Special K Forest Berries	P		
	Sultana Bran	P		
Nabisco	A variety of cereals available. <b>must have hechsher.</b>			
Nature's Path	Many varieties available. <b>must have hechsher.</b>			
Can't find Western Kosehr site	Acai Apple Granola	P		
	Apple Cinnamon Hot Cereal Pouch	P		
	Blueberry Almond Muesli	P		
	Crispy Rice	P		
	Cornflakes - Fruit Juice Sweetened	P		
	<b>Environkidz Organic</b> - Amazon Frosted Flakes - Koala Crisp Cereal - Gorilla Munch - Leapin Lemurs - Panda Puffs	P		
	Flax n' Oats	P		
	Frosted Flakes	P		
	Ginger Zing Crunchy	P		
	Heritage O's	P		
	Honeyed Cornflakes	P		
	<b>Hot Cereal Pouches</b> - Apple Cinnamon - Maple Nut - Cinnamon Blueberry - Cranberry Ginger	P		
	Instant Hot Oatmeal Optimum Zen	P		
	Instant Hot Oatmeal Apple Cinnamon	P		
	Koala Crisp	P		
	Mesa Sunrise	P		
	Millet Rice Flakes	P		
	Multigrain Flakes	P		
	Millet Rice Oatbran Flakes Cereal	P		
	Organic Instant Hot Cereal	P		
Nature's Path...	Pomegranate Plus Granola	P		
	Optimum Power Breakfast	P		
	Orangutan-O's	P		
	Organic Crispy Rice	P		
	Optimum – Cinnamon Blueberry	P		
	Optimum – Cranberry & Ginger	P		
	Oaty Bites	P		
	Oat Bran Flakes			
	Puffed Corn / Puffed Kamut / Puffed Millet / Puffed Rice	P		
	Smart Bran	P		
	Spelt Flakes	P		
	Whole Grain Crispy Rice	P		
Nestle (Aust)	Nesquik – <b>Must Say 'Product of Australia'</b>	P/D V		
New Morning	A variety available at Huckleberry.	P		

Orgran (Aust)	<b>Must have hechsher</b>			
	Amaranth Puffed Breakfast Cereal	P		
	Itsy Bitsy Cocoa O's	P		
	Rice O's Wild Berry Flavour - <i>Gluten Free.</i>	P		
	Rice Porridge with Apricots	P		
	Rice O's Wild Berry Flavour	P		
Post (Canada)	Grape Nuts	P		
Sanitarium (NZ)	Bran Flakes	P/D V		
	Honey Puffs	P/D V		
	Puffed Wheat	P		
	Ricies	P		
	San Bran	P/D V		
	Skippy Cornflakes	P		
	Weet Bix	P/D V		
	Weet Bix Hi Bran	P/D V		
	Weet Bix Oat Bran	P/D V		
	Weeties	P/D V		
Sanitarium (Aust)	Cornflakes (Aust)	P		
	Honey Weets (Aust)	P		
	Lite Bix (Aust)	P		
	Kids Weet Bix	P		
	Puffed Wheat (Aust)	P		
	Skippy Cornflakes (Aust)	P		
	Weet Bix (Aust)	P		
	Weet Bix Crunchy Honey Bites (Aust)	P		
	Weet Bix Hi-Bran (Aust)	P		
	Weet Bix Wildberry Bites (Aust)	P		
Uncle Toby's (Aust)	Oat Brits	P		
	Oats Quick	P		
	Oats – Quick Sachets	P		
	Oats - Traditional			
	Shredded Wheat – <b>Must say "Products of Canada"</b>	P		
	Vita Brits	P		
	Vita Brits Organic	P		
	Weeties	P		





## CHIPS, SNACKS, NUTS & DIPS

### Corn Chips

	<b>NOT KOSHER – Supermarket Bulk Bin supplies.</b>	<b>NK</b>		
Bluebird (NZ)	Doritos – Corn Chips - <b>Original Salted Only</b>	P		
Osem (Israel)	Bamba Snacks	P	Bdtz	
	BBQ Flavour	P	Bdtz	
	Pizza Flavour	P	Bdtz	
	variety of flavours	P	Bdtz	
Garden of Eatin' (USA)	All natural Cantina Crisps – <b>Huckleberry &amp; supermarkets</b>	P		
	Blue Corn Tortilla Chips	P		
	Mini Corn Tortilla Chips	P		
	Mini White Strips Tortilla Chips	P		
	Mini Yellow Rounds Tortilla Chips	P		
	Sesame Blues Tortilla Chips	P		
	Red Hot Blues Tortilla Chips	P		
	White Corn Chips	P		



	Chilli & Lime Cantina Chips	D		
	Yellow Corn Taco Chips	P		
Fritos (S Africa)	BBQ Corn Chips 50g	P		
	Tomato Corn Chips 50g	P		
Mrs Balls (S Africa)	Simba Sth Africa Chutney Chips – at Countdown	P		

## Croutons

Dare (Canada)	Plain Croutons	P		
	Caesar Croutons	D		
	Garlic Croutons	P		
Osem	Mini Croutons	P		

## Dips

Use ONLY Dips listed or bearing a reputable Kosher Hechsher.  
Assorted Kosher Dips available at Greys Ave Deli & Wgtn Kosher Co-Op.





Turkish Kitchen	Traditional Hummus with roasted Garlic	P		New Aug 2015
	Manuka Smoked Garlic Hummus	P		New Aug 2015

## Potato Chips

Bluebird (NZ)	<b>ONLY THE FOLLOWING PRODUCTS ARE APPROVED -</b>			Upd 11/12
	Copper Kettle – Sea Salt ONLY	P		
	Delisio Potato Chips– Sea Salt ONLY	P		
	Doritos – Ready Salted – Plain ONLY	P		
	Light Plus – Sea Salt ONLY	P		
	Local Harvest Traditional Crinkle Cut – Plain Salted ONLY	P		
	Ready Salted Original Cut Chips – Plain ONLY	P		
	Supercut – Plain ONLY	P		
	Thick Cut Ready Salted– Plain ONLY	P		
	Thin Cut Potato Chips– Plain ONLY	P		
ETA	Kettles Range – Ready Salted ONLY	P		NEW Mar16
PAM'S	Kettles Range – Ready Salted ONLY	P		NEW Mar16

## Popcorn

- All brands of **RAW** popping corn are acceptable.
- NOT KOSHER - Prepared Popcorn at Cinemas may be coated with non-Kosher flavours & oils, or may be cooked in non-Kosher fats. Kosher Australia**

Act II (USA)	Many Flavours available – check for  D hechsher	D		
Jolly Time (USA)	Many Flavours available – check for  D hechsher	D		

## Nuts / Snacks

- All raw unprocessed nuts with no additives or preservatives are Kosher.
- Dry roasted peanuts in shells are acceptable.  
**NUTS ROASTED IN OIL ARE NOT ACCEPTABLE, ONLY ACCEPTABLE BEARING A HECHSHER.** Some are available at Greys Ave Deli



























## CLEANERS & DETERGENTS

The majority of detergents, disinfectants, scale removers & other synthetic cleaners, are totally inedible & thus present no Kashrut problems.

## CONFECTIONERY

### Chewy / Health Bars

A variety of Chewy / Health Bars are available from the Greys Ave Deli.

Annie's (NZ)	<b>ALL FRUIT BARS</b> - all flavours	P		
	<b>ALL FRUIT ROLLS</b> - all flavours	P		
	Wiggles	P		
	Fibre Fruit	P		
	Vege Bar	P		
Artisse Organic Bars (Canada)	A range available – gluten free - at Huckleberry - Almond Nougat - Café Latte - Choc Almond Nougat	P		
Be Natural Snacks (Aust)	Almond & Apricot	P		
	Fruit & Nut	P		
	Macadamia Apricot	P		
	Macadamia Honey	P		
	Nut Delight	D		
	Sunflower & Pepita	P		
Florida's Natural	Tanglez – Blueberry Flavour	P		
	Tanglez – Strawberry Flavour	P		
	Nuggets – Blueberry Flavour	P		
	Nuggets – Strawberry Flavour	P		
Leda (Aust)	A variety of Bars & Cookies – <b>must have hechsher.</b>	P		
Mrs May's	<b>A variety available at Huckleberry - must have hechsher</b>			
	All Natural Almond Crunch			
	All Natural Cashew Crunch			
	All Natural Cranberry Crunch			
	All Natural Pumpkin Crunch			
	All Natural Sunflower Crunch			
Nature's Path	Environkidz Organic Crispy Rice Bar – Berry	D		
	Environkidz Organic Crispy Rice Bar – Chocolate	D		
Optimum	Energy Bars – various flavours			
Sally Williams (S Africa)	Soft Nougat - At local supermkts	P		



# Chocolates, Chocolate Bars & Blocks

See Also: Cooking Chocolate

Alpha	Products listed below must be 'Made in Australia'			
	Chocolates – all varieties – supermarkets	P		
	Chocolate Chips	P		
	Chocolate Coated Nuts	P		
	Cooking Chocolate – all varieties	P		
	Gift Boxes – all varieties	P		
Cachet (Belgium)	A variety of chocolates –some supermarkets – must have hechsher.	D		
Cadbury (NZ)	All Cadbury Chocolate Bars & Blocks are now 'Made in Australia'. See Cadbury (Aust) list.			
Cadbury (Aust)	Must state 'Made in Australia'.			
	Astros - Product of Sth Africa ONLY	D		
	BLACK FOREST - NOT KOSHER	NK		
	BLOCK - Brazil-Nut Chocolate	D		
	BLOCK - Cashew Chocolate	D		
	BLOCK - Dairy Milk Chocolate	D		
	BLOCK - Fruit & Nut Milk Chocolate	D		
	BLOCK - Hazelnut Chocolate	D		
	BLOCK - Old Gold Dark Chocolate	D		
	BLOCK - Old Gold Old Jamaica Chocolate	D		
	BLOCK - Old Gold Roast Almond Chocolate	D		
	BLOCK - Roast Almond Chocolate	D		
	BLOCK - Top Deck Chocolate	D		
	BLOCK - Turkish Delight	D		
	Cooking Chocolate - Dark	D		
	Cooking Chocolate - Milk	D		
	Crunchie Bar	D		
	Crunchie Treat Size - NOT KOSHER	NK		
	Dream White Chocolate	D		
	Dairy Milk	D		
	Dairy Milk Chunky Bar	D		
	Dairy Milk Treat Size	D		
	Dairy Milk Macadamia Bar	D		
	Dairy Milk Rolls	D		
	Flake	D		
	Flake Share Pack - NOT KOSHER	NK		
	Freddo - Giant (also Kosher in Treat Pack)	D		
	Freddo - Milk	D		
	Freddo - Milky Top	D		
	Freddo Milky White - NOT KOSHER	NK		
	Freddo - Peppermint	D		
	Freddo - Strawberry	D		
	Fruit & Nut Chunky Bar	D		
	Fruit & Nut Treat Size	D		
	Furry Friends	D		
	Hazelnut Chunky Bar	D		
	Hazelnut Treat Size	D		
	Hazelnut Whirls	D		
	Peppermint - NOT KOSHER	NK		
	Roses - NOT KOSHER	NK		
	Scorched Almonds	D		
	Tempo - Product of Sth Africa ONLY	D		
	Time Out - NOT KOSHER	NK		05.12
	Top Deck Chunky Bar	D		
	Top Deck Treat Size	D		

	Turkish Delight	D		
	Twirl	D		
	Twirl Treat Size	D		
	Vegemite Milk Chocolatef	D		
Cadbury (S Africa)	Tempo Chocolate Bar	D		
Cadburys (UK)	Chocolate Buttons	D		
	Crème Eggs	D		
Green & Black's - (Italy)	All chocolates listed below are organic. 'Made in Italy'.			
	Dark Chocolate	P		
	Milk Chocolate	D		
	White	D		
Ferrero (Italy)	Products listed below must be 'Made in Italy' only.			
	Kinder Chocolate Bar	D		
	Kinder Surprise Egg	D		
	Rocher	D		
Fry (Aust)	Turkish Delight	D		
	Turkish Delight Chocolate Blocks	D		
	Turkish Delight Share Packs	D		
Guylian (Belgium)	A wide range available. must have hechsher.	D		
Hersheys (USA)	Only products with U acceptable – check Labels			
Mars (Aust)	Celebration packs of assorted Mars products are NOT ACCEPTABLE as they are packed by Mars Confectionery Australia, but are a product of Dubai & the Netherlands.			
	All varieties of Mars chocolates listed below are kosher in all sizes. – must say 'Product of Australia'. NOTE ADDED October 2016: Please note that many of the flavours below now available in supermarkets are "Made in China" and these are NOT KOSHER. It is important to check where they are actually made. The items below are kosher ONLY when "Made in Australia".			
	Bounty – Coconut Dark	D		
	Bounty – Coconut Milk	D		
	M & M's Crispy	D		
	M & M's Milk Chocolates	D		
	M & M's Minis	D		
	M & M's Mix-Ups	D		
	M & M's Peanuts	D		
	M & M's Snap 'n' Share	D		
	Maltesers	D		
	Maltesers Dark	D		
	Mars Bar	D		
	Mars Red	D		
	Mars Rocks	D		
	Milky Way – Chocolate Whip	D		
	Milky Way – Strawberry	D		
	Pods Mars	D		
	Pods Snickers	D		
	Pods Twix	D		
	Snickers	D		
	Snickers The Lot	D		

	Twix	D		
	Twix Triple Choc	D		
	<b>Mars Miniatures</b>			
	Bounty Miniatures	D		
	Mars Miniatures	D		
	Milky Way Miniatures	D		
	Snickers Miniatures	D		
	Twix Miniatures	D		
Nestle (Aust)	<b>NOT KOSHER – Aero Peppermint &amp; Caramel, After 8 Mints, Coconut Rough, Roasted Hazelnut Milk, Choc Melts, White Melts, Smarties, Kit Kat (only Kit Kat – 'Product of Sth Africa' is acceptable).</b>			
	Aero	D		
	Choc-Bits Dark	D		
	Choc-Bits Milk	D		
	Club Classic Rich Dark Chocolate	D		
	Club Classic Roasted Almond Chocolate	D		
	Club Classic Peppermint Cream	D		
	Cooking Chocolate	D		
	Crunch Milk Chocolate (incl. Fun Pack)	D		
	Double Blend Milk Chocolate (inc. Fun Pack)	D		
	<b>Kit Kat- 'Product of Australia' is NOT KOSHER - Product of Sth Africa or UK ONLY is acceptable.</b>	NK		
	Peppermint Club Chocolate	D		
	<b>Rollo – 'Product of Australia' is NOT KOSHER- Product of Sth Africa ONLY is acceptable.</b>	NK		
	<b>White Melts – NOT KOSHER</b>	NK		
Nestle (S Africa)	<b>Products listed below must be 'Made in Sth Africa', the hechsher does not need to be printed.</b>			
	Chocolate Log – Countdown	D		
	Kit Kat – <b>Product Of Sth Africa or UK Only.</b>	D		
	Peppermint Crisp	D		
	Rollo	D		
	Tex Bar	D		
Sweet William(Aust)	<b>A variety available must have hechsher.</b>			
	<b>Dairy-Free Chocolate Bars – Countdown &amp; Huckleberry</b>	P		
	Chocolate Buttons	P		
	Cooking Choc Chips	P		
	Chocolate Spread	P		
	Dairy Free Chocolate- no added sugar	P		
	Dairy Free Original	P		
	Dairy Free White Delight	P		
	Not Nuts No-Nut-Bar	P		
	Rice Crackle Chocolate	P		
Toblerone (Switz)	Dark	D		
	Fruit & Nut	D		
	Milk	D		
	Multibag	D		
	On & On	D		
	One by One	D		
	Snowtop	D		

	White	D		
Whittakers (NZ)	<b>ONLY THE FOLLOWING PRODUCTS ARE KOSHER</b> <b>Please Note some chocolates previously on this list NO LONGER KOSHER, including, but not limited to, White chocolates, Rum &amp; Raisin, Macadamia Block</b>			Upd 03/16
	<b>KOSHER PARVE</b> Almont and Cranberry Dark Almond Dark Block Dark Cacao Dark Ghana Dark Peanut Dark Peppermint Ghana Peppermint Samoan Block Supreme Coffee Dark Chocolate	P		New New
	<b>KOSHER DAIRY (Chalav Stam)</b> Almond Gold Berry & Biscuit(block ONLY, 200/250g, mini slabs are NOT recommended) Coconut Block Creamy milk Fruit & Nut Hazel Nut Peanut Butter Peanut Block/Slab (only when produced from 1 May 2016, BB date after 1 May 2017) Pear and Manuka Honey (artisan range) Strawberry Milk	D		New  New New

## Sweets

A range of sweets & halva available at Greys Ave Deli & Wellington Kosher Co-Op.

Achva (Israel)	Halva – <i>Fruit World</i>	P		
Beacon (S Africa)	Butterscotch Rolls	D		
	Fizz Pops (lollipops)	P		
	Fizzers	P		
	Fruit Salad Sweets (Boiled lollies)	D		
Darrell Lea (Aust)	Blackcurrant Licorice	P		
	Green Apple Soft Licorice	P		
	Licorice Twist	P		
	<b>Licorice Allsorts – NOT KOSHER</b>	NK		
	Mandarin Licorice	P		
	Mango Magic	P		
	Original Soft Eating Liquorice	P		
	Pineapple Licorice	P		
	Red Liquorice Twist	P		
	Strawberry Liquorice	P		
Darrell Lea (USA)	Liquorice - <b>must have hechsher</b>	P		
Jelly Bean (USA)	The Original Gourmet Jelly Bean – <i>at Nosh</i>	P		
Heard's (Aust)	Barley Sugars	P		
	Butter Menthols	D		
Lieber's	Jelly Beans – <b>ONLY WITH LOGO OF Nitra Rav Monsey</b>	P		
	Marshmallows – <b>ONLY WITH LOGO OF Nitra Rav Monsey</b>	P		
Loukumi (NZ)	Turkish Delight – <i>assorted flavours available – at Farros</i>	P		
Pascall (Aust)	<b>NOT KOSHER – All Pascall Products (Aust) are no longer</b>	NK		

	<b>kosher. Kosher Australia update</b>			
Sweet N' Low (USA)	Pareve Sugar Free Candies	P		
	Watermelon	P		
	Butterscotch	P		
	Fruit Flavours	P		
	Summer Fruits	P		
Tic Tac (Aust)	<b>WARNING: Only these two flavours are Kosher.</b>			
	Peppermint – Made in Australia	P		
	Spearmint – Made in Australia	P		
Werthers Originals (Germany)	Cream Candies - Must be 'Made in Germany'	D		
	Cream Toffees - Must be 'Made in Germany'	D		

## CONVENIENCE FOODS

A range of convenience foods are available at Greys Ave Deli & Wgtn Kosher Co-Op.

## CUSTARD POWDER

Custard Powders are available from Greys Ave Deli & Wgtn Kosher Co-Op.

Birds (UK)	Custard Powder – at NW Vict Park	P		
	Instant Custard Powder	D		
	Low Fat Instant Custard Mix	D		
Moirs (S Africa)	Custard Powder	P		
Orgran (Aust)	Custard Mix – must have 'Kosher Australia' hechsher.	P		

## DAIRY PRODUCTS

### Milk, Cream & Butter

- All ordinary plain unflavoured milk or skim milk in cartons or bottles either pasteurised or UHT are acceptable. The ingredient panel should list just milk or skim milk.
- All plain cream & plain butter (salted & unsalted) are acceptable.
- NOT KOSHER – Thickened or Aerosol Creams.**  
**NOT KOSHER – Easy-Spread Butter & Dairy Blends except those listed below.**

Haddar	Non Dairy Cream – at Greys Ave Deli – note: this is pareve	P		
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### Butter, Softened

All plain butter (salted & unsalted) is acceptable.

Mainland	<b>Label must say – 'Product of NZ'</b>			
	Butter Soft	D		
	Butter Soft Less Salt	D		

### Buttermilk

Meadow Fresh (NZ)	<b>Bakers' Delight Cultured Buttermilk - NOT KOSHER</b>	NK		
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## Cheeses

A selection of hard & soft cheeses is available at Greys Ave Deli & Wgtn Kosher Co-Op.

Collective Dairy (NZ)	Traditional Haloumi – <b>plain only</b>	D		
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	Creamy Ricotta	D		
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## Cottage Cheese

Collective Dairy (NZ)	Skinny Cottage Cheese	D		
Meadow Fresh (NZ)	Cottage Cheese	D		
	Cottage Cheese – Lite	D		

## Cream Cheese

Kraft (Aust)	Light Philadelphia Cream Cheese – <b>250g block form only</b>	D		
	Philadelphia Cream Cheese – <b>250g block form only</b>	D		
Meadow Fresh (NZ)	Cream Cheese <b>Traditional</b>	D		
	Cream Cheese – Lite	D		

## Margarine

Kosher Margarine is available at the Greys Ave Deli & Wgtn Kosher Co-Op.

## Sour Cream / Crème Fraiche / Mascarpone

Collective Dairy (NZ)	Crème Fraiche	D		
	Mascarpone	D		
Meadow Fresh (NZ)	Sour Cream <b>Lite – only</b>	D		
	<b>NOT KOSHER: Meadow Fresh Regular Sour Cream – contains Gelatine</b>	NK		

## Yoghurt

Collective Dairy (NZ)	Plain Yoghurt <b>ONLY</b>	M		
	<b>NOT KOSHER - Fruit Yoghurts</b>	NK		
Cyclops (NZ)	Cyclops Organic Plain Yoghurts Cyclops Thick & Creamy Cyclops Fit 1% Fat Cyclops Greek	D		
Hansells Yogurt (NZ)	<b>Flavoured Hansell Yogurts are NO LONGER KOSHER</b>	NK		
	Lite Natural	D		
	Classic Natural	D		
	Lite Greek	D		
	Thick & Creamy Greek Natural	D		
	Bio Health Greek Natural	D		



## FISH

### FISH - Fresh

ONLY FISH WITH FINS & SCALES ARE KOSHER.

Fresh fish must be recognizable as being a kosher species.

Jewish law therefore forbids the use of fillets which do not have the scaled skin attached & are not recognisable as being from a kosher species unless a rabbinic supervisor is present or the customer supervises the filleting of such fish. The supervisor should ensure that the knives and boards used are thoroughly clean before cutting commences.

Should there be any doubt as to whether the fillets or cutlets have been cut with a clean knife, then the fish must be thoroughly washed in cold water before use.

#### ACCEPTABLE FRESH FISH SPECIES –

Anchovy, Barracouta, Barramundi, Bass, Blue Cod, Blue Grenadier, Bonito, Bream, Butterfish, Butterfly-fish, Cardinal Fish Carp, Cod, Coral Perch, Dhufish, Duckfish, Flathead, Flounder, Garfish, **Gemfish\***, Goldfish, Groper, Gurnard, Haddock, Hake, Hapuka, Herring, Hoki, Jewfish, John Dory, Kahawai, Kingfish, Latchet, Lemon Sole, Luderick, Mackerel, Moonfish, Morwong, Mullet, Mulloway, Murray Cod, Murray Perch, Ocean Perch, Orange Roughy, Perch, Pike, Pilchard, Pink Ling\*\*, Piper, Queen Fish, Red Emperor, Red Fish, Redfin, Salmon, Sardines, Sea Bass, Sea Perch, Shad, Sild, Snapper, Sole, Tailor, Tasmanian Trumpeter, Tarakihi, Trevally, Trout, **Tuna (see list below)**, Warehou, Whiting, Wrasse, Yellowtail Kingfish

Tuna	<b>Only Species Listed Below Are Kosher.</b>			
	Tuna : Albacore, Bluefin, Skipjack (Striped)	P		
	Tuna: Striped, Yellowfin.	P		
	Tuna: Longtail, Northern Bluefin, Southern Bluefin	P		

#### FISH SPECIES – NOT KOSHER -

**All Shell-Fish (including Crabs, Crayfish, Crustaceans, Lobsters, Oysters, Prawns & Mussels), Bullhead, Calamari, Catfish, Dogfish, Eel, Flake, Leatherjacket, Lemon Fish, Lumpfish, Marlin, Rock Salmon, Rockling, Sea Catfish, Skate, Shark, Shellfish, Squid, Stingray, Sturgeon, Swordfish, Turbot.**

### Fish - Smoked

- NZ King Salmon - Regal - Seasmoke - Southern Ocean - Ora King	<b>NZ King Salmon produce under the labels listed. The following are kosher -</b>			
	Gravalax	P		
	Cold Smoked Salmon	P		
	Salmon Fillets & Steaks	P		
	Salmon Medallions	P		
	Salmon Portions	P		
	Salmon Kababs	P		
	<b>NOT KOSHER –</b> <b>- Regal Hot Smoked Salmon</b> <b>- Seasoned Salmon Kebabs</b> <b>- Hot Smoked Salmon</b>			
Prime Foods (NZ)	Cold Smoked Salmon Slices Cold Smoked Salmon Shavings Cold Smoked Salmon Pieces Cold Smoked Salmon Trimmings Hot Smoked Salmon	P		

### Fish - Tinned / Jars / Paste / Pickled

No tinned fish can be considered acceptable unless bearing reliable rabbinic endorsement. Some Halachic authorities do not permit the use of finely cut tinned fish which has no skin and is not recognisable as a kosher species unless packed under continuous rabbinic supervision. ka

All brands of **PLAIN** large chunk salmon packed in water or brine with “USA Salmon” or “Canada Salmon” clearly embossed on the can are acceptable & pareve. ka

Brunswick (Canada)	<b>Products below are kosher ONLY with a hechsher. BEWARE! Many of the flavours that used to be available in local supermarkets with OU hechsher are now sourced elsewhere and no longer carry OU hechsher. This is an indication that they are manufactured in uncertified facilities and NOT kosher. Please look for OU hechsher.</b>			
	Sardines in Hot Peppers	P		
	Sardines in Olive Oil	P		
	Sardines in Soya Oil	P		
	Sardines in Spring Water	P		
	Sardines in Spring Water– No added Salt	P		
	Sardines in Tomato Sauce	P		
	Seafood Snacks Fish Fillets in Lemon & Cracked Pepper	P		
	Seafood Snacks Kippered	P		
	Seafood Snacks Golden Smoked	P		
	Seafood Snacks Fish Fillets in Tomato & Basil	P		
Heinz (Aust) Greenseas	<b>Products must have hechsher – beware that hechsher is very small.</b>			
	Premium Yellowfin Chunks in Olive Oil blend	P		
	Premium Yellowfin Tuna in Springwater	P		
	Tuna Chunks in Brine	P		
	Tuna Chunks in Spring Water	P		
	Tuna Chunks in Oil	P		
	Sandwich Tuna Flakes	P		
	Selected Varieties of Tuna in Pouches	P		
Heinz (Thailand) Greenseas	<b>Must have hechsher.</b>			
	Chunk Style in Brine	P		
	Chunk Style Salt Reduced in Brine	P		
	Chunks in Oil	P		
	Sandwich Tuna	P		
	Tuna in Spring Water	P		
	Tuna in Water	P		
John West (USA/Canada)	<b>PLAIN</b> tinned chunk salmon in water or brine - ‘ <b>Product Of Canada Or USA</b> ’ Only.	P		
John West (Thailand)	No Drain Tuna in Brine 130g	P		
	No Drain Tuna in Olive Oil 130g	P		
	No Drain Tuna in Springwater 130g	P		
	ChunkStyleTuna OliveOil Blend 185g	P		
	Tuna Chunks in Brine 425g	P		
	Tuna Chunks in Olive Oil 425g	P		
	Tuna Chunks in Springwater 425g	P		
	Tuna Chunks in Springwater 185g	P		
	Tuna Slices in Olive Oil 125g	P		
	Tuna Slices in Springwater 125g	P		
	Tuna Tempter Multipack Olive Oil Blend Flavour 4 x 95g	P		
	Tuna Tempter Multipack Springwater 4 x 95g	P		
	Tuna Tempter Olive Oil (Chunk Style Tuna) 95g	P		
	Tuna Tempter Springwater (Chunk Style Tuna) 95g	P		
	Tuna Tempter Springwater Light Sandwich Style (Flake Style Tuna) 95g	P		
Pecks (S Af)	Anchovette – <b>must have hechsher.</b>	P		
Richter	<b>must have hechsher.</b>			

Trident - Thailand	Tuna in Oil	P		
	Tuna in Springwater	P		

## FLOUR & CORNFLOUR

See Baking Ingreds section.

## FRUIT

### Fruit - Fresh

Fresh raw fruit is kosher but should always be thoroughly checked for worms & insects.

### Fruit - Dried

- All dried fruit coated or fried in oil or containing added flavours must be Kosher approved. Dried fruits dipped in glucose or syrup also must be Kosher approved.
- All PLAIN / NO ADDITIVES dates, apricots, figs and raisins are kosher and do not requiring hechsher.
- If you are unsure if certain dried fruits are oil coated, flavoured or plain, please check with the Rabbi.
- DRIED FRUIT PRODUCTS LISTED BELOW ARE ACCEPTABLE. Additional dried fruit products may be kosher as well, as per above description.

Angas Park (Aust)	Apricots	P		
	Cranberries – Product of USA	P		
	Currants – Product of Australia	P		
	Fruit Salad, Retail & Bulk sizes	P		
	Organic Raisins	P		
	Organic Sultanas	P		
	Peaches	P		
	Pears	P		
	Prunes	P		
	Raisins – Flame Seedless, Organic, Sun Muscat	P		
	Apricots – Soft n Juicy – Product of USA	P		
	Turkish Apricots – Soft n Juicy	P		
	Cranberries – Soft n Juicy	P		
	Figs - Soft n Juicy - Product of Turkey	P		
	Prunes - Soft n Juicy - Product of USA	P		
	Sultanas - Product of Australia	P		
	Sultanas – Natural, Organic	P		
	Sun Muscats – 'Product of Australia'	P		
	<b>FRUIT SNACKS:</b>			
Angus...	Apricots – 30g	P		
	Fruits – Apricots, Raisins	P		
	Premium Fruit & Nut -175 g	P		
	Raisins – 30g	P		
Brookfarm (Aust)	Nightcap Ranges Walkabout Mix	P		
Buderim (Aust)	Crystallised Ginger - at NW	P		
Dole (USA)	Dates	P		
	Prunes	P		
	Raisins	P		
Figs Snax	Figs	P		
Newman's Own	California Raisins (6 pkt) - Huckleberry	P		
Orchard Harvest	A variety of dried fruit mixes – available at Nosh - <b>must have hechsher</b>	P		
	Tropical Blend Dried Fruits - <b>must have hechsher</b>	P		

Pam's (NZ)	Apricots	P		
Sunbeam (Aust)	Apricots – Diced, Sundried, Turkish	P		
	Currants – labelled 'Product of Australia' ONLY	P		
	<b>Fruit Snacks</b> Fruit n Nut Almonds Apple & Sultanas Apricot & Sultanas Australian Sultanas Minipack Fruit n Nut Original Just Nuts – Natural Mix Just Nuts - Raw Cashews Pineapple & Sultanas Sultanas	P		
	Peaches	P		
	Pears	P		
	Prunespitted	P		
	Raisins- labelled 'Product of Australia' or 'Packed in Australia' ONLY	P		
	Sultanas – labelled 'Product of Australia' ONLY	P		
	Sultana Burst Raspberry Flavour	P		
	Sultana Burst Strawberry Flavour	P		
Sun Giant	Pitted Dates	P		
Sunmaid (USA)	Raisins	P		
Sunview	Red Seedless Raisins	P		
	Black Seedless Raisins	P		
	<b>NOT KOSHER – Green Seedless Raisins</b>	NK		
Sun World (USA)	Pitted & Whole Dates	P		

### Fruit - Fresh

All fresh raw fruit is kosher but should always be thoroughly checked for worms & insects.

### Fruit - Frozen












All plain frozen fruit, (without any additives) are acceptable.

Those fruit which are often found infested still need checking. - **London Kosher Food Guide**

Sujon (NZ)	Blackberries	P		
	Blackberry & Apple	P		
	Blueberries	P		
	Boysenberries	P		
	Mixed Berries	P		
	Raspberries	P		
	Strawberries	P		
































### Fruit - Plastic Cups & Tubs

































Dole (Philippines)	Fruit Bowls (4 pack)			
	Tropical Fruit			
	Pineapple			
	Mandarin Segments			
Goulburn Valley (Aust) or SPC	Apple Puree	P		
	Apple Pear Puree	P		
	Apricots Halves in Natural Juice	P		
	Apricots, diced in Natural Juice	P		
	Fruit Salad in Natural Juice	P		
	Peaches, diced in Mango Puree	P		

	Peach & Pineapple in Juice	P		
	Peach Puree	P		
	Peaches, diced in Natural Juice	P		
	Peaches, Sliced in Natural Juice	P		
	Pear, diced in Natural Juice	P		
	Pear Sliced in Natural Juice	P		
	Pineapple Puree	P		
	Tropical Fruits Puree	P		
	Plum Whole in Natural Juice	P		
	Two Fruits, diced in Mango	P		
	Two Fruits diced in Natural Juice	P		

## Fruit - Tinned / Plastic Jars




- Many tinned fruits now contain **GRAPE JUICE** or **COCHINEAL (E120)** & are therefore **NOT ACCEPTABLE**. Check ingredients.
- Any tinned fruit in natural juice that does not specify the juice used e.g. pear juice, must be assumed to be using **GRAPE JUICE** & is **NOT ACCEPTABLE** unless specifically listed here. ka

Golden Circle (Aust)	Crushed Pineapple in Natural Juice	P		
	Crushed Pineapple in Syrup	P		
	Pineapple Pieces in Natural Juice	P		
	Pineapple Pieces in Syrup	P		
	Pineapple Thins in Natural Juice	P		
	Pineapple Thins in Syrup	P		
	Pizza Pineapple Cut Pieces	P		
	Pizza Pineapple in Light Syrup	P		
	Sliced Pineapple in Natural Juice	P		
	Sliced Pineapple in Syrup	P		
	Traditional Fruit Salad in Natural Juice	P		
	Traditional Fruit Salad in Syrup	P		
Gouldburn Valley (Aust)	<b>Must State 'Product Of Australia' or 'Made In Australia'</b>			
	<b>Fruit in Natural Fruit Juice or Natural Juice -</b>			
	Apricot – Made in South Africa also ok	P		
	Apricot Halves – Made in South Africa also ok	P		
	Fruit Cocktail	P		
	Fruit Salad	P		
	Peach Diced	P		
	Peach Halves	P		
	Peach Slices	P		
	Pear & Peach Quarters	P		
	Pear Diced	P		
	Pear Halves	P		
	Pear Slices	P		
	Pear Slices in Orange & Passionfruit	P		
	Plums	P		
	Two Fruits	P		
Heinz/Watties	Pear Halves in Clear Juice 2.95kg – 'Product of NZ'	P		
Masterfoods (USA)	Red Maraschino Cherries	P		
Oak	Fruit Salad 820g	P		
	Fruit Salad in Syrup 2.95kg	P		
Oregon	Pitted Bing Cherries			



SPC	<b>Must State 'Product Of Australia' or 'Made In Australia'</b>			
	Apricots	P		
	Apricot Halves – Product of South Africa also ok	P		
	Fruit Cocktail	P		
	Fruit Salad	P		
	Peaches Diced	P		
	Peach Halves	P		
	Peach Slices	P		
	Pear Diced	P		
	Pear Halves	P		
	Pear Slices	P		
	Pear and Peach Quarters	P		
	Pie Fruit – Apricot Pie	P		
	Pie Fruit – Bakers Apple & Cinnamon	P		
	Pie Fruit – Peach Pie	P		
	Plums	P		
	Two Fruits in Natural Juice	P		
Watties	<b>MUST BE 'PRODUCT OF NZ' – Note that many Watties products are made overseas, and are NOT ACCEPTABLE.</b>			
	Fruit Salad in Syrup 410g, 820g & 2.95kg	P		
	Fruit Salad Lite – 400g & 2.85kg	P		
	Nectarines Sliced in Clear Juice – 410g	P		
	Peach Halves – A10	P		
	Peach Slice Lite – 400g	P		
	Peach Slices in Clear Juice – 410g, 820g	P		
	Peach Slices in Syrup – 410g, 3kg	P		
	Peach Slices Lite – 2.85kg	P		
	Pear Halves – 3kg	P		
	Pear Quarters – 820g	P		
	Pear Quarters in Clear Juice – A10. 400g, 2.95kg	P		
	Pear Quarters in Syrup – 410g	P		
	Pear Quarters Lite – 400g	P		
	Pear Slices in Clear Juice – A10. 2.95kg	P		
	Pear Slices Lite – A10. 2.95kg	P		
	Plums – Black Doris – 850g, 3.2kg. A10	P		

## GLUTEN FREE

See Baking Needs, Cereals, Crispbreads, Pasta etc  
Companies that produce gluten-free products are -

Arrowhead Mills (USA)	Baking Mixes			
Casalare (Aust)	Baking Mixes, Crumbs, Pastas			
Orgran (Aust)	Baking Mixes, Batter, Cereals, Custard, Crispbreads, Crumbs, Falafel, Flours, Gravy, Pastas, Soups			

## GRAVY MIXES

Massel (Aust)	<b>ONLY products with Kosher Australia logo are acceptable.</b>			
	Brown Style Gravy	P		
	Chicken Style Gravy	P		

	Gravy Mix – Chicken, Demi Glace, Dietry Rich	P		
	Gravy Mix – Turkey Style	P		
	Rich Meat Style Gravy	P		
	Supergravy – turkey Style	P		
	Supreme Gravy	P		
Orgran (Aust)	<b>ONLY products with Kosher Australia logo are acceptable.</b>			
	Gravy Mix – gluten free	P		

## HEALTH BARS, SUPPLEMENTS & VITAMINS

Abbott	Ensure Plus – Chocolate, Vanilla, Coffee, Strawberry - <b>ONLY when bearing OU Logo</b>	P		
	Pediasure Fibre RTH Vanilla – 500ml	D		
	Pediasure Fibre RTH Vanilla – can 235ml	D		
	Pediasure Plus Vanilla RTH – 500ml	D		
	Pediasure Tetra Chocolate – 200ml	D		
	Pediasure Tetra Strawberry	D		
	Pediasure Tetra Vanilla– 200ml	D		
	Pediasure Vanilla Can	D		
	Vanilla RTH	D		
Amway - Nutrilite	Bio C Plus Tablets	P		
	Protein Powder - <b>ONLY when bearing Star D Logo</b>	D		
	Triple Shield Echinacea Tablets	P		
Melrose	100% Flax Meal	P		
	Glucosamine	P		
	Vitamin C Ascorbic Acid	P		
	Vitamin C Calcium Ascorbate	P		
	Vitamin C Sodium Ascorbate	P		
Solgar	Vitamins - <b>ONLY when bearing Kof K Logo</b>			

## ICE CREAM, ICE BLOCKS & CONES

### Icecream Cones

Eskal (Israel)	Ice Cream Cones – at Countdown & Huckleberry			
Orgran (Aust)	Icecream Cones – gluten free	P		

### Ice Blocks

Smooze (Indonesia)	Fruit Ice – assorted coconut flavours	P		
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### Ice Cream / Sorbet






Kohu Rd (NZ)	<b>Icecreams - Dairy</b>			
	Arabica Coffee flavoured Ice Cream (same as flavour previously called Espresso –old stock of Espresso is Kosher as well)	D		
	Banana Icecream	D		
	Caramelised Figs Icecream – flavour discontinued; old stick in supermarkets still kosher	D		
	Coconut Rum Icecream – <b>NOT KOSHER</b>	NK		

	Chocolate 72% Icecream	D		New 04/15
	Chocolate – Dark Icecream	D		
	Flat White Icecream	D		
	Golden Syrup Icecream	D		
	Milk Chocolate Icecream	D		
	Orange Chop Chip Icecream	D		New 03/16
	Pure Vanilla Icecream	D		
	Raspberry Icecream	D		
	Salted Caramel Icecream	D		
	Strawberries & Chocolate Icecream	D		
	Strawberry Icecream	D		New 03/16
	Vanilla Bean Icecream	D		
<b>Sorbet – Parve made on Dairy Equipment</b>				
	Blackcurrant Sorbet	P/DV		
	Chocolate Sorbet	P/DV		New 03/16
	Fresh Raspberries Sorbet	P/DV		New 03/16
	Green Kiwifruit Sorbet	P/DV		New 03/16
	Mango Fifty Sorbet	P/DV		
	Passionfruit Gold Sorbet	P/DV		
Movenpick	<b>Must be “Product of Switzerland”. Movenpick made in NZ is NOT Kosher.</b>			
	Capuccino	D		
	Caramelita	D		
	Crepe Brulee	D		
	Grapefruit & Orange Sorbet	D		
	Hazelnut	D		
	Lemon & Lime Sorbet	D		
	Maple Walnut	D		
	Pistachio	D		
	Stracciatella	D		
	Strawberry Sorbet	D		
	Swiss Chocolate	D		
	Vanilla Dream	D		

## JAMS, CONSERVES & MARMALADES

London Beth Din permits all jams, marmalades & preserves unless they contain **GRAPE JUICE, E120, BRANDY etc.** Special care should be taken when buying reduced-sugar jams as some contain **GRAPE JUICE** as a sweetener. **Check ingredients.**

All Gold (S Africa)	Apricot Jam	P		
	Fig Jam	P		
	Melon & Ginger Jam	P		
	Tomato Jam	P		
Anathoth (NZ)	All jams are acceptable. (also catering sizes at Gilmours)	P		
Craigs	All jams are acceptable.	P		
Hero (Switzerland)	A range of jams available.– at NW	P		
Koo (S Africa)	Jams – <b>must have hechsher</b>	P		
Roses (NZ)	<b>Roses Jams were ‘Made in Australia’. They are now ‘Made in NZ’. The following are kosher -</b>			
	Apricot Jam/ Conserve	P		
	Blackberry Jam / Conserve	P		
	Blueberry Jam/ Conserve	P		
	Citrus Marmalade	P		
	English Breakfast Marmalade	P		
	Ginger Marmalade	P		
	Lime Marmalade	P		

	Old English Marmalade	P		
	Raspberry Jam / Conserve	P		
	Rhubarb & Raspberry Jam / Conserve	P		
	Strawberry Jam / Conserve	P		
Tiptree (UK)	All Jams & Jellies acceptable.	P		

## JELLY & GELATINE

NOTE: ONLY KOSHER APPROVED JELLIES & GELATINE MAY BE USED.












- Kosher Jellies & Gelatine available from the Greys Ave Deli.
- Pure Agar Agar is an acceptable substitute for gelatine.
- Mitoku Agar Flakes  at Huckleberry.

## JUICES & CORDIALS

### Cordials / Concentrates








These follow the same rulings as fruit juices - read labels & ensure that they do NOT contain –

- They do not contain GRAPE JUICE or GRAPE JUICE FLAVOUR.
- They do not list as an ingredient **COCHINEAL**, **CARMINE** OR **ANTHOCYANINS (I.E. COLOURING #120 OR #163)**, although some authorities permit #163).
- The sweetening agent is **NOT FRUCTOSE** (fruit sugar) as this may be grape derived. Phenylalanine does not pose a Kashrut problem.

Brookes (S Africa)	Oros Guava Squash – Countdown	P		
	Oros Orange Squash	P		
	<b>NOT KOSHER</b> – Oros Passionfruit Squash	<b>NK</b>		
Roses (S Africa)	Lime Cordial – <b>Must be 'Made in Sth Africa'</b> . – Available Grey's Ave Deli. <b>WARNING - Supermarkets stock Roses Lime Cordial – 'Made in NZ' by Coca Cola Amtil – which is NOT ACCEPTABLE.</b>			
Soda Stream (Israel)	At NW & Harvey Norman			
	Cola	P		
	Cola – sugar-free	P		
	Lemonade	P		
	Orange	P		
	Summer Lemon	P		
	Tonic	P		
Stewart's (USA)	Sparkling Diet Drinks - 3 flavours - 325ml glass bottle			

### Fruit Juice

- There are a number of fruit juices that due to new labelling laws now list Flavours as an ingredient. The Kashrut Authority is of the view that these flavours do not pose a Kashrut problem.
- All brands of 'Pure Fruit Juice' (not 'Fruit Juice Drink') are acceptable EXCEPT those containing **GRAPE JUICE, GRAPE JUICE FLAVOUR or NATURAL COLOUR 120 (Cochineal) or 163** (anthocyanin - although some authorities permit anthocyanin).
- There are a number of pure fruit juices & especially **TROPICAL JUICE blends that contain GRAPE JUICE OR GRAPE JUICE FLAVOURS. These are NOT KOSHER.** Please read the product label carefully.
- Some Calcium enriched fruit juices contain **WHEY** powder. Please check ingredient listing and if whey is listed as an ingredient then those juices must be treated as **DAIRY** (Not Chalav Yisrael).
- Juices that contain **OMEGA-3 OILS should not be used** as they may contain non-kosher fish oils.
- All **TOMATO JUICE** must be labelled "Product of Australia" or "Made in Australia". **"Packed for Australia" is NOT ACCEPTABLE.** Use only products listed.
- CHILLED FRESH JUICES** (in the Chiller section of supermarkets) are ACCEPTABLE, providing they do not contain any of the additives listed above.

Citrus Tree (NZ)	<b>Bottles &amp; Tetrapaks acceptable. Check ingreds – see notes at beginning of Juice section</b>	P		
Coral Tree (NZ)	Apple Juice	P		
	Apple & Feijoa Juice	P		
	Apple & Blackcurrant Juice	P		
	Pear Juice	P		
Golden Circle (Aust)	Apple Blackcurrant Fruit Drink 250ml, 1L tetrapak	P		
	Apple Fruit Drink – 250ml tetrapak	P		
	Apple Juice 110ml, 1l tetrapak, 2l & 3l plastic bottle	P		



Golden Circle...	Apple Mango Juice – 1l, 2l & 3l plastic bottle	P		
	Apricot Nectar – 1l plastic bottle	P		
	Breakfast Juice – 1l, 2l & 3l plastic bottle	P		
	Golden Pash Fruit Drink – 250ml, 1l tetrapak	P		
	Guava Nectar – 1l plastic bottle	P		
	Mango Nectar – 250ml tetrapak, 1l & 2l plastic bottle	P		
	Orange Fruit Drink – 250 ml & 1 ltr tetrapak	P		
	Orange Juice – 110ml tetrapak, 2 & 3 ltr plastic bottle	P		
	Pacific Fruits Fruit Drink – 1 ltr tetrapak	P		
	Pine Coconut Fruit Drink – 1l ltr tetrapak	P		
	Pine Orange Fruit Drink – 250ml tetrapak	P		
	Pineapple Juice- 110ml, 250 ml & 1 ltr tetrapak, & 850ml can & 3 ltr cans, 2 ltr plastic bottle	P		
	Premium Juice 100% Squeezed Apple Juice – 1 ltr tetrapak	P		
	Premium Juice 100% Squeezed Orange Juice – 1 ltr tetrapak	P		
	Premium Juice 100% Squeezed Pineapple Juice – 1 ltr tetrapak	P		
	Tropical Fruit Drink – 1 ltr tetrapak	P		
	Tropical Juice- 2 & 3 ltr plastic bottle	P		
	Tropical Punch Fruit Drink – 250ml tetrapak	P		
	Unsweetened Pineapple Juice – 1 & 2 ltr plastic bottle, 850ml & 3 ltr cans	P		
Fresh Up (NZ)	<b>Bottles &amp; Tetrapaks are acceptable. Check ingreds – see notes at beginning of Juice section.</b>	P		
Just Juice (NZ)	<b>All FRUIT Juice Bottles &amp; tetrapaks acceptable. Check ingreds – see notes at beginning of Juice section.</b>	P		
Keri (NZ)	<b>Check ingreds – see notes at beginning of Juice section</b>	P		
Mr & Mrs T	Bloody Mary Mix	P		
POM (USA)	100% Pomegranate Juice – 473ml – NW & PnS	P		
<b>Ribena</b>	<b>NOT KOSHER</b>	<b>NK</b>		

## Tomato Juice

Mr & Mrs T	Bloody Mary Mix	P		
Golden Circle (Aust)	Tomato Juice – 1 ltr plastic bottle	P		
	Chilled Tomato Juice – 2L	P		
	Classic 350ml Tomato Juice	P		
Sunraysia	Tomato Juice	P		

## MAYONNAISE & DRESSINGS

### Salad Dressings

Masterfoods (Aust)	French Vinaigrette (Squeeze On)	P		
	Italian Vinaigrette (Squeeze On)	P		
	<b>Catering Sizes – NOT KOSHER</b> French Catering Size Dressing Italian Catering Size Dressing	<b>NK</b>		
Paula's (USA)	<b>No Fat Dressings</b>	P		
	Honey & Mustard	P		
	Roast Garlic	P		

### Mayonnaise / Tartare Sauce

Best Foods (Canada)	<i>A variety available – must have hechsher.</i>			
	Light Mayonnaise – squeeze	P		
	Lite Mayonnaise – jar	P		
	Real Mayonnaise – jar & squeeze	P		
	Tartare Sauce	P		
Heinz (UK)	Mayonnaise Light	P		
	Salad Cream	P		
	Salad Cream Light	P		
Hellman's (USA)	<i>A variety available – must have hechsher.</i>	P		
Nando's (S Africa)	Perinaise Salad Cream – Original / Hot / Light	P		
Nasoya	Nayonnaise – Huckleberry	P		
S & W Mayonnaise	Egg Mayonnaise	P		

## MEAT SUBSTITUTES

Frys Vegetarian (Aust)	<i>A variety of vegetarian burgers, hot dogs, sausages etc available at Huckleberry &amp; supermarkets.</i>	P		
<b>Sanitarium</b>	<b>Tin Nutmeat, Nutolene, Vitaburger – NOT KOSHER</b>	<b>NK</b>		

## MEAT

Kosher Meat, Chickens, Salamis & Cold Cuts are **ONLY** available at Greys Ave Deli & Wellington Kosher Co-Op.

## MEDICAL

All Painkillers are acceptable.

Actifed	Actifed Tablets	<b>D</b>		
Action Children's Formula	Action Children's Formula Tabs	P		
Alka Seltzer	Alka Seltzer Plain & Lemon Tablets	P		
Aspro	Aspro Clear incl. Extra Strength	P		
	Aspro Tablets	D		
Boots	Glucodin Powder	P		
	<b>Glucodin Tablets</b>	<b>NK</b>		
Bricanyl	Bricanyl Respules	P		
Cepacaine	Cepacaine Anaesthetic Throat Spray	P		
	Cepacaine Solution	P		
Codral	Cold & Flu Tablets	P		
Demazin	Demazin – Syrup	P		
	Demazin – Tabs	<b>D</b>		
	Demazin Nite & Day	<b>D</b>		
Dimetapp	Dimetapp Elixir & Colour Free Elixir	P		


	Dimetapp Infant Drops & Colour Free Infant Drops	P		
Duro Tuss	Duro Tuss Forte	P		
	Duro Tuss Regular	P		
Eno	Eno Lemon Flavoured	P		
	Regular	P		
Fisherman's Friend (UK) <sup>6</sup>	Aniseed	P		
	Cherry	P		
	Original Extra Strong	P		
	Refreshign Lemon	P		
	Sugar Free Blackcurrent	P		
	Sugar Free Mint	P		
Gaviscon	Gaviscon Infant	P		
	Gaviscon Liquid & Tabs	P		
Metamucil	Metamucil Orange (Smooth Texture & Original Texture)	P		
	Metamucil Regular (Original Texture)	P		
Mylanta	Mylanta Double Strength Liquid	P		
	Mylanta Liquid	P		
Nurofen	Nurofen	P		
Panadeine	Panadeine Rapid Soluble Tablets	P		
	Panadeine Tablets	P		
Panadol	Panadol Rapid Soluble Tablets	P		
	Panadol Tablets	P		

## MILK PRODUCTS

- also see Dairy – pg 32

### Milk & Cream







- MILKS** - All ordinary plain unflavoured Milk, Cream & Skim Milk in cartons or bottles either pasteurized or UHT are acceptable. The ingredient panel should list just milk or skim milk.
- NOT ACCEPTABLE - THICKENED OR AEROSOL CREAMS**
- NOT ACCEPTABLE - THE HEARTWISE MILK WHICH CONTAINS FISH OILS**
- NOT ACCEPTABLE – FLAVOURED MILKS – IE PRIMO**

Hadar	Non-Dairy Topping (Cream Substitute) – at Greys Ave Deli	P		
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### Buttermilk

Meadow Fresh (NZ)	Bakers' Delight Cultured Buttermilk - NOT KOSHER	NK		
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### Condensed Milk

Carnation (Aust)	Sweetened Condensed Milk	D		
	Sweetened Condensed Skim Milk	D		
Nestle (Aust)	Sweetened Condensed Milk	D		
	Sweetened Condensed Skim Milk	D		
	Coffee & Milk	D		
	Top 'n Fill - Caramel	D		


### Evaporated Milk

Carnation (Aust)	Evaporated Milk	D		
	Evaporated Light Milk	D		
	Lite & Creamy (Skinny Tinny)	D		


### Milk Powder

Nestlé Sunshine (NZ)	Instant Full Cream Milk Powder – must say "Product of New Zealand"	D		
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### Milk – Almond

Pure Harvest	Almond Milk	P		
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### Milk – Coconut & Coconut Cream

Kara (Indonesia)	UHT Natural Coconut Milk Classic in tetrapaks – <b>must have "OK" Logo</b>	P		
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### Milk – Rice

Aussie Dream (Aust)	Organic Rice Milk – Non Dairy – 1Ltr.	P		
	Organic Rice Milk Enriched with Calcium -1 Ltr	P		
Pure Harvest (Aust)	Rice - 1Ltr	P		
	Rice Milk Plus Calcium - 1Ltr	P		
Vitasoy(Aust)	Rice Milk Original- Long Life	P		
	Rice Milk – Protein Enriched - Long Life	P		


## Milk – Soy

Pure Harvest (Aust)	Aussie Lite Soy – Low Fat Soy	P		
	Nature's Soy Organic Original – Gluten Free	P		
	Organic Nature's Soy Enriched	P		
	Organic Nature's Soy Low Fat Enriched	P		
	Organic Nature's Soy Malt Free, Gluten Free	P		
Sanitarium So Good (Aust)	<b>ALL PRODUCTS NO LONGER KOSHER.</b>			
Vitasoy (Aust)	Calci-Plus (Long Life)	P		
	<b>Heart – NOT KOSHER</b>	NK		
	High Fibre – Long Life	P		
	Organic – Long Life	P		
	Original – Long Life	P		
	Soy Milky Chocolate – Long Life	P		
	Soy Milky Kids – Long Life	P		
	Soy Milky Lite – Long Life	P		
	Soy Milky Regular– Long Life	P		
	Soy Milky Vanilla – Long life	P		
	UHT Cafe	P		
	UHT Cafe for Baristas	P		
	UHT Vita Cave	P		
	Vitasoy Cafe UHT – 240 ml tetrapaks	P		
	Vitality + for women (long life)	P		

## Milk Substitutes

Nippy's (Aust)	Iced Banana Flavoured Dairy Drink	D		
	Iced Coffee Flavoured Dairy Drink	D		
	Iced Chocolate Flavoured Dairy Drink	D		
	Iced Honeycomb Flavoured Dairy	D		
	Iced Strawberry Flavoured Dairy Drink	D		
	Vanilla Malt Flavoured Dairy Drink	D		
Imagine Foods (USA)	<b>RICE DREAM –</b> - Carob - Chocolate - Chocolate Enriched - Organic Original - Organic Original Enriched - Original - Original Enriched - Vanilla - Vanilla Enriched			
	<b>Soy Dream</b> -Organic Classic Original -Organic Classic Vanilla -Original Enriched -Vanilla Enriched -Chocolate enriched			
Pacific Almond (USA)	Low Fat Original All Natural Non-Dairy Drink – Tetrapak	P		

## Reduced Cream

Nestle (Aust)	Reduced Cream – <b>must be "Made in Australia"</b>	D		
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## UHT Milk

All Long Life Milk (unflavoured) is acceptable.





## MUSTARDS

### Mustards – cream-style

Coleman's (UK)	Original English Mustard (paste)	P		
	<b>Wholegrain Mustard - NOT KOSHER</b>	NK		
Eden Organic	Brown Prepared Mustard	P		
Keens	Mustard Powder tins	P		
Masterfoods (Aust)	<b>MASTERFOODS CATERING PACKS - NOT KOSHER. Kosher Aust. 06.11</b>	NK		
	American Mustard – 175g	P		
	Australian Mustard – 175g	P		
	Dijon Mustard – 170g	P		
	French Mustard – 175g	P		
	Hot English Mustard – 175g	P		
	Mild English Mustard – 175g	P		
	Sundried Tomato Mustard – 175g	P		
	Wholegrain Mustard - 175g & 350g			
	<b>SQUEEZE ON (250g):</b>			
	American Mustard	P		
	Mild American Mustard	P		
	Whole Grain Mustard	P		
Natural Value (USA)	Organic Prepared Mustards - At Ceres, Ellerslie - Mustard Dijon - Mustard Horseradish - Mustard Stone-ground	P		











### Mustards - powdered

Coleman's (UK)	Double Superfine Mustard Powder	P		
Masterfoods	Mustard Powder	P		

## OIL & OIL SPRAYS

### Oils




















- It is preferable to use Kosher certified oils.
- HOME BRANDS & SIMPLY OILS** listed below are certified, even if they do not have a hechsher.

Brookfarm (Aust)	Macadamia Oils	P		
Olivado (NZ)	Virgin Avocado Oil	P		
The Village Press (NZ)	Cold Pressed Avocado Oil	P		New 10.13
Home Brand	<b>ONLY when bearing the letter 'C' prior to the Best before Date.</b>			
	Blended Vegetable Oil – 1 ltr & 2ltr <b>ONLY</b>	P		
	Canola –, 1 ltr & 2 ltr <b>ONLY</b>	P		
	Cooking Vegetable Oil – 500ml, <b>ONLY</b>	P		
	Soy Bean –2 ltr <b>ONLY</b>	P		
	Sunflower –1 ltr <b>ONLY</b>	P		
Olitalia (Italy)	Grapeseed Oil – 1 litre bottle	P		
Spectrum (USA)	Organic Canola Oil	P		
Simply (NZ)	<b>These oils are kosher certified. The label does not have hechsher.</b> - at Countdown			
	Canola	P		
	Soya	P		
	Sunflower	P		

	Vegetable	P		
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### Olive Oil







- Virgin & Extra Virgin Olive Oil produced in NZ, Italy, Greece, European or Mediterranean countries is acceptable.
- Virgin Olive Oil & Extra Virgin Olive Oil produced in Israel require a reliable Hechsher.

Bertolli (Aust)	Classico Olive Oil Spray with Garlic	P		
	Extra Light Olive Oil Spray	P		
	Extra Virgin Olive Oil Spray	P		
Bertolli (Italy)	Extra Light Virgin	P		
	Organic Extra Virgin Olive Oil	P		
	Tradizionale	P		
	Unfiltered Extra Virgin Olive Oil	P		
Borges (Spain)	Extra Virgin Olive Oil – at NW	P		
	Extra Light Olive Oil	P		
	Natural Aromatic Oils	P		
	Olive Oil with Chili Pepper	P		
	Olive Oil with Fresh Basil	P		
	Pure Olive	P		
Colavita	Extra Virgin Olive Oil	P		
	Pure Olive Oil	P		
Nina (Spain)	Olive Oil – 3 litre can - at Viaduct Fish Mart	P		
Olitalia (Italy)	Olive Oil – 3 litre can - Viaduct Fish Mart	P		
Olivoro (Italy)	Extra Virgin Olive Oil	P		
	Light & Mild	P		
	Pure	P		
Red Island (Aust)	Extra Virgin Olive Oil - many sizes, 250ml, 1 ltr, 3 ltr	P		
The Village Press (NZ)	Cold Pressed Extra Virgin Olive Oil	P		

### Sesame Oil

Sesame Oils must have a kosher hechsher. None available at time of print.

### Oil Sprays

Bakels	Sprink Canola Oil Spray	P		
Best Foods (USA)	Mazola No Stick Corn Oil Spray	P		
Fermex	Easy Spray Canola			
High Heat	Sunflower Spray Oil - NW & Viaduct Fish Mart	P		
Red Island (Aust)	Extra Virgin Olive Oil Cooking Spray	P		
Spectrum	Cold Pressed Organic Olive Oil Spray	P		
	Sunflower Oil Spray	P		

## PASTA, RICE & PULSES

### Couscous

Casalare (Aust)	Organic Couscous - <b>must have hechsher</b>	P		
Casbah (USA)	Couscous Original	P		
	Couscous – Lemon & Spinach	P		
	Couscous – Nutted with Currants & Spice	P		
	Couscou – Roast Garlic & Olive Oil	P		
	Couscous – Wild Forest Mushroom	P		
	Couscous Wholewheat	P		
Osem	Israeli Couscous – At some Delis	P		
San Remo (Italy)	Couscous – 'Product of Italy' or 'Product of Australia'	P		

### Falafel

Casbah (USA)	Falafel Mix	P		
Orgran (Aust)	Falafel Mix	P		
Osem (Israel)	Falafel Mix	P		
The Pita Bread Co (NZ)	Falafel Balls (frozen) 1kg bag & 400g at Greys Ave Deli, NW Vic Park, NW Stonefields, NW Takapuna & NW Eastridge	P		

### Hummus

Casbah (USA)	Hummus Mix	P		
Osem (Israel)	Hummus Mix	P		

### Pasta

- **NOT ACCEPTABLE - Fresh Pasta.**
- PLAIN DRIED PASTA – USE ONLY LISTED PRODUCTS OR PRODUCTS THAT ARE CERTIFIED & HAVE A HECHSHER. – Pastas require kosher approval as often these are produced under heat on equipment shared with the production of filled pastas which use meats, cheeses & other non-Kosher ingreds. Kosher Australia

Ancient Harvest (USA)	Quinoa Linguine Pasta (wheat free) Quinoa Garden Pagodas			
Balducci	Bucatini	P		
	Linguine	P		
	Maccheroni	P		
	Penne Rigati	P		
	Pennette	P		
	Rigatoni	P		
	Spaghetti	P		
	Spaghettini	P		
	Spirali	P		
	Trivelle	P		
Barilla (Italy)	Some boxes of Barilla have Manchester Beth Din hechsher while others have the OU hechsher, Rabbi Levinger of Switzerland has advised that where an A, E, F, G, P or S appears next to the use by date, those plain pastas are kosher certified even without a kosher hechsher. Kosher Australia		 or 	
Bioitalia	Linguine	P		
Casalare (Aust)	A large range. Available at Huckleberry & supermarkets. <b>must have hechsher.</b>	P		

Diamond (Aust)	All plain dried pasta is acceptable.	P		
De Boles (USA)	<b>Gluten Free Rice Pasta</b>			
	Penne	P		
	Spaghetti	P		
	Spirals	P		
	<b>Organic Pasta</b>			
	Angel Hair – wholewheat	P		
	Penne – wholewheat	P		
	Spaghetti – wholewheat	P		
	Spinach Fettucine	P		
Dream Fields (USA)	Authentic Spaghetti / Linguine			
Eden Organic(USA)	A range available. Check for hechsher.	P		
Orgran (Aust)	A large range of gluten-free & wheat-free pasta products. At supermarkets & Huckleberry. Must have a  or  hechsher.			
	Dietetic Pasta Range	P		
	Farm Animals Pasta Range	P		
	Gourmet Pasta Range	P		
	Italian Pasta Range	P		
	Organic Pasta Range	P		
	Rice & Corn Pasta Range	P		
	Stone-Ground Pasta Range	P		
	Various others – must have hechsher	P		
San Remo (Aust)	<b>All regular San Remo pasta labelled 'Product of Australia' is Kosher</b>	P		
Zafarelli (Aust)	<b>Use only the products listed below.</b>			
	Angel Hair	P		
	Bucatini	P		
	Conchiglie	P		
	Denti Rigati	P		
	Elicoidali	P		
	Fedelini	P		
	Fettucine	P		
	Fucili	P		
	Fusillini	P		
	Large Instant Lasagne	P		
	Linguine	P		
	Mostaccioli	P		
	Penne Rigati	P		
	Rigatoni	P		
	Spaghetti	P		
	Spaghettini	P		
	Spaghettoni	P		
	Spirali	P		

### Pilaf

Casbah (USA)	Rice Pilaf	P		
	Saffroned Jasmine Rice Pilaf	P		

### Quinoa

All brands of wholegrain quinoa are acceptable & pareve.

## Rice

- All brands of plain rice are acceptable (inc. wild rice & wholegrain) & are Pareve.
- NOT ACCEPTABLE – All brands of Pre-Steamed (i.e. Parboiled Rice), unless they are kosher certified.**

Casalare	Long Grain Brown Rice – Gluten Free	P		
	Koshi Rice	P		
	Pasto Brown Rice Pagoda – Gluten Free	P		
Casbah (USA)	RicePilaf	P		
	Saffroned Jasmine Rice Pilaf	P		
Lundberg (USA)	Rice Sensations – Selection of flavours Must have hechsher	P		
Sun Rice	<b>"3 MINUTE" RICE – NOT KOSHER</b>	<b>NK</b>		
	Arborio Mediterranean Rice	P		
	Arborio Rice	P		
	Brown Long Grain Rice	P		
	Brown Med. Grain Rice	P		
	Doongara Clever Rice	P		
	Doongara White Long Grain	P		
	Japanese Style Sushi Rice	P		
	Jasmine Fragrant Rice	P		
	Jasmine Fragrant Rice	P		
	Organic Rice White Long Grain	P		
	<b>Parboiled Rice – NOT KOSHER</b>	<b>NK</b>		
	Premium White Long Grain Rice	P		
	Quick Cooking Brown Rice	P		
	Quick Cooking Rice	P		
	White Med. Grain Rice	P		
	Wild Blend Entertainer Rice	P		
	Wild Rice	P		
Riso Scotti (Italy)	Risotto	P		
Uncle Ben's	<b>NOT KOSHER – All Uncle Ben's seasoned or flavoured rice.</b>	<b>NK</b>	<b>ka</b>	
	<b>NOT KOSHER – Express Rice (all flavours)</b>	<b>NK</b>	<b>ldn</b>	
	Basmati Rice - Boil in Bag	P		
	Long Grain Rice - Boil in Bag	P		
	Long Grain & Wild Rice - Boil in Bag	P		
	Uncle Ben's Rice - Boil in Bag	P		
	<b>CATERING SIZES</b>			
	Long Grain	P		
	Pure Wild	P		
	Rice - Wholegrain	P		
	Wild Rice Mix Natural	P		

## Rice Noodles

Plain rice noodles do not require hechsher.

## Tacos

Garden of Eatin'	Organic Corn Taco Shells – <i>Huckleberry</i>	P		
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## Tahina

Osem (Israel)	Tahina	P		
Telma (Israel)	Tahina	P		
Ceres / Pure Harvest	Organic Tahini	P		

## PASTRY

Phyllo Pastry (Filo Pastry)






Antoniou (Aust)	Filo Pastry – Preservative Free	P		
	Filo Thick Style Pastry	P		
	Filo Wholemeal Pastry – Preservative Free	P		
Edmonds (Aust)	Filo Pastry	P		

## PICKLES & RELISHES



A large variety of pickles are available at Greys Ave Deli & Wellington Kosher Co-Op.

See also *Sauces and Marinades*.

Bicks (Canada)	<b>Unfortunately Bicks are no longer imported into NZ.</b>			
Buderim (Aust)	<i>Only some stock available in NZ.</i>			
	Crushed Ginger in Lemon Juice	P		
	Fresh Ginger Puree	P		
	Ginger Pulp	P		
	Ginger Puree (Acetic)	P		
	Ginger Puree (Citric)	P		
	Green Ginger Puree	P		
	Pickled Ginger Sliced (Pink Natural)	P		
	Pickled Ginger	P		
	Pickled Sushi Ginger (Ginger Garnish)	P		
	Pickled Sushi Ginger (Ginger Natural)	P		
	Sweet Pickled Ginger	P		
Delmaine (NZ)	<b>Delmaine Products are NOT KOSHER.</b>	<b>NK</b>		
Eskal	<b>Must have hechsher.</b>			
	Dill Cucumbers	P		
	Horseradish (Red, White)	P		
	Olives (Black Pitted, Green)	P		
	Olives (Hot Green)	P		
	Salad Olives	P		
	Thunder Crunch Gourmet Dill Cucumbers	P		
Kvuzat Yavneh (Israel)	Mini Eggplants	P		
	Cucumbers	P		
	Green Sliced Olives	P		
	Pitted Green Olives	P		
La Mamma	<i>A large variety available in retail stores – important - check for hechsher.</i>			
Mario's (Spain)	<b>Only jars with  on label are kosher. A4 Catering Size Tins are acceptable without hechsher.</b>			
	Spanish Black Oliveswhole, pitted or sliced	P		
	Spanish Green Olives	P		
	Spanish Green Olivesstuffed w minced pimientos in brine.	P		
	Spanish Queen Olives	P		
Masterfoods (Aust)	Squeezy Tomato Relish	P		

Mrs Balls (S Africa)	Chutney – at Countdown - glass bottles 'Best Before Date' must be from Feb 2013 & later - Plastic Jars 'Best Before Date' must be from July 2012 & later - Chilli Chutney - Extra Hot Chutney - Lite Hot & Spicy Chutney - Lite Mild & Fruity Chutney - Original Chutney - Peach Chutney - Tomato Chutney	P		
Mezzetta (USA)	<b>Note - not all products are kosher – must have hechsher - at NW –</b> - Roasted Bell Peppers - Deli Sliced Jalapeno Peppers - Hot Chili Peppers - Golden Peperoncini Peppers - Sweet Cherry Peppers	P		
No mezzetta at cor	Olives (stuffed)	P		
Sandhurst (Aust)	Green Olives - <b>must have hechsher.</b>	P		
Sera	<b>must have hechsher.</b> A variety available at NW. - Grape Leaves - Pickled Cucumbers - Pickled Peppers			

## PUDDINGS – INSTANT

Dr Oetker (Canada)	Organic Pudding & Pie Filling Mixes - Choc / Vanilla / Mocha / Coconut			
Orgran (Aust)	Chocolate Mousse Mix – gluten free	P		

## SALT & SALT SUBSTITUTES

All brands Plain, Iodised, Rock & Sea Salt are acceptable.

Dominion Salt (NZ)	Salt	P		
Maldon	Sea Salt	P		
Pacific Salt (NZ)	Marlborough Flaky Sea Salt	P		
A Vogel (Switzerland)	Organic Seasoning Salt	P		
	Spicy Herb Seasoning Salt	P		

## SAUCES & MARINADES





### Curry Sauces

































Sharwoods (UK)	<b>ALL SHARWOODS PRODUCTS ARE NO LONGER KOSHER.</b>	NK		
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### Pasta Sauces

Dolmio (Aust)	<b>MANY DOLMIO PRODUCTS HAVE BEEN DISCONTINUED OR DELETED – ONLY USE LISTED PRODUCTS.</b>			
	Traditional Basil Pasta Sauce	P		
Natural Value	Organic Traditional Pasta Sauce			
Orgran (Aust)	Tomato & Basil Pasta Sauce	P		

### Sauces

All Gold (S Africa)	Tomato Sauce – <b>must have hechsher.</b>	P		
Best Foods	Tartare Sauce	P		
Bragg	All Natural Bragg – All Purpose Seasoning			
Buderim	Sweet Ginger Sauce	P		

Coleman's (UK)	Classic Mint Sauce	P		
	Fresh Garden Mint	P		
	Horseradish Sauce	P		
	Mustard English	P		
	Mustard Mild	P		
	Mustard Powder	P		
	Tartare Sauce	P		
ETA (Aust)	BBQ Sauce	P		
	BBQ Sauce – Low Salt	P		
Heinz	<b>The following products must be "Made in" or "Product of" as indicated and Best Before dates must be noted. Please note that Tomato Ketchup (500ml, 1L, 2L) "Product of NZ" is NO LONGER KOSHER</b>			
	BBQ Sauce (4L), <b>Must be "Product of NZ", Best Before date after 1 Nov 2013</b>	P		
	BBQ Sauce (500ml, 1L, 2L), <b>Must be "Product of NZ", Best Before date after 1 Feb 2015</b>	P		
	BBQ Sauce (8ml sachet single serve), <b>Must be "Product of NZ", Best Before date after 1 Aug 2014</b>	P		
	BBQ Sauce Squeezy (500ml), <b>Must be "Product of NZ", Best Before after 1 Feb 2015</b>	P		
	Big Red Tomato Sauce (4L), <b>Must be "Product of NZ", Best Before after 1 Nov 2013</b>	P		
	Big Red Tomato Sauce (600ml, 1L, 2L), <b>Must be "Product of NZ", Best Before after 1 Feb 2015</b>	P		
	Organic Ketchup <b>Must be "Product of Aust" or "Product of NZ"</b>	P		
	Tomato Ketchup (4L), <b>Must be "Product of NZ", Best Before after 1 Feb 2013</b>	P		
	<b>Tomato Ketchup (500ml, 1L, 2L) "Product of NZ" NOT KOSHER</b>	NK		
	Tomato Ketchup (8ml sachet single serve), <b>Must be "Product of NZ"</b>	P		
	Tomato Ketchup Fiery Chilli <b>Must be "Product of Netherlands"</b>	P		
	Tomato Ketchup Mexican Chilli <b>Must be "Product of Netherlands"</b>	P		
	Tomato Ketchup Squeezy (500ml), <b>Must be "Product of Netherlands"</b>	P		
HP Sauce - Netherlands	The Original HP Sauce	P		
	BBQ Spicy Sauce	P		
	Brown Sauce	P		
Ina Paarman (S Africa)	<b>Warning: must have hechsher.</b>			
	<b>Basting Sauces</b>			
	Lemon & Herb	P		
	Peri-Peri	P		
Kan Tong (Aust)	Sweet Thai Chilli Extra Mild			
	Teriyaki - DAIRY			
	<b>KAN TONG INSPIRATIONS</b>			
	Golden Singapore Noodles	P		
	Honey Soy & Garlic in Pouch	P		
	Teriyaki Sesame in Pouch	P		
Kikkoman	Soy Sauce – Product of Singapore <b>ONLY</b>	P		
	Soy Sauce Gluten Free – Product of Singapore <b>ONLY</b>	P		
	<b>Less Salt Soy Sauce NOT KOSHER</b>	NK		
	<b>Teriyaki Sauce NOT KOSHER</b>	NK		
Lea & Perrins (UK)	Worcestershire Sauce - (contains anchovies – not for use with meat)	P		

Louisiana Hot Sauce (USA)	Crystal Extra Hot Sauce	P	U	
McIlhenny (USA)	Tabasco Chipotle Sauce	P	U	
	Tabasco Garlic Sauce	P	U	
	Tabasco Green Pepper Sauce	P	U	
	Tabasco Red Pepper Sauce	P	U	
Masterfoods (Aust)	<b>MASTERFOODS CATERING PACKS OF SAUCES – NOT KOSHER. Kosher Aust. 06.11</b>	NK	U	
	Tomato Sauce - Squeezy	P	U	
Nando's (S Africa)	<b>Products must have hechsher.</b>			
	Curry Coconut Cooking Sauce with Medium Peri Peri	P	U	
	Lime & Coriander Marinade	P	U	
	Moroccan Curry Cooking Sauce	P	U	
	Roasted Reds Cooking Sauce with Mild Peri Peri	P	U	
Ocean Spray (USA)	Jellied Cranberry Sauce	P	U	
Orgran (Aust)	Tomato & Basil Pasta Sauce – <b>Must have hechsher.</b>	P	U	
Pams	Tomato Sauce	P	U	
Pouyoukas (S Africa)	<b>Must have hechsher.</b>			
	Habanero Pepper Sauce	P	U	
	Green Jalapeno Sauce	P	U	
	Lemon Herb & Chilli Sauce	P	U	
Watties (Aus)	<b>NOT KOSHER – Tomato Sauce “Product of Australia”</b>	NK	U	
Watties (NZ)	Tomato Sauce <b>Must be “Product of NZ”</b>	P	U	
Wellington's (S Africa)	Garlic Chilli Sauce – <i>all at Inside Africa</i>	P	U	
	Hot Chilli Sauce	P	U	
	Sweet Chilli Sauce	P	U	
	Mild Chutney	P	U	
	Smooth Chutney	P	U	
	Worcestershire Sauce	P	U	

## Marinades

Ina Paarman (S Africa)	<i>A range available. Must have hechsher.</i>		U	
Soy Vay (USA)	Island Teriyaki Marinade	P	U	
	Veri Veri Teriyaki Marinade	P	U	

## SOUPS

Amy's (USA)	Organic Low Fat Minestrone Soup	P		
	Organic Chunky Vegetable	P		
	Organic Sweetcorn Chowder	P		
Aka Miso	Miso Organic	P	U	
Heinz (NZ)	<b>“Product of New Zealand” ONLY</b>	P		
	Big Red Tomato Soup			
	Tomato Soup – Low Salt			
Imagine (USA)	<i>Available at Health Food Stores (in tetrapaks).</i>			
	Organic Creamy Butternut Squash Soup	P	U	
	Organic Creamy Tomato Soup	P	U	
	Organic Vegetable Broth	P	U	
Mitoku (Japan)	Miso Soups – <b>must have hechsher.</b>		U	
Orgran (Aust)	Tomato Soup for Cup	P	U	
Pacific Natural Foods (USA)	<i>Tetrapak – at Huckleberry</i> - Butternut Squash - French Onion	P		

	- Red Roast Pepper & Tomato - Tomato			
Watties	<b>NOT KOSHER – All ‘Watties’ labelled soups.</b>	NK		

## Soup Croutons

Dare (Canada)	Classic Croutons - At NW			
	Plain	P	U	
	Caesar	D	U	
	Garlic	P	U	
Osem	Mini Croutons	P	U	

## STOCK CUBES & POWDERS

A variety of powdered stocks at Greys Ave Deli.

Massel (Aust)	<b>The following Massel products are kosher. New packaging no longer carries a hechsher, but the products below are still kosher even without a hechsher.</b>			
	7's Beef Style Stock Powder 35g	P	U	
	7's Chicken Style Stock Powder 35g	P	U	
	Beef Style Stock Powder	P	U	
	Chicken Style Salt Reduced Stock Powder	P	U	
	Chicken Style Stock Powder	P	U	
	Gourmet Stock Powder	P	U	
	Ultracube Beef Style	P	U	
	Ultracube Chicken Style	P	U	
	Ultracube Salt Reduced Chicken Style	P	U	
	Ultracube Salt Reduced Vegetable Style	P	U	
	Ultracube Vegetable Style	P	U	
	Vegetable Salt Reduced Stock Powder	P	U	
	Vegetable Stock Powder	P	U	

## SPICES, HERBS & SEASONINGS

- All whole & ground herbs & pure single spices are assumed kosher. All mixed spices require hechsher. The mixed spices listed below are acceptable.
- All plain salt, sea, rock & mineral salt is permitted.
- NOT KOSHER - Other spices & herbs, rubs, seasonings, salts e.g. dukkah, garlic, paprika, curry powder & other mixed seasonings such as chicken seasoning may contain non-kosher stearic acid & other non kosher ingreds & are NOT ACCEPTABLE.**
- HERBS & SPICES FROM BULK BINS ARE NOT ACCEPTABLE.**

Ina Paarman (S Africa)	<b>Must have hechsher.</b>			
	Braai & Grill Seasoning	P	U	
	Lemon Pepper	P	U	
	Lemon & Rosemary Seasoning	P	U	
	Seasoned Sea Salt	P	U	
Greggs (NZ)	All plain herbs & spices are acceptable. <b>BLENDS ARE NOT ACCEPTABLE.</b>			
Ina Paarman (S Africa)	Herbs & Spices – <i>at Inside Africa Stores.</i> <b>must have hechsher.</b>		U	
Masterfoods (Aust)	<b>In addition to single herbs and spices which are kosher, the following potentially problematic and mixed spices are kosher. They are acceptable in Regular &amp; Catering Pack</b>			



<b>sizes. Please note some spice blends have been deleted from the list</b>				
	Bouquet Garni	P		
	Celery Salt	P		
	Chillies – flakes, ground	P		
	Freshly Chopped Chilli	P		
	Freshly Chopped Ginger	P		
	Freshly Chopped Garlic	P		
	Garlic – granulated	P		
	Garlic – powder	P		
	Ginger – ground	P		
	Italian Herbs	P		
	Lamb Herbs	P		
	Mexican Chilli Powder	P		
	Mixed Herbs	P		
	Mixed Spice	P		
	Onion Flakes, powder	P		
	Paprika – ground, smoked	P		
	Spaghetti Bolognese Blend	P		
	Tuscan Seasoning	P		
Masterfoods (Aust)	<b>These products are in 160g glass jars.</b>			
	- Freshly Chopped Chilli	P		
	- Freshly Chopped Ginger	P		
	- Freshly Chopped Garlic	P		
McCormick (Aust)	<b>In addition to single herbs and spices which are kosher, the following potentially problematic and mixed spices are kosher.</b>			
	Allspice Ground	P		
	Chilli Powder	P		
	Garlic – Granules, Powder, Steak Seasoning	P		
	Italian Herbs	P		
	Italian Seasoning	P		
	Mixed Herbs	P		
	Mixed Spice	P		
	Onion – Dried, Minced, Salt Seasoning	P		
	Paprika – Hungarian, Spanish	P		
	Roast Rub Crushed Herbs	P		
	Season-All; Seasoned Salt	P		
	Vanilla Sugar	P		
Nandos (S.Africa)	Portuguese Barbecue, Lime & Coriander	P		
	Fresh Coriander	P		
Robertsons (S Africa)	<b>A large range of herbs &amp; spices at Inside Africa Stores. - must have hechsher.</b>			
	Atlantic Sea Salt	P		
	BBQ Spice	P		
	Cinnamon	P		
	Chicken Spice Shaker	P		
	Curry Powder (Rajah)	P		
	Fish Spice Shaker	P		
	Garlic & Herb Shaker	P		
	Great Shakes Salt & Pepper Mix	P		
	Italian Herb Shaker	P		
	Meat Tenderizer Shaker	P		
	Peppercorn Grinder	P		
	Peri Peri Shaker	P		
	Portuguese Chicken Shaker	P		
	Salt & Vinegar Shaker	P		
	Seasalt Grinder	P		
	Spice for Fish Shaker	P		

	Spice for Rice Shaker	P		
	Spice for Mince Shaker	P		
	Steak & Chops Spice	P		
Redmond (USA)	Gourmet All Natural Sea Salt	P		
Jane's (USA)	Original Mix-Up Salt	P		
Something South African (S Africa)	- Zulu Fire - Peri Peri Chicken - at Countdown	P		
The Cape Herb & Spice Co (S Africa)	<b>A large variety of spices &amp; rubs available. must have hechsher.- at Fresh World &amp; Huckleberry</b>			
	<b>GRINDERS -</b>			
	Barbecue & Grill Seasoning	P		
	Chilli Bite – peppercorn & spice grinder mix	P		
	Chocolate & Sugar- dairy	D		
	Darling Buds	P		
	Earth's Energy	P		
	Grains of Desire	P		
	Herb Garden	P		
	Oh! Zone	P		
	Spirit of Fire	P		
	Splash	P		
	Rainbow Peppercorns	P		
	Seaweed Herbal Salt	P		
	Spice Route	P		
	Vanilla & Sugar	P		
	<b>RUBS -</b>			
	Bed of Roses – Moroccan	P		
	Holey Smoke – American Hickory	P		
	Mama Africa – BBQ	P		
	Mexican Wave	P		
	Olive Grove – Mediterranean	P		
	Thai Phoon Curry	P		
	Zen Garden – Japanese	P		
	Zest for Life – Sicilian	P		

## SPREADS


### General Spreads

Kraft (Aust)	Vegemite – all sizes	P		
Sweet William	Chocolate Spread	P		
Yumi's	All varieties – With  Hechsher	P		
















## Honey









All Pure New Zealand Honey (without additives or flavours) is Kosher.

Arataki Honey (NZ)	Honey	P		
Honey NZ (NZ)	Honey	P		
	<b>INFUSIONZ FLAVOURED HONEYS – at NW</b> - Apricot, Blackcurrant, Blueberry, Cinnamon, Spiced Apple, Strawberry, Raspberry.	P		
Manuka Health (NZ)	Honey			
	<b>Manuka Honey &amp; Glucosamine NOT</b>	NK		




	<b>KOSHER</b>			
Mossops (NZ)	All pure honey. Also Manuka Honey BIO Active +10 Manuka Honey BIO Active +15 Manuka Honey BIO Active +20 Manuka Honey +15 UMF	P		

## Peanut Butter

















Eskal	Free Nut Butter – <b>must have hechsher</b> – At NW & PnS	P		
ETA (Aust)	Lemon Flavoured Spread	P		
	Peanut Butter – Crunch & Smooth	P		
	Peanut Butter & Honey	P		
	Traditional Peanut Butter	P		
Kraft (Aust)	The following Kraft Peanut Butter products are now Kosher certified by Kosher Australia. Must be “Product of Australia” to be Kosher.	P		NEW Oct 2016
	Peanut Butter Smooth	P		
	Peanut Butter Crunchy	P		
	Light Peanut Butter Smooth	P		
	Light Peanut Butter Crunchy	P		
	Peanut Butter No Added Sugar or Salt - smooth	P		
	Peanut Butter No Added Sugar or Salt – crunchy	P		
	Peanut Butter Super Crunchy	P		
	Natural Peanut Butter Crunchy	P		
Pic's (NZ)	Really Good Peanut Butter	P		

	Treacle	P		
Cottees	3L Maple Syrup, <b>Must be “Product of NZ”, Best Before after 1/8/14</b>	D		
	3L Chocolate Topping, <b>Must be “Product of NZ”, Best Before after 1/8/14</b>	D		
	3L Strawberry Topping, <b>Must be “Product of NZ”, Best Before after 1/8/14</b>	D		
	3L Vanilla Topping, <b>Must be “Product of NZ”, Best Before after 1/8/14</b>	D		
Hershey's (USA)	Hot Fudge Topping – 453g jar <b>must have hechsher.</b> - at Countdown.	D		
Natural Value (Canada)	Organic Maple Syrup	P		
Tate & Lyle (UK)	Lyle's Pouring Syrup	P		

## TOFU & TEMPEH







Mori-Nu (USA)	Tofu – Soft, Firm, Extra Firm - <i>Huckleberry &amp; supermarkets</i>	P		
Nutrisoy (Aust)	Tofu – Organic Silken	P		
	Tofu – Plain Firm Organic	P		
	Tempeh – Mildly Spiced	P		
	Tempeh – Plain Organic	P		

## SWEETENERS & SUGAR SUBSTITUTES

Abbott	Sucaryl Liquid	P		
	Sucaryl Sachets	D		
	Sucaryl Tablets	P		
Hermes	Granulated Sweetener	P		
	Hernesetas Droplet – Liquid Sweetener	P		
	Hernesetas Gold Tablets	P		
	Hernesetas Liquid Sweetener	P		
	Hernesetas Mini Sweets – Sweetener Tablet	P		
	Hernesetas Saccharin Sweetener Tablets	P		
Merisant / Equal	Equal Café Stick – <i>If lactose is listed as an ingredient then the item is dairy.</i>	P		
	Equal Pocket Collection	D		
	Equal Sachets – <i>If lactose is listed as an ingredient then the item is dairy.</i>	P		
	Equal Spoon for Spoon	P		
	Equal Tablets & refills	D		
Splenda (USA)	Powder & Sachets - <b>must have hechsher.</b>	P		
Wholesome Sweeteners (USA)	Organic Sucanat (sugarcane)			

## SYRUP & TOPPINGS

NOTE: All brands of PURE MAPLE SYRUP, 'Product of Canada' are acceptable.

Buderim (Aust)	Ginger in Syrup	P		
	Sweet Ginger Topping	P		
Camp	Pure Maple Syrup – <i>only when bearing OU hechsher</i>	P		
Caro	Corn Syrup – <b>must have hechsher</b>	P		
Chelsea (NZ)	Golden Syrup	P		
	Molasses	P		

## TOMATO JUICE, SAUCE, PUREE & PASTE

### Tomato Juice

Mr & Mrs T	Bloody Mary Mix	P	U	
Spring Valley (Aust)	Tomato Juice – <b>NOT KOSHER</b>	P	KA	
Sunraysia	Tomato Juice	P	KA	
Golden Circle (Aust)	Tomato Juice – 1 ltr plastic bottle	P	KA	
	Chilled Tomato Juice – 2L	P	KA	
	Classic 350ml Tomato Juice	P	KA	
Watties	Tomato Juice – <b>NOT KOSHER</b>	NK	KA	

### Tomato Puree, Paste

All Gold (S Africa)	Tomato Puree – <i>at Inside Africa</i>	P	KA	
	Tomato Paste – <i>at Inside Africa</i>	P	KA	
Leggo's (Aust)	Tomato Paste - <b>140g TUB ONLY</b> – <i>provided that 'contains milk' is not in the ingred panel.</i>	P	KA	
	Tomato Paste No Added Salt - <b>140g tub ONLY</b> – <i>Milk must not be listed as an ingred.</i>	P	KA	
	Tomato Paste Sachets	P	KA	
	Tomato Paste With Added Herbs or Spices – <b>NOT KOSHER</b>	NK	KA	
Watties	<b>NOT KOSHER – Tomato Paste</b> <b>NOT KOSHER – Tomato Puree</b>	NK		

### Tomatoes Dried

Available at Greys Ave Deli

Great Lakes (Turkey)	Semi Dried Tomatoes – Oil & Herbs - <b>must have hechsher</b>	P	★	
	Sun Dried Ready to Eat Tomatoes No Oil, No Fat - <b>must have hechsher</b>	P	★	

## TOOTHPASTE, DENTAL FLOSS, MOUTHWASH

- Toothpaste is not food nor is it edible & according to many authorities does not need to be kosher. Therefore while not normally recommending ingredient listing as a means of determining the Kashrut of a product, in the case of those wishing to be strict in regards to toothpaste it would be acceptable to rely on the ingredient listing.
- Current practice is that both active & inactive ingredients are now listed on toothpaste containers. The two main ingredients in toothpaste manufacture are either glycerine (glycerol) or sorbitol.
- Glycerine is usually not kosher whereas sorbitol is kosher. If glycerine is listed as an ingredient then those wishing to be strict would not use that toothpaste. However if sorbitol is the primary ingredient & glycerine is not mentioned then the product would be acceptable even for those wishing to be strict.

### Dental Floss

CareDent Periotape	Waxed Dental Flossing Ribbon	P	KA	
Johnson & Johnson	Dental Floss (mint, waxed & unwaxed)	P	KA	

### Mouth Wash

Listerine	Mouthwash	P	KA	
	Pocket Packs–Cool Mint, Freshburst – <b>Only 'Made In USA'.</b>	P	KA	
Listermint	Mouthwash with Fluoride - (green colour) <b>Only</b>	P	KA	
Steradent	Powder & Tablets	P	KA	

## VEGETABLES

### Vegetables - Dried

NOTE: All dried Beans, Lentils, Grains, Seeds are acceptable. **London Kosher**

### Vegetables – Fresh

- FRESH RAW VEGETABLES** are kosher but should always be thoroughly checked for worms & insects.
- GARLIC - PROCESSED PEELED GARLIC is NOT ACCEPTABLE.**
- ASPARAGUS.** There is a problem with insect infestation in asparagus. These insects are called "thrip". They are approximately 1-2mm long and are brown or black. They cannot be detected by simply looking at the asparagus. For instructions on how to check for them contact your local Rabbi or shomer.

### Vegetables - Frozen

- All **FROZEN PLAIN, UNCOOKED, RAW VEGETABLES** are acceptable. They must not contain either sauces or other additives.
- PRE-COOKED, READY-TO-EAT FROZEN VEGETABLES are NOT ACCEPTABLE.**
- FROZEN PLAIN POTATOES** in a vegetable mix are acceptable provided oil is not listed as an ingredient.
- Only CHOPPED FROZEN SPINACH** may be considered acceptable, **WHOLE FROZEN SPINACH LEAVES MAY NOT BE USED** due to the inevitability of insect infestation.

#### WARNING: NOT KOSHER -

- All Cut & Frozen Potatoes Chips or Potato French Fries, are **NOT ACCEPTABLE**, unless bearing a Hechsher (they are par-cooked or prepared with oils that are not acceptable).
- Pre-Cooked, Ready to Eat Frozen Vegetables are not acceptable.
- All Stir Fried Vegetables in Sauces,
- All precooked & frozen Vegetables (i.e. Asparagus).

Talley's	Plain Frozen Fries – all cuts and sizes	P		
Cavendish	Old Fashioned Hash Browns Potato Patties - <i>Countdown</i>	P	U	
Frys	Frozen Vegetarian Products – <i>a wide range available at Greys Ave Deli</i>	P		
Pam's	Plain Frozen Fries – all cuts and sizes	P		
Wattie's	Plain Frozen Fries – all cuts and sizes	P		

### Vegetables - Tinned

- TINNED ASPARAGUS** products are **NOT ACCEPTABLE** unless they are kosher certified due to risk of insect infestation.
- ASIAN TINNED PRODUCTS are NOT ACCEPTABLE.**




















Ceres Organics	Pelled Tomatoes	P		
	Mashed Tomatoes	P		
	Chopped Tomatoes	P		
	Napoletana Sauce	P		
	Sauce with Vegetables	P		
	Black Beans	P	KA	
	Chickpeas	P	KA	
	Pinto Beans	P	KA	
	Red Kidney Beans	P	KA	
	Salad Beans	P	KA	
	Soy Beans	P	KA	
Crossbow	Chickpeas in Brine	P	KA	



(S Africa)	– at PnS & NW			
	Small White Beans in Brine	P		
Eden Organic (USA)	Aduki Beans	P		
	Baked Beans with Sorghum & Mustard	P		
	Black Soy Beans	P		
	Caribbean Black Beans	P		
	Crushed Tomatoes (no added salt)	P		
	Diced Tomatoes	P		
	Lentils with Sweet Onion & Bayleaf	P		
	Navy Beans	P		
	Spicy Pintos with Jalapeno & Red Pepper	P		
Edgell (Aust)	<b>Many products have been deleted. ONLY USE PRODUCTS ON THIS LIST.</b>			
	Baby Peas	P		
	Baby Peas & Sweet Corn	P		
	Borlotti Beans	P		
	Butter Beans	P		
	Capsicums	P		
	Carrots, all varieties	P		
	Chick Peas	P		
	Corn – Creamed & Whole Kernel	P		
	Four Bean Mix	P		
	Green Beans	P		
	Green Peas	P		
	Green Peas – no added salt	P		
	Mixed Vegetables	P		
	Peas & Carrots	P		
	Red Kidney Beans	P		
	Supersweet Corn Kernels	P		
	Tiny Taters	P		



Golden Circle (Aust)	<b>Many products have been deleted. ONLY USE PRODUCTS ON THIS LIST.</b>			
	Beetroot – diced	P		
	Beetroot – sliced	P		
	Beetroot – gourmet	P		
	Beetroot –wedges	P		
	Beetroot – whole baby	P		
	Carrots - baby, whole	P		
	Corn & Peas – Product of NZ	P		
	Corn Kernels - Product of NZ	P		
	Corn Kernels – super sweet - Product of NZ	P		
	Green Beans	P		
	Green Peas	P		
	Minted Peas	P		
Golden Circle (NZ)	Beetroot Diced	P		
	Beetroot Sliced	P		
	Baby Beet	P		
	Beet Crinkle Cut	P		
	Corn & Peas	P		
	Corn	P		
	Peas Green	P		
	Beetroot Wedges	P		
Heinz (NZ)	Corn	P		
	Peas Green	P		
	Tomatoes Crushed	P		
Koo (S Africa)	<b>A variety of tinned vegetables – must have hechsher</b>	P		
Natural Value	Black Beans	P		
	Dark Red Kidney Beans	P		
	Garbanzo Beans	P		
	Pinto Beans	P		
SPC (Aust)	Tomatoes – Whole Peeled - <b>ONLY acceptable if bearing 'M' or 'E31' on base or lid of can.</b>	P		
Watties (NZ)	<b>Many products have been deleted. ONLY USE PRODUCTS ON THIS LIST. Must be "Product of New Zealand"</b>			
	Beetroot Sliced	P		
	Baby Beet	P		
	Beetroot Chunky	P		
	Beetroot Sliced	P		
	Beetroot Diced	P		
	Peas	P		
	Peas Minted	P		
	Green Beans Sliced	P		
	Corn	P		
	Tomatoes Savory	P		
	Tomatoes Mexican	P		
	Tomatoes Italian Seasoning	P		
	Tomatoes Chopped in Puree	D		
	Tomatoes Crushed	P		
	Tomato Puree	P		
	Tomatoes Chopped	P		
	Tomatoes Pepper and Onion	P		
	Tomatoes Puree Italian Seasoned	P		

## VEGETARIAN / JAPANESE


Amano Foods (Canada)	Mugi Miso. Organic		U	
Emerald Cove (Japan)	<b>NOTE: Only when bearing  hechsher. Just 'K' on the packet is NOT acceptable.</b>			
	Grame Seaweed	P		
	Arame Seaweed	P		
	Sushi Nori	P		
	Wakame	P		
Hakubaku (Aust)	<i>at Huckleberry &amp; supermarkets</i>			
	Organic Ramen	P		
	Organic Soba	P		
	Organic Somen	P		
	Organic Udon	P		
Metsuyan	Nori	P		
Mitoku (Japan)	<b>ONLY products with hechsher – at Huckleberry</b>			
Mizkan	Rice Vinegar	P		
	Sushi Seasoning	P		
Mori-Nu (USA)	Tofu – Soft, Firm, Extra Firm - Huckleberry & supermarkets	P		
Nutrisoy (Aust)	Tofu – Organic Silken - at Huckleberry & supermarkets	P		
	Tofu – Plain Firm Organic	P		
	Tofu with Vegies	P		
	Tempeh – Mildly Spiced	P		
	Tempeh – Plain Organic	P		
Sanchi	Wasabi Powder	P		
Westbrae (USA)	Miso	P	U	
	Hearty Red Instant Soup	P	U	
	Mellow White Miso Soup	P	U	
	Natural Instant Miso Soup (macrobiotic)	P	U	

## VINEGAR

- Balsamic & Wine Vinegars are **NOT ACCEPTABLE** without hechsher.
- Kosher Vinegars (including Balsamic) are available at Greys Ave Deli.







Bragg (USA)	Organic Raw Apple Cider Vinegar – <i>must have hechsher.</i>	P	U	
Coral Tree (NZ)	Apple Cider Vinegar	P		
	Apple Cider Vinegar with Garlic	P		
Kedem	Distilled White Vinegar	P		

## VITAMINS & MINERALS

	Solgar (USA)	Vitamins & Minerals		
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## YEAST

- All brands of Fresh Yeast are acceptable & pareve.
- Dried Yeast (with NO ADDITIVES) is acceptable. Ka

	Edmonds (NZ)	Active Dried Yeast (granules)	P	
	Tasti (NZ)	Active Dried Yeast (granules)	P	
		<b>NOT KOSHER – Surebake Yeast</b>	<b>NK</b>	
<b>The following yeasts are used by commercial bakers. Some are at Gilmours.</b>				
	Fermex	Compressed Bakers Yeast	P	
	Mauri	Compressed Bakers Yeast	P	
		Allied Dried Yeast	P	
		Doughmate Instant Dry Yeast	P	
		Mauripan Instant Dry Yeast – at Gilmours	P	
	Moi	Instant Yeast	P	

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