

Kosher SmartPoints® list

Non-branded food

Egg , hard boiled, 1 medium, 52g	0
Goose , roasted, 1 slice, 30g	2
Grape juice , 250ml	9
Herring , raw, 1 fillet, 120g	0
Honey , 1 teaspoon, 8g	1
Horseradish sauce , 1 tablespoon, 20g	1
Jam , 1 heaped teaspoon, 18g	3
Matzo meal , 1 heaped tablespoon, 25g	3
Ox liver , raw, 100g	3
Pastrami , 2 slices, 24g	1
Pine nuts , 15g	3
Pitta , 1 medium, 60g	4
Potato cake , 1, 60g	5
Soured cream , 1 tablespoon, 15ml	2
Veal escalope , raw, 1 medium, 130g	2

Branded food

Barkat

Gluten Free Matzo Round Crackers , 3 crackers, 18g	2
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Bloom's

American Frankfurters , 1/5 pack, 68g	4
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Cocktail Viennas , 1/5 pack, 68g	4
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Chevington

Sliced Mild Cheddar , 1 slice, 20g	3
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Cohen's Bakery

Buckingham Boulangerie Challa , 1 serving, 40g	4
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Buckingham Boulangerie Rye Bread , 1 serving, 30g	2
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Gilbert's

Chicago Recipe Beef Hot Dogs , 1 serving, 35g	2
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Chorizo , 1/4 pack, 43g	3
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Corned Beef , 1/4 pack, 43g	2
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Peppered Beef Salami , 1/4 pack, 43g	3
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Roast Turkey Breast Slices , 1 serving, 46g	0
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Turkey Breast Pastrami , 1/4 pack, 36g	1
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**Wafer Thin Salt Beef,**

$\frac{1}{4}$ pack, 43g **1**

Gosh!**Original Falafel,**

1 individual, 22g **2**

Moroccan Spiced Falafel,

1 individual, 22g **2**

Spinach & Pine Nut Bites,

1 individual, 22g **2**

Mackays

Ginger Preserve, 1 serving, 20g **3**

Scottish Raspberry Preserve,

1 serving, 20g **3**

Scottish Strawberry Preserve,

1 serving, 20g **3**

Seville Orange Marmalade,

1 serving, 20g **3**

The Dundee Orange Marmalade,

1 serving, 20g **3**

Three Fruit Marmalade,

1 serving, 20g **3**

Mr Freed's**Cocktail Potato Latkes,**

$\frac{1}{4}$ pack, 60g **5**

Oak Smoked Salmon,

$\frac{1}{5}$ pack, 50g **2**

Small Fish Balls, $\frac{1}{5}$ pack, 60g **3**

Tuna Bites, $\frac{1}{5}$ pack, 50g **3**

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Cream Crackers, 1 serving, 20g **3**

Honey Cake, 1 serving, 40g **7**

Marble Cake , 1 serving, 40g	7
Mini Croutons The Original Mini	
Mandel , 1 serving, 28g	5
Sesame Coated Ring Pretzels , 1/5 pack, 60g	8
Walnut Cake , 1 serving, 40g	7
Rakusen's	
99% Crackers Just 1% Fat , 1 cracker, 5g	1
99% Crackers Just 1% Fat , Herb & Onion, 1 cracker, 5g	1
Carrot & Lentil Soup , 1/2 can, 200g	3
Cheese Snackers , 4 individual, 10g	1
Chocolate Digestives , 1 serving, 20g	4
Chocolate Oaties , 1 serving, 18g	4
Digestive Biscuits , 1/8 pack, 31.25g	6
Matzos Crackers , 1 cracker, 5g	1
Tomor Sunflower Margarine , 1 serving, 10g	3
Traditional Matzos , 1 cracker, 21g	2
Tuscan Bean Soup , 1/2 can, 200g	2
Yorkshire Crackers , 1 cracker, 5g	1
Sheese 100% Dairy Free	
Blue Style , 1 serving, 40g	5
Edam Style , 1 serving, 40g	5
Garlic & Herb Creamy Spread , 1 serving, 40g	6
Gouda Style , 1 serving, 40g	5
Greek Style , 1 serving, 40g	6
Mature Cheddar Style Slices , 1 serving, 20g	3
Mild Cheddar Style , 1 serving, 40g	5

Mozzarella Style Slices , 1 serving, 20g	2
Original Creamy Spread , 1 serving, 40g	6
Sweet Chilli Creamy Spread , 1 serving, 40g	6
White Cheddar Style Slices , 1 serving, 20g	3
Tesco	
Kosher Baked Beans , 1/4 can, 105g	3
Yarden	
Chicken Viennas , 1/4 pack, 63g	5
Grilled Chicken Fillets , 1/2 pack, 175g (frozen)	3
Guacamole , 1 tablespoon, 30g	2
Homestyle Latkes , 1/4 pack, 125g (frozen)	8
Houmous & Tahina , 1 tablespoon, 30g	3
Houmous , 1 tablespoon, 30g	3
Mini Kabanos , 1 individual, 18g	2
Red Cabbage in Mayonnaise , 1 tablespoon, heaped, 30g	2
Smoked Chicken Breast Slices , 3 slices, 57g	1
Smoked Turkey Breast Slices , 3 slices, 58g	1
Turkey Breast Schnitzel , 1/4 pack, 175g (frozen)	10