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# Kosher Guide

Denmark



CHABADANMARK  
JØDEDOM MED HJERTE OG MENING

The Kosher List is prepared by ChabadDenmark.  
Check out our programs and services and/or [support](#) our activities! -

Kosher list updated May 2023

Visit [www.chabad.dk](http://www.chabad.dk) for the latest version

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### Information and disclaimer.

This Kosher list is for information purposes only, and is to the best of our knowledge at this time. Every product bearing a Kosher symbol is under the responsibility of that particular Kashrut organization.

Some products may be Cholov Akum or pas akum. It will be marked as such in the list

If a product is Kosher, it does not mean that other products of the same company are Kosher.

If a product is supposed to have a Kosher symbol, it does not mean that the same product without the symbol is Kosher. All products are Kosher year round but not for Pesach.

If you find a Kosher product not mentioned here, please contact us so that we can include it.

### Supermarkets

Many of these items are in the Supermarket Netto and some in Fakta.

When they are not in those stores but in others, we have written it.

Some of the products are certified, meaning they have a Hechsher.

They may or may not have a symbol. We have written by them 'certified'. If they require a symbol, we have added 'Kosher symbol'.

Some products are approved as kosher, although they do not have rabbinical supervision.

The approval is based on guidelines by the London Bais din and knowledge of how it has been made. It will be marked 'approved'. The guidelines in this publication apply specifically to Denmark.

This list has been compiled under the auspices of Rabbi Yitzi Loewenthal, Rabbi Of ChabadDanmark and Machzikie Hadas Copenhagen.

Many thanks to Yudi Namdar, Chana Miraim Golub and Chava Loewenthal for thier work in making

this list.

# Cereals and Breakfast



Oatmeal

*Approved*



Oats with Nuts and Seeds

*Approved*



Cheerios

*Certified*



Cornflakes  
*Certified*  
*Kosher symbol*



Bran-flakes  
*Certified*  
*Kosher symbol*



Kellogg's Special-Original  
*Certified*  
*Kosher symbol*



Coco Pops

*Certified*  
*Kosher symbol*



Müsli

*Certified*  
*Kosher symbol*



Coco Pops  
*Certified*  
*Kosher symbol*



Wheat Havre Fras

*Approved*



Rice Krispies  
*Certified*  
*Kosher symbol*



Honey Cheerios

*Approved*



Frosties  
*Certified*  
*Kosher symbol*



Weetabix

*Approved Føtex*



Oats with Fruit and Nuts  
*Approved*



Unicorn Loops  
*Certified*  
*Kosher symbol*

Many Kelloggs breakfast cereals (some not listed here) have a kosher Logo and are certified.



# Fish



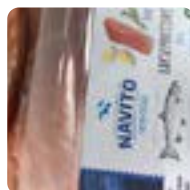
**Smoked Salmon**  
Approved - All cold smoked salmon is approved. If its sliced, it's cold smoked.



**Hot smoked salmon.**  
Only if produced at polar salmon (see back of pack) certified



**Smoked Wild Salmon**  
Approved



**Frozen Salmon portions**  
Approved



**Smoked Trout ~ Approved**  
All cold smoked trout is approved. If its sliced, it's cold smoked.



**Fresh Salmon**  
Approved



**Warm Smoked Trout Fillet**  
Approved



**John West Tuna**  
Approved



**Hot smoked salmon.**  
Only if produced at polar salmon (see back of pack) certified

All Frozen raw salmon, plain, is approved.

All fresh raw salmon, plain, is approved

**The following is a list of approved raw fish, that can be bought either fresh or frozen with skin on it:**

Perch, mackerel, anchovies, mullet, brazen, plaice, sprat, pike, St. Peter's fish, Halibut, sardine, garfish, hoki, herring, whiting, flounder, dab, brill, carpe, gurnard, butterfish, haddock, hake, salmon, tuna, trout, cod

# Frozen Foods



**Halsans kok soya meat**  
Certified when it says made in Israel

**All plain frozen vegetables such as:**  
peas, carrots, green beans, cauliflower, spinach, broccoli, corn, asparagus  
are approved



**Halsans kok soya sausage.** Certified when it says made in Israel

**All plain frozen fruit such as:**  
strawberries, mango, pineapple, peaches, passion fruit, papaya etc  
are approved



**Beyond burger soya burger and soya mince.**  
Certified when made in Holland.  
Can be purchased in Irma

# Milk, Cheese and Yogurt

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Regular milk - Dairy  
*Cholv Akum*  
*All regular milk is approved, Cholv Akum*



Plain Yogurt - Dairy  
*Cholv Akum*  
*All Plain Yogurt is Approved, Cholv Akum*



Philadelphia cream cheese - Dairy  
*Cholv Akum*



Plain Butter  
*Dairy*  
*Cholv Akum*



Alpro almond Milk  
*Certified*



Alpro Soy Milk  
*Certified*



Alpro soy milk - Unsweetened  
*Certified*



Alpro Rice Milk  
*Certified*



Alpro Plantgurt  
*Certified*



Alpro Soy Chocolate Milk  
*Certified*



Alpro Almond Milk  
*Certified*



Alpro Coconut Milk  
*Certified*



Dream - Almond Milk  
*Approved*  
*Kosher symbol*



Dream - Almond Hazelnut Milk  
*Approved*  
*Kosher symbol required*



Oat Milk  
*Approved*



Oats Chocolate Milk  
*Approved*



Alpro Yogurt  
*Certified*



Violife Vegan Cheese  
*Certified*  
*Kosher symbol*

# Milk, Cheese and Yogurt

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Alpro Yogurt  
*Certified*



Alpro Yogurt  
*Certified*



Alpro Yogurt  
*Certified*



Alpro Soy Whip Cream  
*Certified*



Naturli' - Soy Milk  
*Approved*



Naturli' Vanilla - Soy Milk  
*Approved*

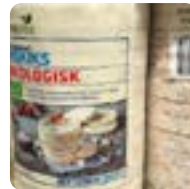
*Alpro Products are Kosher when the traceability code shown on the packaging begins with 2 letters.*

# Bread, Rice cakes and crackers

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Wasa Crackers - Rågi  
*Approved - Pas Yisrael*



Rice Cakes  
*Approved*  
*All plain rice cakes are approved*



Wasa Crackers - Sport  
*Approved - Pas Yisrael*



Wasa Crackers - Delikatess  
*Approved - Pas Yisrael*



Pitabrød stenbagt - also under the name Bakersfield Made in Holland  
*Can be bought in super Brugsen, Føtex and in some netto and fakta. Its in the freezer. Not Pas yisroel. (according to some opinions if u bake it further in the oven it becomes pas yisroel)*



Schulsted Rugbrød bread  
*Approved*  
*Pas Akum*



Rugbrød Bread Ingredients Bag  
*Approved*



# Pasta, Rice. Grains and Seeds

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**Spaghetti**  
*Approved*  
*All plain pastas and spaghetti are approved*



**Pumpkin Seeds**  
*Approved*



**Whole Wheat Spaghetti**  
*Approved*



**Barley**  
*Approved*



**Sesame Seeds**  
*Approved*



**Flax Seeds**  
*Approved*



**Sunflower Seeds**  
*Approved*



**Chickpeas**  
*Approved*

**Plain seeds, rice and grains such as:**

chia seeds, pumpkin seeds, poppy seeds, quinoa, beans, different types of rice, couscous, bulgar etc  
*are approved*

***It is NOT approved if any of the following E numbers appear in the product components:***

E 120, 163, 422, 430, 431, 432, 433, 434, 435, 436, 441, 445, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 481, 482, 483, 491, 492, 493, 494, 495, 542, 570, 571, 572, 573, 630, 631, 632, 633, 640, 915, 1000, 1518.

# Salt, Spices and Baking Ingredients

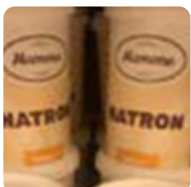
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**Salt**  
*Approved*  
*All regular salt is approved*



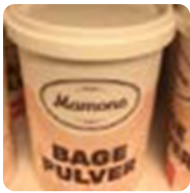
**All regular spices (Not blends)**  
*Approved as Kosher.*  
***With the exception of paprika***



**Baking Soda**  
*Approved*



**All Plain Flour**  
*Approved*



Baking Powder  
*Approved*



Cocoa Powder  
*Approved*



Vanilla Sugar  
*Approved*



Sugar  
*Certified*



Confectionary Sugar  
*Certified*



Yeast  
*Certified*



Brown Sugar  
*Certified*



Cold Pressed  
Rapeseed Oil  
*Approved*



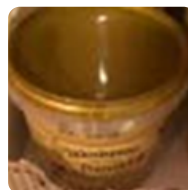
Olive Oil ~ *Approved*  
All cold pressed  
virgin olive oil is  
*approved*

*All plain sunflower, vegetable, soybean and  
canola oil are approved.  
Coconut oil and palm oil are not approved*

## Dressings and Dips



Skippy Peanut Butter  
*Approved*  
*Kosher symbol*



Honey  
*Approved*  
All plain honey  
*Approved*



Maple Syrup  
*Certified*  
*Kosher symbol*



Jam/Jelly Marmalade  
*Approved*

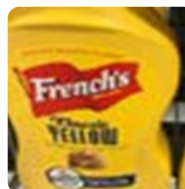


Mayonnaise  
*Approved*

*According to the LBD guidelines, Jams and jellies that  
do not have grape juice (druesaft) and e120 are  
approved. However we do not recommend the  
Rynkeby products.*



Tahini  
*Kosher symbol*  
*Specialty stores*



Mustard  
*Certified*  
*Kosher symbol*  
*Føtex*





Barbecue Sauce  
*Certified*  
 Kosher symbol  
 Føtex



Light Syrup  
*Certified*



Heinz Ketchup  
*Approved*



Kikkoman Soy Sauce  
*Approved*



Plain Vinegar Acetic acid

*Approved*



Heinz Barbecue Sauce  
*Certified*  
 Kosher symbol

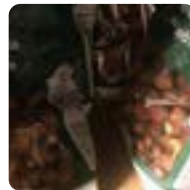


Ajvar - eggplant  
*Certified*  
 Kosher symbol  
 Specialty stores

## Chips and Snacks



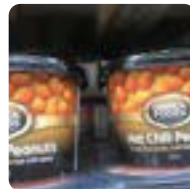
Kettle Chips ~ *Approved*  
 Only the black and white packs are approved, not the other ones



Nuts  
 All plain nuts are approved  
*Approved*



Freee chocolate chip cookies  
*Certified*  
 Kosher symbol



Peanuts ~ Flavored produced by ok snacks  
*Certified*



Sesame Snack Bar  
*Approved*



Nuts - All plain roasted nuts with no additional ingredients besides vegetable oil and salt are approved



Kind Bar  
*Certified*  
 Kosher symbol  
 Dairy Cholov Stam



Pine Nuts  
*Approved*



Yoyo Bear Fruit Snack  
*Approved*  
 Kosher symbol



Microwave Popcorn  
*Certified*  
 Kosher symbol



Nakd fruit and nut bar  
*Certified*  
 Kosher symbol



Raisins  
*Approved*



Fruit Snack ~ *Approved*  
The various fruit types  
(**though not grape**)  
are *approved*



Fruit Sticks  
*Approved*



Bear - fruit paws  
*Certified*  
*Kosher symbol*



Raw Bite - Fruit and  
Nut Bar (peanut, cocoa,  
vanilla etc)  
*Approved*



Plain dried fruit (with  
vegetable oil is fine, glycerine  
is not approved)  
*Approved*



After Eight Mint  
Chocolates-Original  
*Dairy equipment*  
Chalav Akum



Lindt Chocolate  
*Approved Dairy*  
*Equipment*  
(Chalav Akum)



Corny Snack Bar  
*Certified Dairy*  
(Chalav Akum)



Choco Bella  
Flødeboller  
*Certified*



Panda Licorice  
*Approved*

## Ice Cream and Ices



Gelato Ice  
*Approved*



Filur Ice  
*Approved*



Dairy ~Cholov Akum  
*Kosher symbol*  
**All the Ben and jerry's  
are certified dairy,  
the vegan one is Dairy**



Sun Lolly Ices  
*Approved*  
*Only the cola, orange  
and peach are approved*

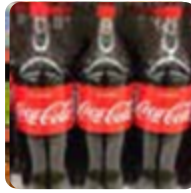
# Drinks

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Tea

*Approved*



Coca Cola (all types)

*Approved*



Coffee (without any additional flavors)

*approved*



Apple juice and orange juice are generally *approved*.



Coffee beans

*approved*



Beer

All regular Beers are *approved*



Mineral Water

*approved*



Fanta

*approved*



Sprite

*approved*



Arizona Green Tea

*Certified  
Kosher symbol*

# Canned Food

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Plain tomato sauce, pureé or paste made in Italy, Turkey, Tunisia, Spain or Morocco are approved



Canned Olives

*Approved if it does not contain wine vinegar (vin edikke)*



All canned peas and corn are approved.



Apple Sauce (natural)

*approved*

All canned fruit are approved except for products containing E120 or grape juice (drue)



# RESTAURANT TAIM

Opening hours:  
sunday - thursday  
5:00 PM-8:30 PM

Address:  
Ole Suhrsgade 10,  
1354 Kbh K

## Meat, fish and vegetarian dishes

Come experience hygge. At Restaurant Taim, we take our food seriously. At Taim Restaurant we fuse Danish and international dishes, made with only fresh, delicious, and nutritious ingredients, all prepared in authentic Nordic tradition.

Reservations aren't necessary for  
groups less than 6 people



Taimkosher.dk

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## GIL'S DELI

Address: Lyngbyvej 87, København Ø  
gilsdeli@gmail.com  
Tel: +45 41 41 06 31

Opening hours:  
Tues-Wed: 10 am - 5:30 pm  
Thur: 10:00 am - 7:30 pm  
Fri 08:00 am - 1:00 pm

Gils deli sells fresh sliced meat and frozen chicken and meat. they also sell wines and some other Israeli products

Gilsdeli.dk