HALAL AND KOSHER FOOD
PLYMOUTH 2020/21
This guide has been compiled by the Equality, Diversity and Inclusion Team, Pastoral and Spiritual Support, the Plymouth Orthodox Synagogue and the University of Plymouth Islamic Society to support our Muslim and Jewish staff and students in following Halal and Kosher food guidelines.

There are multiple stores across Plymouth and the local area stocking Halal and Kosher products and these are indicated in this guide alongside online resources recommended by the local community in sourcing Halal and Kosher food.

In addition to this guide, you can also get in touch with our Islamic or Jewish Faith Advisors at the Pastoral and Spiritual Centre by emailing jonathon.ross-mcnairn@plymouth.ac.uk.

Whilst there are not specific Kosher or Halal restaurants or supermarkets on campus, our catering teams will always do their best to help with any dietary requirements or restrictions. If you are eating on campus, be sure to ask the staff what would be suitable for Kosher or Halal diets.

As well as our faith advisors, UPSU host a range of student societies for our Muslim and Jewish students. Join a society by visiting www.upsu.com. If you have any questions, comments or recommendations then contact the Equality, Diversity and Inclusion team on equality@plymouth.ac.uk.

All information in this guide is correct at the time of writing and businesses listed here are not a definitive or exhaustive list and the University of Plymouth does not endorse any business featured.
HALAL

SUPERMARKETS
Most supermarkets stock some Halal dry goods but the stores listed below are specialist Halal supermarkets and suppliers.

Costless
- 10-12 Western Approach, Colin Campbell Court, PL1 3EX
- 01752 220485
- A huge range of international foods and a fully-stocked Halal butchery.

Plymouth Halal
- 84 Embankment Road, PL4 9HY
- A range of Halal foods and meats

Kushiara Foods
- 80 Embankment Road, PL4 9HY
- Halal supermarket

Jabal Marra Ltd/Darul Ankar
- 15 Beaumont Road, PL4 9BA
- 07872516982

Nawroz Delivery
- 140 King Street, PL1 5JE
- Halal and Middle Eastern grocery and takeaway

ONLINE ORDERING
The University’s Islamic Faith Advisers recommend online delivery from the companies listed below for any items that you cannot buy from a local Halal store.

www.mullaco.com
Delivery of HMC certified meat to all parts of the UK.

www.healthy-halal.co.uk
A wide range of Halal meats and subscription boxes with free delivery and recipe ideas.

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HALAL

RESTAURANTS

There are plenty of Halal restaurants and takeaways to choose from in Plymouth and the below are top recommendations from our Student Islamic society and the local community.

Aleppo (Syrian and Lebanese)
- 9 Market Avenue, PL1 1PE

Nawroz Restaurant (Kurdish)
- 142 King Street, Plymouth, PL1 5JE

Babawok (Chinese)
- 35 Bretonside, Plymouth PL4 0BB

Mombay Brasserie (Asian/Indian)
- Unit 1, Penrose House, 4 Sutton Road, Lockyers Quay, PL4 0DX

Toot (Persian)
- 43 Mayflower Street, PL1 1QX

Himalayan Spice (Nepalese)
- 31 New Street, PL1 2NA

Mesopotamia Restaurant (Middle Eastern)
- 30A Western Approach, PL11TQ

Galos (Peri Peri)
- 11 Market Avenue, PL1 1PE

Dunya Restaurant (Turkish)
- 10 Derrys Cross, PL1 2SH

St Judes Grill (Fish and chips)
- 17 Cecil Avenue, PL4 8SG

Aroma Woodfired (Pizza)
- 67C Ebrington Street, PL4 9AA

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SUPERMARKETS
Most supermarkets stock Kosher products such as Warburton's bread, Cadbury products and 70g jars of Marmite (check the label) but they are not in a specific kosher section. You can go to www.isitkosher.uk to check items whilst you are shopping.

Sainsbury's
- Sainsbury's at Marsh Mills has a small Kosher section in their 'Wolrd Foods' aisle which stocks matzo meal, Shabbos candles, Bamba, Kosher wines, some dry goods and Kosher desserts.

- All Sainsbury's stores stock Sabra hummus which is certified Kosher, Nando's products which are certified Kosher and many Sainsbury's products are certified as Kosher such as their own-brand peanut butter.

Marks and Spencer
- Marks and Spencer sell Challah bread on Thursdays but cannot guarantee it is Kosher.

Holland and Barrett
- Holland and Barrett stock Tivall vegetarian products which are certified Kosher

Waitrose
- Waitrose in Saltash sell Kosher challah bread in their bakery

ONLINE ORDERING
The Plymouth Synagogue recommend the following online Kosher food delivery companies and you can contact Plymouth Synagogue to be included within their newsletter and bulk food orders to save money on shipping. Their email address is phccaretaker@yahoo.co.uk.

www.sabeny.com
A wide range of fresh, frozen and cupboard foods including bakery items and household products.

www.israelifooddirect.com
A huge range of Kosher products and a wide range of Israeli products available to order. They are also happy to order specialist items which may not be listed on their website.

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RESTAURANTS

Unfortunately there are currently no Kosher-certified restaurants in Plymouth, however there are Kosher restaurants in Bristol and Bournemouth.

Within Plymouth, vegan restaurants such as Cosmic Kitchen, Samphire Brasserie and Veggie Perrins may meet Pareve Kosher needs. Please note that these are not certified Kosher:

**Samphire Brasserie (American diner)**
- 111 Mayflower Street, PL1 1SD, 01752 263116
- No animal products are used however bread may not be Kosher and Kosher wine is not available. Kitchen not certified Kosher.

**Veggie Perrin's (Gujarati cuisine)**
- 97 Mayflower Street, PL1 1SD, 01752 252888
- No meat, fish or eggs are used. Dairy products are present in some dishes. Bread may not be Kosher and Kosher wine is not available. Kitchen not certified Kosher.

**Cosmic Kitchen (Vegan bistro)**
- (Formally) Sir John Hawkins Square, Palace Street, PL1 2AY
- No animal products are used however bread may not be Kosher and Kosher wine is not available. Kitchen not certified Kosher.

The local community at Plymouth Synagogue and the University’s Student Jewish Society often host meals and may be able to offer you some advice. Additionally, EatWith.com operates in Plymouth and may have Kosher or Jewish-observant friendly hosts.

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