



CAPE TOWN KOSHER FACILITIES

March 2019

EATING OUT KOSHER IN CAPE TOWN

Under Beth Din supervision

RESTAURANTS

For times please check with the establishment.

AVRON'S PLACE 19-33 Regent Road, Sea Point Tel 021 439 7610. *Restaurant and take-aways. Meat and Parev.* avronsplace@mweb.co.za

CAFÉ B'TAYAVON @HIGHLANDS HOUSE 9 Gorge Rd, Highlands Estate
Tel 021 461 1100. *Snacks and Light Meals. Milchik.*

CAFÉ RITEVE 88 Hatfield Street, Gardens Tel 021 465 1594. *Restaurant and take-aways*
Milchik. riteve@norriecaterers.co.za / www.caferiteve.co.za

COFFEE TIME 20 Breda Street, Gardens Tel 021 461 8414. *Breakfast, teas and light lunches*
Milchik. coffeetime@jsec.org.za Functions: Steven Miller

GOLDIES DELI 176 Main Road, Sea Point Tel 021 434 1116. *Restaurant and take-aways*
Meat and Parev. goldiesdeli@gmail.com

KAPLAN CENTRE University of Cape Town Tel 021 650 2688.
Teas, lunches, take-aways and orders. Meat and Parev. Closed Dec & Jan

THE PRESS BAR AND GRILL 176 Main Rd, Sea Point Tel 021 434 7724. *Restaurant and Bar.*
Meat david@thepresscpt.co.za

OTHER OUTLETS

CRUMBS AND CREAM 16 Regent Rd, Sea Point. Tel [081 343 2761](tel:0813432761).
All products sold in the shop are kosher, including tea, coffee, waffles etc
Biscuits and ice creams - Milchik; vegan ice cream & vegan biscuits- Parev
This is the **ONLY** Crumbs and Cream in Cape Town certified kosher by the BD

NOA'S HUMOUS BAR @ Mojo Market 30 Regent Rd, Sea Point. Parev

ONE JUICE Shop 1, The Regency, 90 Regent Rd, Sea Point. Tel : 083 677 5735
Cold & fresh pressed juices, smoothies, herb elixirs etc
Parev - with or without BD sign. info@one-juice.com

FALAFEL-ISH @ Mojo Market 30 Regent Rd, Sea Point. Take-away falafel

THE DAILY PRESS Shop 2, Ocean Breeze, Cnr St Johns and Regent Rds, Sea Point

Cold & fresh pressed juices, smoothies, herb elixirs etc

Parev - with or without BD sign. Smoothies - Milchik

CATERERS/ TAKE-AWAYS

Under Beth Din supervision

AVRON'S PLACE: Meat & Parev Tel 021 439 7610

B.DELICIOUS CATERING: Barbara Saacks Milk Tel 021 712 6830

BERKIES: Meat & Parev Tel 082 854 1865

CAFÉ RITEVE: Milk Tel 021 465 1594

CAROLYN'S CATERING: Milk & Meat Tel 021 461 9900

CLAREMONT WYNBERG SHUL: Milk & Parev Tel 021 671 9007

COFFEERIGHT mobile coffee bar: Milk Tel 082 859 2960 / 021 439 3862

COFFEETIME@ASTRA: Milk Tel 021 461- 8414

GOLDIES DELI: Meat & Parev Tel 021 434 1116

HADASSAH FRIEDMAN: Milk & Parev Tel 083 346 1795

HIGHLANDS HOUSE: Takeaways Meat, Milk & Parev Tel 021 461 1100 ext 268

MERLE RUBIN: Meat, Milk & Parev Tel 021 439 1322

NORRIE CATERERS: Milk, Meat & Parev Tel 021 510 5882

PREMIER HOTEL: functions, groups & by arrangement Meat, Milk & Parev Tel 021 430 3400

SUIKERBOSSIE: Functions only Meat & Parev Tel 021 790 1450

SUPERMARKETS AND SHOPS WITH KOSHER FACILITIES

SEA POINT

CHECKERS The Point, 76 Regent Road. Tel: 021 430 4680

- **Kosher Bakery:** All bakery goods **sold over the counter** are Parev & Pat Yisrael
NB: Bakery goods on the shelves in the bakery area or anywhere in the store **MUST have BD sign**, as non-kosher bakery goods are also brought in from other bakeries
- **Chickens:** Frozen; Fresh; Roasted; Grilled. **MUST have BD sign**
- **Kosher Deli:** Meat and Parev
- **Kosher Meat:** Prepacked fresh meat **with BD sign**. (orders accepted)
- **Fish:** Fresh; Minced; Fried fish
- Kosher wines and grape juice
- Section of imported kosher products

GOLDIES DELI 176 Main Road, Sea Point. Tel: 021 434 1116

- **Bakery:** Parev & Pat Yisrael
- **Deli:** Meat and Parev
- **Chickens:** Roasted

PICK 'n PAY Artem Centre 127 Main Road Sea Point. Tel : 021 434 8987/8

- **Kosher Bakery:** All bakery goods sold **over the counter** are Parev
NB: Bakery goods on the shelves in the bakery area or anywhere in the store **MUST have BD sign**, as non-kosher bakery goods are also brought in from other bakeries
- **Chickens:** Frozen; Roasted; Grilled. **MUST have BD sign**
- **Kosher Deli:** Meat & Parev (there is also a non-kosher deli- look for the BD sign)
- **Kosher Meat:** Prepacked fresh meat (with BD sign) Meat orders accepted
- **Fish:** Fresh; Minced; Fried
- Kosher wines and grape juice
- Section of imported kosher products

SUPER SPAR 94 Regent Road, Sea Point. Tel : 021 439 0913/4

- **Kosher Bakery:** (2 bakeries in shop- look for kosher bakery) Parev & Pat Yisrael
- **Chickens:** Frozen; Fresh free-range; Roasted. **MUST have BD sign**
- **Kosher Deli:** Meat & Parev
- **Kosher Meat:** Prepacked fresh meat (with BD sign); frozen meat (with BD sign)
- **Fish:** Fresh; Minced. Fried fish available at kosher deli
- Kosher wines and grape juice
- Section of imported kosher products

SHOPRITE 365 Main Road, Sea Point. Tel : 021 430 3360

- **Berkies baked goods:** taiglach, kichel, meringues etc
- **Deli items:** Small selection of prepacked fresh meat, cold meats, schmaltz, chrain etc

SEA HARVEST 84 Regent Rd, Sea Point. Tel 021 433 0860

- **Fish:** Fresh and minced **ONLY**

SOUTHERN SUBURBS

CHECKERS MEADOWRIDGE Park 'n Shop Centre, Cnr Firgrove and Howard Drive Meadowridge
Tel : 021 710 5160

- **Bakery Goods:** challahs, challah rolls and babkes received Fridays & pre Yom Tov from Checkers Sea Point (order by Wednesday), Parev & Pat Yisrael (**Must have BD sign**) Berkies taigelach, chocolates and sponge cakes
- **Kosher Meat:** Prepacked fresh meat (with BD sign), cold meats, fresh chicken packs
- **Prepared foods:** Norries prepared meals, pizzas and biscuits

PICK 'n PAY CLAREMONT Cnr Main and Campground Roads, Claremont
Tel : 021 674 5908 (The Kosher shop is at the back of the store)

- **Kosher Bakery:** Parev & Pat Yisrael (there are 2 bakeries in shop - kosher bakery in kosher shop at back of store)
- **Chickens:** Frozen, Roasted; Grilled **MUST have BD sign**
- **Kosher Deli:** Meat & Parev
- **Kosher Meat:** Fresh meat (orders accepted), prepacked fresh meat (with BD sign)
- **Fish:** fresh & minced at general fish counter. Fried fish at kosher deli
- Kosher wines and grape juice
- Section of imported and local kosher products
- **Coffee shop** (in front of store): hot drinks - coffee; tea; hot chocolate - must use disposable cups

PICK 'n PAY CONSTANTIA The Constantia Village Cnr Constantia Main and Spaanschemat River Rd, Constantia. Tel : 021 794 5031

- **Chickens:** Frozen
- **Kosher Meat:** Fresh meat (orders accepted). Prepacked fresh meat (with BD sign)
- **Kosher fridge:** cold meats, schmaltz, chrain etc, (cheeses at regular cheese counter)
- Kosher wines and grape juice

PICK 'n PAY FAMILY STORE PLUMSTEAD 29 Gabriel Rd, Plumstead
Tel : 021 762 1124

- **Chickens:** Frozen
- **Fish:** Fresh; Minced
- Kosher wines and grape juice

NORTHERN SUBURBS

NORRIES BUTCHERY Unit 5D Product Park Product Street, Maitland
Tel : 021 510 5882

PICK 'n PAY CENTRE POINT, MILNERTON Cnr Koeberg Rd and Loxton Rd, Milnerton.
Tel : 021 552 2057

- **Kosher Bakery** - Parev
- **Chickens** - frozen and grilled
- **Kosher Deli** - Meat: (there is also a non-kosher deli - look for the BD sign)
- **Kosher Meat** - Fresh prepacked meat and cold meats - Must have BD sign
- **Fish** - fresh and minced - Parev. Fried fish at salad bar
- **Salad bar** - Parev.
- Kosher wines and grape juice
- Section of imported kosher products

SHOPRITE MILNERTON Cnr Koeberg Rd and De Grendel Roads, Milnerton
Tel : 021 528 1680

- **Bakery Goods:** challahs, challah rolls and babkes received Fridays & pre Yom Tov from Checkers Sea Point (order by Tuesday), Parev & Pat Yisrael (**Must have BD sign**) Berkies taigelach etc
- **Kosher fridge:** Selection of kosher prepacked goods including prepacked meats (fresh & cold), prepacked fish etc
- Kosher grape juice

BREAD

Beth Din certified, NOT Patt Yisrael

Albany: All bread (including sliced) **MUST** have BD sign. Parev

Anat: Pita range. Parev. **MUST** have BD sign Tel : 021 552 8649

Blue Ribbon: check UOS website www.uos.co.za Parev

Duens: All bread (including sliced). Parev

Sasko: All bread (including sliced) and rolls. Parev

Woolworths: Bread and rolls. **MUST** have BD sign. Parev

Information correct as of November 2018

FOR FURTHER INFORMATION:



This is the South African Beth Din Kosher mark.

For a complete list of Beth Din certified kosher products produced in South Africa, consult the UOS website www.uos.co.za

KASHRUT DEPARTMENT

Cape Beth Din

191 Buitenkant Street, Gardens, 8001

Tel. 021 461 6310 Fax. 021 461 8320

Email : kashrut@uoscape.co.za

KOCOSA Cape Kosher Consumers

P O Box 294 Sea Point, 8060

Tel : Kelly (office hours) 021 461 6310

Esther Maizels 021 439 4430

Gillian Cress 021 433 2704

Email : kocosa@uoscape.co.za