

Halal Food: A Workplace Guide

This guide serves to inform Kingston employers, workplaces and caterers about Halal foods, and how you can best support employees in your workplace when organizing staff events, team lunches, conferences, and more. Beyond simply meeting dietary needs, providing halal options demonstrates cultural sensitivity and inclusivity, contributing to a healthier workplace culture and stronger employee retention.

The practice of Islam includes observing dietary laws, which defines foods as either Halal (permitted) or Haram (not permitted).



Quick facts:

- For meat and poultry to be considered Halal, it must be slaughtered according to Zabihah, which is a process designed to ensure the **humane treatment of animals**.
- Halal food is not just a preference, but rather it reflects a broader **cultural and religious identity** for Muslims, especially in relation to the ethical treatment of animals and community values.

Quick suggestions:

- Just as you provide staff with the ability to request “gluten free,” or “vegan,” ensure that staff can **request “Halal”** when planning meals.
- **Label halal food**, in the same way that you would label “peanut-free.”
- Make a reasonable effort to provide a halal-meat option. Where this is not possible, vegetarian is a **safe alternative**.



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What does Halal mean?

- Halal means **permitted** in Islam.



Halal food:

- Comes from allowed sources
- Is prepared according to Islamic rules
- Contains no pork, no alcohol, and no prohibited ingredients
- Is not mixed or contaminated with non-halal food

What is Halal meat?

It must:

- Come from allowed animals (chicken, beef, lamb, goat)
- Be slaughtered according to Islamic law
- Not be mixed with pork or non-halal meat



Ingredients that are not Halal

- Pork and pork by-products (bacon, ham, lard)
- Gelatin from pigs or non-halal animals
- Alcohol in any amount (wine, beer, spirits, cooking wine)
- Blood or blood products

Quick rule for caterers

- Check ingredients
- Avoid pork, gelatin, and alcohol
- Prevent cross-contamination
- When unsure, choose plant-based or halal-certified

While nearly every restaurant offers gluten-free, vegan, and vegetarian options, halal options are hard to find. Please see the table below for **restaurants that list halal options on their menus**.

Restaurant	Location	Local/Small Business	Type of food offered & notes
1000 Curry	1525 Centennial Dr, Kingston	Yes	Indian cuisine
241 Pizza	294 Princess St, Kingston	No	Canadian pizza chain. Most locations offer halal pepperoni
Ali Baba Kabab	320, Princess Street, Kingston	Yes	Persian and Middle Eastern dishes
Big Smoke Burger	505 Princess St., Kingston	No	Fast food chain offering halal burgers
Curry Original	175 Bagot St., Kingston		Indian cuisine. Chicken and lamb are halal
Dingaling's Chicken Wings	2511 Princess St, Kingston	Yes	Fast food
Double Double Pizza & Chicken	546 Bath Rd., Kingston	Yes	Pizza, fast food
Doughbox Wood Fired Pizza and Pasta	345 Princess St, Kingston	No	Canadian pizza and pasta chain. Offers halal Italian meatball and halal pepperoni
Eggstatic	260 Princess St., Kingston	No	Ontario-based chain offering Middle Eastern-inspired breakfast food
Flavors of India	546, Bath Road, Kingston	Yes	Indian cuisine. All meat is halal
Hakka Himalaya	120 Princess St., Kingston		Nepalese cuisine. All meat is halal
Hakka Horizon	304 Bagot St, Kingston	Yes	Indo Hakka Chinese, Thai cuisine
House of Donair & Shawarma	394 Princess St., Kingston	Yes	Mediterranean cuisine

Restaurant	Location	Local/Small Business	Type of food offered & notes
Kebab 44 Mediterranean Grill	1117 Unit 2, Midland Ave, Kingston	Yes	Mediterranean cuisine
Kingston Iranian Food	546 Bath Rd., Kingston		Persian cuisine
Limestone Kabob House	2511 Princess St, Kingston	Yes	Afghani, Pakistani, Moroccan, and Lebanese cuisine
Manoosheh	163 Division St.		Lebanese cuisine
Mary Brown's	• 841 Hwy 15., Kingston • 2815 Princess St., Kingston • 656 Gardiners Rd., Kingston	No	Canadian fast-food chain. The majority of Mary Brown's branches are certified halal. Call Kingston branches to double check.
Melt and Grill	292 Princess St, Kingston	Yes	Comfort foods (grilled cheeses, soups, sandwiches, etc.)
Meltwich	495 Princess St, Kingston.	No	Canadian fast-food chain. All burgers are Halal certified
Naan Stop Express	331C, Bath Road, Kingston.	Yes	Pakistani and Indian food
Osmow's Shawarma	• 339 Princess St, Kingston • 656 Gardiners Rd Unit 20B, Kingston	No	Canadian chain serving Mediterranean and Middle Eastern dishes
Pita Land Shawarma	759 Bayridge Dr., Kingston		
Philo and Kero Café	791 Princess St., Kingston	Yes	Egyptian cuisine

Restaurant	Location	Local/Small Business	Type of food offered & notes
Popeye's Louisiana Kitchen	• 397 Princess St., Kingston • 1046 Princess St., Kingston • 1708 Bath Rd., Kingston • 96 Innovation Dr., Kingston • 592 Hwy 401 West, Napanee • 3745 Hwy 401 East, Odessa • 399 King St E, Gananoque	No	Chicken fast-food
QBite	28 Bath Rd, Kingston (food truck)	Yes	Indian food truck
Rahim's Cuisine	625, Princess St., Kingston.	Yes	Pakistani cuisine
Rooster Shack	2796a Princess St., Kingston		Halal-certified fast food
Sally's Roti Shop	203, Wellington St., Kingston.	Yes	Caribbean cuisine with some halal options
Shawarma Damascus	101 Dalton Ave., Kingston	Yes	Syrian and Lebanese cuisine
Shawarma Dubai	208 Division St., Kingston		Middle Eastern cuisine
Shawarma El Mina	1759 Bath Rd., Kingston		Middle Eastern cuisine
Shelby's Legendary Shawarma	575 Princess St., Unit 107, Kingston	No	Canadian fast-food franchise serving Middle Eastern cuisine
Sindibad	291 Princess St., Kingston	Yes	Middle Eastern cuisine

Restaurant	Location	Local/Small Business	Type of food offered & notes
Tahini's	320 Princess St., Kingston	No	Canadian fast-food franchise serving Middle Eastern cuisine
Taj Curry House	125 Princess St., Kingston	Yes	Indian food
Tantuni Food Truck	36 Union St., Kingston	Yes	Turkish fast-food
Topper's Pizza	795 Blackburn Mews, Kingston		Halal pepperoni

Halal-friendly Catering Services

Catering service	Location and/or contact	Local/Small Business
Hanaa Shaaboun	613-893-5925	Yes
Eman Esbinati	613-770-2164	Yes
Abeer's Food Delight	343-989-7888	Yes

Where to Purchase Halal Food in Kingston

Grocery store	Location	Local/Small Business
Sham Marts	1753 Bath Rd.	Yes
Smart Superstore	1412 Princess St.	Yes
The Meat Market	472 Division St.	Yes
Loblaws	• 1100 Princess St. • 1048 Midland Ave.	No
FreshCo.	2327 Princess St.	No
Food Basics	• 1200 Hwy 15 • 770 Gardiners Rd. • 1225 Princess St.	No