

AVOCA

Food Market Ordering & Collection Service

We have put together a sample menu featuring a selection of our Food Market favourites, so you can have an idea of what you might like to order. Of course, there's lots more to choose from in our stores – this is just the beginning! If there is something you'd like that you cannot find on the list, get in touch. We'll do our best to find it for you.

*This shopping list is a sample of the Avoca offering available in our food markets. Not all items are always available, so please call or email your select store to confirm availability.

*Some of our products may contain
the following allergens:*

Cereals Containing Gluten
Crustaceans
Eggs
Fish
Peanuts
Soybeans
Milk

Nuts
Celery
Mustard
Sesame Seeds
Sulphur Dioxide/Sulphites
Lupin
Molluscs

For any allergen information please ask a member of staff and we will be happy to help. You can also view our allergen information list on our website.

New to The Food Market

We have some brand new & delicious dishes on our Food Market shelves, why not give them a try?

New Savoury Dishes

Fillet Of Seabass, Sauteed Green Beans & Sundried Tomatoe

Sticky Honey & Soy Chicken Wings

Korean Chicken Wings

Bourbon BBQ Glazed Back Ribs

Tenderstem Broccoli

Pea & Mint Risotto

Greek Mezze

Mozzarella Balls, Sundried Tomato & Basil

Corn on the Cob

Courgette Provencal, Goats Cheese Crumble

Japanese Ramen, Udon Noodles & Shredded Chicken

Miso Soup

Tuscan Chicken, Sweet Potato, Mixed Beans & Olives

Spinach, Onion Marmalade, Bacon & Pepper Quiche

Haddock & Bombay Potatoes

Vegetable Lasagne

Provencal Roasted Vegetables

New Sweet Treats

Oat & Seed Bars (4)

Salted Caramel & Peanut Bar (4)

Passionfruit & Lime Cheesecake

From Our Bakery

Honey & Spelt Loaf
Avoca Cheese Bread
Ancient Grain Soda Bread
White Soda Bread
Multi-seed Bread with Fruit
Avoca Multi-seed
Avoca Brown Bread

Avoca Baguette
Rye Sourdough
Pain Au Levain
(*Country Sourdough*)
Avoca Vienna Loaf
Scone Selection
Pastries & Danish

Nibbles

Avoca Hummus
Duck Liver Pâte with Armagnac
Free Range Chicken Liver Pâte
Honey Roasted Salted Peanuts
Fresh Basil Pesto
Fresh Sun Dried Tomato Pesto

Roasted Pepper & Harissa Hummus
Smoked Broad Beans & Nuts
Wasabi nuts
Avoca Organic Smoked Salmon 200g
Avoca Organic Smoked Salmon 400g

Soups

Portions of Two

Slow Roast Tomato & Basil Soup
Vegetable Soup
White Onion & Parmesan Soup
Roast Chicken Soup

Mushroom Soup
Seafood Chowder
Japanese Ramen, Udon Noodles &
Shredded Chicken

Fruit & Veg

Apples - Avocados - Asparagus - Bananas - Blueberries - Broccoli - Tender Stem
Broccoli - Garlic - Ginger - Kiwi - Lemon & Limes- Mango - Shiitake Mushrooms -
Closed Cup Mushrooms - Pears - Raspberries - Rooster Potatoes - Baby Potatoes
- Cherry Tomatoes - Plum Tomatoes

With much more fruit & veg available

Handmade, from our kitchen to yours

Avoca Main Dishes

Pre-cooked, delivered chilled & ready for reheating

Beef Bourguignon

Beef Bolognese

- *Small*

- *Large*

Beef & Guinness

Beef Lasagne

- *Small*

- *Large*

- *6 Portions*

Shepherds Pie

- *Small*

- *Large*

- *6 Portions*

Italian Meatballs In Tomato Sauce

Lamb Tagine - Large

Chicken Bacon & Mushroom Pies (x2)

Chicken & Broccoli Crumble

- *Small*

- *Large*

- *6 Portions*

Chicken Italian - Large

Indian Chicken Curry

Fish Pie

- *Small*

- *Large €*

- *6 Portions*

Fish Cakes Breaded (x2)

Haddock & Leek Gratin

Ham, Leek & Cheddar Tartlets (x2)

Ham Stuffed Baked Potatoes (x2)

Spinach, Cheese, Pine Nut

& Herb Tartlets (x2)

Thai Green Chicken Curry - Large

Ham Leek & Cheddar Quiche

Spinach & Pine Nut Quiche

Lentil & Nut Loaf

Vegetable Spicy Tikka Masala

Spiced Black Bean, Kale & Squash Laska

Sides

Rosemary & Garlic Infused Mash

Sweet Potato Mash

Avoca Creamy Mash

Gratin Potato With Garlic & Cheddar

- *Small*

- *Large*

Maple & Grain Roasted Carrot & Parsnip

Medley of Spring Vegetables

Pecorino Roast Potatoes

Basmati & Wild Rice

Traditional Herb & Onion Stuffing

Cranberry & Apricot Stuffing

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Poulet Bonne Femme

Hot Rotisserie Whole Chicken

(for collection only)

Regular

Large

Half Regular

Quarter: Breast & Wing

Quarter: Leg & Thigh

Butcher Selection

Breakfast

Avoca Breakfast or Cocktail Sausages 454g Pk

Avoca Black & White Pudding 240g

Avoca Free Range Back or Streaky Rashers 250g Pk

Beef

Ballyhenry Organic Dry Aged Burgers (3) Average Pk (Per Kg)

Ballyhenry Organic Slider Burgers (8) Average Pk (Per Kg)

Ballyhenry Organic Diced Beef (Per Kg)

Selection of Delicious Dry Aged Ballyhenry Organic Steaks available,
T Bone, Striploin, Sirloin & Fillets

Avoca Butcher Steak Offer (4) Fillet Steaks

Avoca Butcher Beef Cheeks, Shin & Diced Beef *Ideal for Slow Cooking*

Italian Meatballs 800g pk

Avoca Mini Beef Meatballs (8)

Freshly Minced Lean Beef (Per Kg)

Selection of Dry Aged Striploin, Rib Eye and Côte de Boeuf Joints available
on or off the bone.

Butcher Selection

Lamb

Marinated Boneless Leg of Lamb, Rosemary, Garlic, Herbs de Provence
& Pink Peppercorns Per Kg
Centre Loin Lamb Chops Per Kg
Whole Leg of Spring Lamb Available

Pork

Full Shoulder of Pork 2.5kg
Cranberry & Apricot Stuffed Pork Fillets 2 Per Pk
Stuffed Loin of Pork with Crackling Per Kg
Butcher Style Ham Fillets Per Kg

Chicken

Whole Irish Free Range Chicken 1.7kg
Spatchcock Irish Chicken: Italian Style or Ginger/Chilli & Lime (4)
Chicken Fillets
Avoca Greek style 4 Chicken Breasts
Avoca Garlic Infused Chicken Breasts (4)
Chicken Goujons
(Also available in Gluten Free)
Chicken Kiev (2)
Avoca Lemon & Green Pepper Stir Fry

Store Cupboard Essentials

Avoca Super-Berry Granola 370g
Avoca Best Ever Granola
Almond, Berry & Coconut Muesli
Homespun: Pecan & Cranberry Quinoa
Crunch 275g, Goji Berry Quinoa Crunch
275g
Kilbeggan Porridge Oats 1kg
McCambridge GF Porridge Oats 500g
Avoca Pantry Jams
Avoca Pantry Marmalades
Avoca Pantry Chutneys
Avoca Pantry Dressings
Mileeven Pure Irish Honey 225g
Nutshed Original Peanut Butter 280g
Arborio Rice 500g
Butter Beans 500g
Chickpeas 500g
Cous Cous 500g
Lentils 500g
Red Kidney Beans 500g
Short Grain Brown Rice 500g
White Basmati Rice 500g
Shipton Mill Organic Traditional White
Flour 1kg
Dunany Organic Wholemeal Fine Flour
1.5kg
La Collina ex. Virgin Olive Oil 500ml

Second Nature Rapeseed Oil 500ml
Fused Clever Classic Soy Sauce
Fused by Fiona - Chopped Cheeky Chilli,
Chopped Groovy Garlic, Chopped
Glorious Ginger.
White Mausu Peanut Rayu 240g
Mics Chilli Sweet Chilli Sauce
Teriyaki Sauce 150ml
Curry Paste 185g
Spices 50g - Paprika, Turmeric, Cajun,
Mixed Spice, Ground Ginger
Avoca Food Market Coffee:
Cafetière Grind, Whole Coffee Beans,
Espresso Grind 250g
Fixx Decaf Ground Coffee 250g
Bewleys Tea: Special Blend
Irish Breakfast €4.50, Dublin Morning
Suki: Peppermint, Chamomile, Green Tea,
Earl Grey
Oatly Oat Drink Foamable 1lt
Almond Milk Unsweetened 1ltr
Almond Milk Original 1ltr
Con Trass Lemonade 750ml
Con Trass Pink Lemonade 750ml
Feighery Farm Irish Beetroot Juice
500ml

Pasta & Sauces

Avoca Indian Curry Sauce
Avoca Best Ever Gravy
Avoca Creamy Smoked
Bacon & Mushroom Sauce
De Cecco Linguine 1kg
De Cecco Cannelloni 250g
De Cecco Spaghetti 500g
De Cecco Penne 500g
Lasagne Sheets 500g

De Cecco Tin Chopped Tomatoes
De Cecco Peeled Tomatoes
Pomodorini Tin Tomato
Avoca Tomato & Basil Pasta Sauce
Passato Classico 700g
Janets Just Delicious Sauces 350g:
Basil & Roast Garlic, Roast Red Pepper,
Arrabiata, Bolognese
Sun-Dried Tomato Pesto

Chilled Essentials

Butlers Organic Eggs x 6 €3.50
Irish Free Range Eggs x6 €2.50
Avonmore Light Milk 2 Litre €2.09
Avoca Fresh Squeezed Orange Juice:
500ml €4.50, 1L €8.95
Rude Health Almond Milk 946ml €4.30
Kerrygold Butter €2.95
Glenilen Farm Butter €3.15
Fresh Whipped Cream €2.99
Glenilen Natural Yoghurt €2.10
Glenilen Crème Fraiche €2.80
Stonebased Pizza Bases €4.60
Mini Stone Base Pizza Bases €4.60
Avoca Best Ever Pizza Sauce €4.50
Janets Just Delicious Pizza Sauce:
Original €2.95, BBQ €2.95

Avoca Organic Smoked Salmon 200g
Avoca Organic Smoked Salmon 400g
Nduja Spreadable Spicy Sausage
Villani Prosciutto di Parma
Villani Prosciutto San Daniele DOP
Villani Prosciutto with Truffle
Villani AntiPasti
Villani Bresaola
Villani Coppa Stagionata
Villani Speck
Villani Pancetta
Avoca Garlic Stuffed Olives
Avoca Pepper Stuffed Olives
Avoca Kalamata Olives
Avoca Green olives
Avoca Mixed Sicilian Olives
Avoca Sun Blushed Tomatoes

Avoca Cheese Selection

Bó Rua Irish Farmhouse Cheddar
Cratloe Hills Mature Sheeps Cheese
Durrus
Gubbeen Mini
Gubbeen Oak-Smoked Mini
Macroom Buffalo Mozzarella
St. Tola Original Fresh Goats Cheese
Wicklow Farmhouse Blue Cheese
Ballyhubbock Farm Halloumi
Cashel Blue
Cooleeney Cheese
Parmiggiano Reggiano 24mth matured
Corleggy Cavanbert Cheese

Crackers

Avoca:
Multiseed Brown Bread Crackers
Wicklow Rapeseed Oil & Rye Crackers
Sunflower Seed & Sea Salt Crackers

Cakes & Treats

Avoca Chocolate Bar 85g
Butterscotch, Milk Caramel, Milk
Chocolate with Toasted Nuts, Dark
Chocolate with Ginger, Dark Chocolate
with Sea Salt, Dark Madagascar 44%

Avoca Fudge Pouch 175g
Original Butter, Salted Caramel, Irish
Cream Liqueur
Avoca Caramel & Pecan Brownies
Box of 8 Rice Krispies
Box of 4 Caramel Squares
Box of 4 Crunchy Rocky Road
Bakewell Tart
Banana Bread
Bramley Apple Tart
Apple Crumble

Carrot Cake
Chocolate Fudge Cake
Cinnamon, Cranberry & Oat Cookies
Coffee Cake
Lemon Curd Cake
Lemon Drizzle Cake
Raspberry Coconut Cake
Rice Krispie Round Cake
Teabrack
Vanilla Cupcakes
Callebaut 70% Chocolate Drops
Callebaut Milk Choc Drops
Callebaut White Chocolate Drops
Keoghs Crisps
Dubliner Cheese & Onion 125g
Sea Salt & Cider Vinegar 125g
Multipack 6x30g

Avoca Wine List

Red Wine Selection

2015 Toscana Rosso, Ziobaffa (Organic) - Tuscany, Italy
2019 Ventoux, Famille Perrin - Rhône Valley, France
2018 Montepulciano d'Abruzzo, "Twiggy", Cantina Zaccagnini
2017 Crianza, Hacienda Grimon - Rioja, Spain
2015 Châteauneuf-du-Pape, Bousquet des Papes - Rhône Valley, France
2018 Malbec, "Ultra", Kaiken - Mendoza, Argentina
2016 Barbera, "Tuillio", Roberto Colombi - Piemonte, Italy
2016 Ripasso Superiore, "Ripassa", Zenato - Valpolicella, Italy
2016 Bordeaux Superior, "Cuveé Prestige", Chateau Tayet - Bordeaux, France
2017 Chianti Classico Riserva, "Ser Lapo", Mazzei - Tuscany, Italy

White Wine Selection

2019 Pinot Grigio, Ziobaffa (Organic) - Sicily, Italy
2018 Verdejo, Duquesa de Valladolid - Rueda, Spain
2019 Sauvignon Blanc, Guy Allion - Loire Valley, France
2019 Sancerre, "La Mercy Dieu", Domaine Bailly-Reverdy, Loire Valley, France
2018 Albariño, "Leirana", Forjas del Salnes - Rías Bixas, Spain
2018 Chablis, Garnier & Fils - Burgundy, France
2019 Vire Clesse, "Les Pierres Blanches", Domaine Andre Bonhomme - Burgundy, France 2019
Gavi di Gavi, "Terre Antiche", La Giustiniana - Piemonte, Italy
2019 Riesling Trocken, Fritz Haag - Mosel, Germany
2018 Sauvignon Blanc, Framingham - Marlborough, New Zealand

Rosé

2019 Pinot Noir Rose, "Black Label", Babich - Marlborough, New Zealand
2019 Touraine Gamay Rosé, "Chant de Lune", Guy Allion - Loire Valley, France
2019 Côtes de Provence Rosé, "Whispering Angel", Caves d'Escalens - Provence, France 2019
Côtes de Provence Rosé, Miraval - Provence, France

Sparkling

N.V. Prosecco Frizzante, Corte Alta - Veneto, Italy
N.V. Prosecco Spumante, "Corderie", Astoria - Conegliano-Valdobbiadene, Veneto, Italy
N.V. Corpinnat (Cava) Brut Riserva, Llopart - Penedes, Catalonia, Spain
N.V. Brut Premier Cru, J.M Gobillard & Fils - Champagne, France
N.V. Grand Brut, Perrier-Jouët - Champagne, France

Please Note

Wines can vary between stores however, we would be delighted to recommend an alternative if your selection is not available

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Half Bottles

Sparkling - N.V. Prosecco Frizzante, Metico, Veneto, Italy
Sparkling - N.V. Prosecco Frizzante Rosé, Metico, Veneto, Italy
White - 2019 Organic Unoaked Chardonnay, Domaine Bosquet, Argentina
White - 2018 Brodeaux Blanc, Châteaux Turcaud, Bordeaux, France
White - 2018 Sauvignon Blanc, Kim Crawford - Marlborough NZ
Red - 2016 Bordeaux Rouge, Châteaux Turcaud, Bordeaux, France
Red - 2017 Valpolicella Superiore, Zenato - Valpolicella, Italy

Magnum

2019 Sauvignon Blanc, Greywacke - Marlborough, New Zealand
2016 Barbera d'Alba Superiore, "Scassa", Bruna Grimaldi - Piemonte, Italy
2011 Chianti Classico, Fattoria Rodano - Tuscany, Italy
2017 Sela, Bodegas Roda - Rioja, Spain

Sparkling Non-Alcoholic

N.V. Müller Thurgau, "Alkoholfrei", Fritz Müller -Rheinhessen, Germany
N.V. Sparkling Chardonnay, Noughty, Thomson & Scott - Germany (Organic/Vegan)

Mitchell & Sons Wine Selection

ONLY AVAILABLE FROM KILMACANOGE & DUNBOYNE

White Wine Selection

Castel Firmian Pinot Grigio 2019 Alto Adige Italy
Barbuntin Albarino 2019 Rias Baixas Spain
Domaine Grand Veneur Viognier 2019 Cotes du Rhone France Organic
Roland Lavantureux 2018 Chablis France

Red Wine Selection

Pinuaga 2018 Vino de la Tierra de Castilla Spain Organic
Martoccia Chianti 2019 Tuscany Italy
Feudo Arancio Nero d'Avola 2019 Sicilly Italy
Aduna Crianza 2017 Rioja Spain

Prosecco

Ombra Prosecco Frizzante NV Treviso Italy

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Food Market Ordering Service

To place your order, please contact the stores using the details below:

ORDER & COLLECTION SERVICE

All stores listed can facilitate an 'order & collection' service.

For Rathcoole: Collection Only: 01 2571802 | Rathcoole-foodmarket@avoca.com

For Kilmacanogue: 01 2746951 | Kilmac-foodmarket@avoca.com

For Dunboyne: Collection Only: 01 9031204 | Dunboyne-foodmarket@avoca.com

For Ballsbridge: 01 691 6082 | Ballsbridge-foodmarket@avoca.com

For Mount Usher: Call 0404 49678 or email Mountusher-bakery@avoca.com

For Monkstown: 01 202 0231 | Monkstown-foodmarket@avoca.com

For Malahide: 01 893 1906 | Malahidefoodhall@shop.ie

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