

AVOCA

Delivery & Collection

We are happy to let our customers know that we are offering an Order & Collection Service to shop our Food Market range, with a Delivery Service operating from select Avoca Stores.*

For deliveries there is a minimum order of €50 and a delivery fee applies*. We can deliver within a 20km radius of select Avoca stores. Please note you must book your slot 48 hours in advance.

We have chosen a selection of our store favourites to help you put together your shopping list. Of course, we have lots more - we've put this together as a starting point. If there is something that you can't find on the list please do not hesitate to contact us directly.

**Stores offering a delivery service:*

Avoca Kilmacanogue, Ballsbridge, Monkstown and Malahide.
A fee of €5 (0-10km) & €10 (10-20km) applies.

Some of our products may contain the following allergens:

Cereals Containing Gluten	Nuts
Crustaceans	Celery
Eggs	Mustard
Fish	Sesame Seeds
Peanuts	Sulphur Dioxide/Sulphites
Soybeans	Lupin
Milk	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.

Handmade, from our kitchen to yours

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

Courgette Provencal, Goats Cheese Crumble €11.50

Japanese Ramen, Udon Noodles & Shredded Chicken €7.50

Miso Soup €7.95

Tuscan Chicken, Sweet Potato, Mixed Beans & Olives €12.95

Spinach, Onion Marmalade, Bacon & Pepper Quiche €12.95

Haddock & Bombay Potatoes €12.95

Vegetable Lasagne €10.95

Provencal Roasted Vegetables €7.50

Leek & Potato Gratin €6.95

Medley of Spring Vegetables €7.95

Rosemary & Garlic Roast Potatoes €6.95

Sweet Potato Mash €6.95

Pecorino Roast Potatoes €6.95

New Sweet Treats

Beetroot & Orange Cake €8.50

Burnt Caramel with Biscotti Crumb Cheesecake 7" €14.95

Oat & Seed Bars (4) €8.50

Salted Caramel & Peanut Bar (4) €8.50

From Our Bakery

Honey & Spelt Loaf €4.20

Avoca Cheese Bread €4.25

Ancient Grain Soda Bread €3.95

White Soda Bread €3.95

Multi-seed Bread with Fruit €4.55

Avoca Multi-seed €4.50

Avoca Brown Bread €3.95

Avoca Baguette €3.20

Rye Sourdough €4.95

Pain Au Levain

(Country Sourdough) €4.35

Avoca Vienna Loaf €3.45

Scone Selection €2.45 (each)

Pastries & Danish €2.00 - €2.80

Nibbles

Avoca Hummus €3.50

Duck Liver Pâte with Armagnac €8.95

Free Range Chicken Liver Pâte €5.25

Honey Roasted Salted Peanuts €5.95

Fresh Basil Pesto €5.55

Fresh Sun Dried Tomato Pesto €5.55

Roasted Pepper & Harissa Hummus €3.50

Smoked Broad Beans & Nuts €5.95

Wasabi nuts €5.95

Avoca Organic Smoked Salmon 200g €13.90

Avoca Organic Smoked Salmon 400g €28.00

Soups

Portions of Two

Slow Roast Tomato & Basil Soup €7.45

Vegetable Soup €7.45

White Onion & Parmesan Soup €7.45

Roast Chicken Soup €7.95

Mushroom Soup €7.45

Seafood Chowder €11.95

Japanese Ramen, Udon Noodles &

Shredded Chicken €7.50

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

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Avoca Main Dishes

Pre-cooked, delivered chilled & ready for reheating

Beef Bourguignon €11.50

Beef Bolognese

- Small €7.50

- Large €11.25

Beef & Guinness €12.95

Beef Lasagne

- Small €7.25

- Large €11.50

- 6 Portions €37.50

Shepherds Pie

- Small €7.25

- Large €11.50

- 6 Portions €37.50

Italian Meatballs In Tomato Sauce €11.50

Lamb Tagine - Large €13.50

Chicken Bacon & Mushroom Pies (x2)

€12.95

Chicken & Broccoli Crumble

- Small €7.25

- Large €11.50

- 6 Portions €37.50

Chicken Italian - Large €11.50

Indian Chicken Curry €11.50

Fish Pie

- Small €7.95

- Large €12.45

- 6 Portions €37.50

Fish Cakes Breaded (x2) €12.50

Haddock & Leek Gratin €12.45

Ham, Leek & Cheddar Tartlets (x2) €8.95

Ham Stuffed Baked Potatoes (x2) €10.95

Spinach, Cheese, Pine Nut

& Herb Tartlets (x2) €8.95

Thai Green Chicken Curry - Large €11.50

Ham Leek & Cheddar Quiche €15.50

Spinach & Pine Nut Quiche €15.50

Lentil & Nut Loaf €12.95

Vegetable Spicy Tikka Masala €10.95

Spiced Black Bean, Kale & Squash Laska
€10.50

Sides

Rosemary & Garlic Infused Mash €5.45

Avoca Creamy Mash €4.95

Basmati & Wild Rice €4.95

Gratin Potato With Garlic & Cheddar

- Small €4.50

- Large €6.95

Maple & Grain Roasted Carrot & Parsnip €6.95

Medley of Spring Vegetables €7.95

Pecorino Roast Potatoes €6.95

Traditional Herb & Onion Stuffing €6.95

Cranberry & Apricot Stuffing €7.95

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Poulet Bonne Femme

Hot Rotisserie Chicken

(for collection only)

Regular €13.95

Large €16.50

Half Regular €7.95

Quarter: Breast & Wing €6.45

Quarter: Leg & Thigh €4.20

Butcher Selection

Breakfast

Avoca Breakfast or Cocktail Sausages 454g Pk €3.95

Avoca Black & White Pudding 240g €4.00 each

Avoca Free Range Back or Streaky Rashers 250g Pk €3.99

Beef

Ballyhenry Organic Dry Aged Burgers (3) Average Pk €9 (€18 Per Kg)

Ballyhenry Organic Slider Burgers (8) Average Pk €7.50 (€18 Per Kg)

Ballyhenry Organic Diced Beef €20 Per Kg

Selection of Delicious Dry Aged Ballyhenry Organic Steaks available,

T Bone, Striploin, Sirloin & Fillets

Avoca Butcher Steak Offer (4) Fillet Steaks €20

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

Italian Meatballs 800g pk €8.95

Avoca Mini Beef Meatballs (8) €6.95

Freshly Minced Lean Beef €11.95 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 €19.95 Per Kg

Centre Loin Lamb Chops €24.49 Per Kg

Whole Leg of Spring Lamb Available

Pork

Full Shoulder of Pork 2.5kg €16.00 each

Cranberry & Apricot Stuffed Pork Fillets 2 Per Pk €13.99

Stuffed Loin of Pork with Crackling €10.95 Per Kg

Butcher Style Ham Fillets €9.95 Per Kg

Chicken

Whole Irish Free Range Chicken 1.7kg €12.95

Spatchcock Irish Chicken: Italian Style or Ginger/Chilli & Lime €9.95

(4) Chicken Fillets €7.50

Avoca Greek style 4 Chicken Breasts €11.99

Avoca Garlic Infused Chicken Breasts (4) €12.49

Chicken Goujons €6.95 or €11.95 for Family Pack

(Also available in Gluten Free)

Chicken Kiev (2) €6.45

Avoca Lemon & Green Pepper Stir Fry Pack €8.95

Store Cupboard Essentials

Avoca Super-Berry Granola 370g €8.45

Avoca Best Ever Granola €7.45

Almond, Berry & Coconut Muesli €6.50

Homespun: Pecan & Cranberry Quinoa

Crunch 275g €6.15, Goji Berry Quinoa

Crunch 275g €6.15

Kilbeggan Porridge Oats 1kg €4.65

McCambridge GF Porridge Oats 500g

€3.20

Avoca Pantry Jams from €4.95

Avoca Pantry Marmalades from €4.95

Avoca Pantry Chutneys from €4.95

Avoca Pantry Dressings from €4.95

Mileeven Pure Irish Honey 225g €5.75

Nutshed Original Peanut Butter 280g €6.50

Arborio Rice 500g €2.75

Butter Beans 500g €2.60

Chickpeas 500g €2.50

Cous Cous 500g €1.95

Lentils 500g €1.95

Red Kidney Beans 500g €2.60

Short Grain Brown Rice 500g €1.95

White Basmati Rice 500g €2.95

Shipton Mill Organic Traditional White

Flour 1kg €2.50

Dunany Organic Wholemeal Fine Flour

1.5kg €3.90

La Collina ex. Virgin Olive Oil 500ml €12.75

Second Nature Rapeseed Oil 500ml €7.75

Fused Clever Classic Soy Sauce €3.95

Fused by Fiona - Chopped Cheeky Chilli

€3.50, Chopped Groovy Garlic €3.50,

Chopped Glorious Ginger €4.10

White Mambu Peanut Rayu 240g €6.95

Mics Chilli Sweet Chilli Sauce €3.95

Teriyaki Sauce 150ml €4.95

Curry Paste 185g €2.95

Spices 50g - Paprika €1.45, Turmeric

€1.75, Cajun €1.75, Mixed Spice €1.45,

Ground Ginger €1.75

Avoca Food Market Coffee:

Cafetière Grind, Whole Coffee Beans,

Espresso Grind 250g €6.50 each

Fixx Decaf Ground Coffee 250g €9.50

Bewleys Tea: Special Blend €4.50 Irish

Breakfast €4.50, Dublin Morning €4.50

Suki: Peppermint, Chamomile, Green Tea,

Earl Grey Blue Flower €6.95 each

Coconut Milk 400ml €1.95

Oatly Oat Drink Foamable 1lt €2.95

Almond Milk Unsweetened 1ltr €2.95

Almond Milk Original 1ltr €2.95

Con Trass Lemonade 750ml €6.50

Con Trass Pink Lemonade 750ml €6.50

Feighery Farm Irish Beetroot Juice

500ml €7.75

Pasta & Sauces

Avoca Indian Curry Sauce €4.75	De Cecco Tin Chopped Tomatoes €1.50
Avoca Best Ever Gravy €7.50	De Cecco Peeled Tomatoes €1.95
Avoca Creamy Smoked	Pomodorini Tin Tomato €1.95
Bacon & Mushroom Sauce €5.50	Avoca Tomato & Basil Pasta Sauce €4.50
De Cecco Linguine 1kg €3.95	Passato Classico 700g €1.95
De Cecco Cannelloni 250g €2.95	Janets Just Delicious Sauces 350g:
De Cecco Spaghetti 500g €1.95	Basil & Roast Garlic, Roast Red Pepper,
De Cecco Penne 500g €2.30	Arrabiata, Bolognese €3.30
Lasagne Sheets 500g €3.95	Sun-Dried Tomato Pesto €5.55

Chilled Essentials

Butlers Organic Eggs x 6 €3.50	Avoca Organic Smoked Salmon 200g €13.90
Irish Free Range Eggs x6 €2.50	Avoca Organic Smoked Salmon 400g €28.00
Avonmore Light Milk 2 Litre €2.09	Nduja Spreadable Spicy Sausage €8.95
Avoca Fresh Squeezed Orange Juice: 500ml €4.50, 1L €8.95	Villani Prosciutto di Parma €6.95
Rude Health Almond Milk 946ml €4.30	Villani Prosciutto San Daniele DOP €7.25
Kerrygold Butter €2.95	Villani Prosciutto with Truffle €6.95
Glenilen Farm Butter €3.15	Villani AntiPasti €6.25
Fresh Whipped Cream €2.99	Villani Bresaola €6.25
Glenilen Natural Yoghurt €2.10	Villani Coppa Stagionata €5.25
Glenilen Crème Fraiche €2.80	Villani Speck €5.25
Stonebased Pizza Bases €4.60	Villani Pancetta €5.25
Mini Stone Base Pizza Bases €4.60	Avoca Garlic Stuffed Olives €3.95
Avoca Best Ever Pizza Sauce €4.50	Avoca Pepper Stuffed Olives €3.95
Janets Just Delicious Pizza Sauce: Original €2.95, BBQ €2.95	Avoca Kalamata Olives €3.95
	Avoca Green olives €3.95
	Avoca Mixed Sicilian Olives €3.95
	Avoca Sun Blushed Tomatoes €3.95

Avoca Cheese Selection

Bó Rua Irish Farmhouse Cheddar €4.95
Cratloe Hills Mature Sheeps Cheese €5.75
Durrus €9.65
Gubbeen Mini €7.95
Gubbeen Oak-Smoked Mini €8.75
Macroom Buffalo Mozzarella €3.75
St. Tola Original Fresh Goats Cheese €5.50
Wicklow Farmhouse Blue Cheese €4.75
Ballyhubbock Farm Halloumi €4.75
Cashel Blue €5.25
Cooleeney Cheese €4.75
Parmiggiano Reggiano 24mth matured €4.75
Corleggy Cavanbert Cheese €5.95

Crackers

Avoca:

Multiseed Brown Bread Crackers €3.50
Wicklow Rapeseed Oil & Rye Crackers €3.50
Sunflower Seed & Sea Salt Crackers €3.50

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%
€4.95 each

Avoca Fudge Pouch 175g

Original Butter, Salted Caramel, Irish
Cream Liqueur €4.95 each
Avoca Caramel & Pecan Brownies €8.95
Box of 8 Rice Krispies €7.95
Box of 4 Caramel Squares €8.50
Box of 4 Crunchy Rocky Road €8.50
Bakewell Tart €10.95
Banana Bread €8.50
Bramley Apple Tart €8.95
Apple Crumble €8.95

Carrot Cake €9.50

Chocolate Fudge Cake €14.95
Cinnamon, Cranberry & Oat Cookies €6.95
Coffee Cake €14.95
Lemon Curd Cake €14.95
Lemon Drizzle Cake €8.50
Raspberry Coconut Cake €5.95
Rice Krispie Round Cake €12.95
Teabrack €8.50
Vanilla Cupcakes €8.50
Callebaut 70% Chocolate Drops €6.50
Callebaut Milk Choc Drops €6.50
Callebaut White Chocolate Drops €6.50
Keoghs Crisps
Dubliner Cheese & Onion 125g €3.25
Sea Salt & Cider Vinegar 125g €3.25
Multipack 6x30g €4.95

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Avoca Wine List

Red Wine Selection

- 2015 Toscana Rosso, Ziobaffa (Organic) - Tuscany, Italy €14.95
- 2019 Ventoux, Famille Perrin - Rhône Valley, France €15.95
- 2018 Montepulciano d'Abruzzo, "Twiggy", Cantina Zaccagnini €19.50
- 2017 Crianza, Hacienda Grimon - Rioja, Spain €20.95
- 2015 Châteauneuf-du-Pape, Bousquet des Papes - Rhône Valley, France €46.00
- 2018 Malbec, "Ultra", Kaiken - Mendoza, Argentina €24.00
- 2016 Barbera, "Tuillio", Roberto Colombi - Piemonte, Italy €21.95
- 2016 Ripasso Superiore, "Ripassa", Zenato - Valpolicella, Italy €26.95
- 2016 Bordeaux Superior, "Cuveé Prestige", Chateau Tayet - Bordeaux, France €23.95
- 2017 Chianti Classico Riserva, "Ser Lapo", Mazzei - Tuscany, Italy €29.95

White Wine Selection

- 2019 Pinot Grigio, Ziobaffa (Organic) - Sicily, Italy €14.95
- 2018 Verdejo, Duquesa de Valladolid - Rueda, Spain €16.95
- 2019 Sauvignon Blanc, Guy Allion - Loire Valley, France €17.50
- 2019 Sancerre, "La Mercy Dieu", Domaine Bailly-Reverdy, Loire Valley, France €27.95
- 2018 Albariño, "Leirana", Forjas del Salnes - Rías Baixas, Spain €27.00
- 2018 Chablis, Garnier & Fils - Burgundy, France €26.95
- 2019 Vire Clesse, "Les Pierres Blanches", Domaine Andre Bonhomme - Burgundy, France €27.95
- 2019 Gavi di Gavi, "Terre Antiche", La Giustiniana - Piemonte, Italy €22.00
- 2019 Riesling Trocken, Fritz Haag - Mosel, Germany €22.95
- 2018 Sauvignon Blanc, Framingham - Marlborough, New Zealand €24.00

Rosé

- 2019 Pinot Noir Rose, "Black Label", Babich - Marlborough, New Zealand €26.95
- 2019 Touraine Gamay Rosé, "Chant de Lune", Guy Allion - Loire Valley, France €16.95
- 2019 Côtes de Provence Rosé, "Whispering Angel", Caves d'Escalens - Provence, France €29.95
- 2019 Côtes de Provence Rosé, Miraval - Provence, France €29.95

Sparkling

- N.V. Prosecco Frizzante, Corte Alta - Veneto, Italy €16.50
- N.V. Prosecco Spumante, "Corderie", Astoria - Conegliano-Valdobbiadene, Veneto, Italy €24.95
- N.V. Corpinnat (Cava) Brut Reserva, Llopart - Penedes, Catalonia, Spain €34.95
- N.V. Brut Premier Cru, J.M Gobillard & Fils - Champagne, France €46.50
- N.V. Grand Brut, Perrier-Jouët - Champagne, France €70.00

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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Avoca Wine List

Half Bottles

- Sparkling - N.V. Prosecco Frizzante, Metico, Veneto, Italy €10.95
Sparkling - N.V. Prosecco Frizzante Rosé, Metico, Veneto, Italy €10.95
White - 2019 Organic Unoaked Chardonnay, Domaine Bosquet, Argentina €9.95
White - 2018 Brodeaux Blanc, Châteaux Turcaud, Bordeaux, France €10.95
White - 2018 Sauvignon Blanc, Kim Crawford - Marlborough NZ €11.95
Red - 2016 Bordeaux Rouge, Châteaux Turcaud, Bordeaux, France €10.95
Red - 2017 Valpolicella Superiore, Zenato - Valpolicella, Italy €11.95

Magnum

- 2019 Sauvignon Blanc, Greywacke - Marlborough, New Zealand €59.95
2016 Barbera d'Alba Superiore, "Scassa", Bruna Grimaldi - Piemonte, Italy €44.95
2011 Chianti Classico, Fattoria Rodano - Tuscany, Italy €48.95
2017 Sela, Bodegas Roda - Rioja, Spain €60.95

Sparkling Non-Alcoholic

- N.V. Müller Thurgau, "Alkoholfrei", Fritz Müller -Rheinhessen, Germany €11.95
N.V. Sparkling Chardonnay, Noughty, Thomson & Scott - Germany (Organic/Vegan) €15.95

Mitchell & Sons Wine Selection

ONLY AVAILABLE FROM KILMACANOGE & DUNBOYNE

White Wine Selection

- Castel Firmian Pinot Grigio 2019 Alto Adige Italy €13.00
Barbuntin Albarino 2019 Rias Baixas Spain €14.95
Domaine Grand Veneur Viognier 2019 Cotes du Rhone France Organic €18.95
Roland Lavantureux 2018 Chablis France €21.95

Red Wine Selection

- Pinuaga 2018 Vino de la Tierra de Castilla Spain Organic €12.95
Martoccia Chianti 2019 Tuscany Italy €14.95
Feudo Arancio Nero d'Avola 2019 Sicilly Italy €15.00
Aduna Crianza 2017 Rioja Spain €17.95

Prosecco

- Ombra Prosecco Frizzante NV Treviso Italy €12.95

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— *Order, Collection & Delivery Service* —

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

ORDER & COLLECTION SERVICE

All stores 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

DELIVERY

Deliveries are operating from the following stores within a 20km radius:

A FEE OF €5 (0-10KM) & €10 (10-20KM) APPLIES.

For Kilmacanogue:

Call 01 2746951 or email Kilmac-foodmarket@avoca.com

For Ballsbridge:

Call 01 691 6082 or email Ballsbridge-foodmarket@avoca.com

For Monkstown:

Call 01 2020231 or email Monkstown-foodmarket@avoca.com

For Malahide:

Call 01 691 6082 or Ballsbridge-foodmarket@avoca.com