

AVOCA

Delivery & Collection

We are offering a Delivery & Collection Service, so that our customers can shop everything from our entire Food Market range. We've updated our menu to include more Autumn/Winter favourites.

Please note at present our Delivery Service will only be operating within a 10km radius of the following stores: Monkstown, Kilmacanoge, Ballsbridge & Malahide. You can find full delivery and collection service details are on the last page. To avail of our delivery service there is a €10 delivery fee and a minimum shopping order of €50.

We have chosen a list 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.

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.

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 €7.95
Free Range Chicken Liver Pâte €5.25
Honey Roasted Salted Peanuts €5.20
Fresh Basil Pesto €5.55
Fresh Sun Dried Tomato Pesto €5.55

Roasted Pepper & Harissa Hummus €3.50
Smoked Broad Beans & Nuts €4.80
Wasabi nuts €5.95
Honey roasted peanuts €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
Smokey Lentil & Bean 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

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 €11.50

Beef Bolognese

- Small €7.50

- Large €11.25

Beef & Guinness €11.50

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

Rosemary & Garlic Roast Potatoes €7.50

Seasonal Green Veg €6.50

Spanish Potatoes With Chorizo €7.50

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

Chilled Essentials

Butlers Organic Eggs x 6 €3.50

Irish Free Range Eggs x6 €2.50

Avonmore Light Milk 2 Litre €2.09

Almond Milk 946ml €4.30

Kerrygold Butter 454g €2.95

Glenilen Farm Butter 180g €3.15

Fresh Whipped Cream 350ml €2.99

Natural Yoghurt 480g €2.60

Glenilen Crème Fraîche 250g €2.80

2 Stonebaked Pizza Bases €4.60

4 Mini Stonebaked Pizza Bases €4.60

Avoca Best Ever Pizza Sauce €4.50

Janet's Just Delicious pizza sauce:

- Original €2.95 -BBQ €2.95

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Store Cupboard Essentials

Avoca Super-Berry Granola 370g €8.45
Avoca Best Ever Granola €7.45
Almond, Berry & Coconut Muesli €6.50
Avoca Pantry Jams from €4.95
Avoca Pantry Marmalades from €4.95
Avoca Pantry Chutneys from €4.95
Avoca Pantry Dressings from €4.95
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
Coconut Milk 400ml €1.95
Short Grain Brown Rice 500g €1.95
Sun-Dried Tomato Pesto €5.55
White Basmati Rice 500g €2.95

La Collina ex. Virgin Olive Oil 500ml €12.75
Fused Clever Classic Soy Sauce €3.95
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
Bewleys Tea: Special Blend, Irish Breakfast, Dublin Morning €4.60 each
Suki: Peppermint, Chamomile, Green Tea, Earl Grey Blue Flower €6.95 each
Con Trass Lemonade 750ml €6.50
Con Trass Pink Lemonade 750ml €6.50

Pasta & Sauces

Avoca Indian Curry Sauce €4.75
Avoca Best Ever Gravy €6.95
Avoca Creamy Smoked Bacon & Mushroom Sauce €5.50
De Cecco Linguine 1kg €3.95
De Cecco Cannelloni 250g €2.95
De Cecco Spaghetti 500g €1.95
De Cecco Penne 500g €2.30

Lasagne Sheets 500g €3.95
Mutti Tomato Paste 130g €1.80
Mutti Tin Tomato 400g €1.60
Pomodorini Tin Tomato €1.95
Avoca Tomato & Basil Pasta Sauce €4.50
Passato Classico 700g €1.95
Janets Just Delicious Sauces 350g:
Basil & Roast Garlic, Roast Red Pepper, Arrabiata, Bolognese €3.30

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 €3.95
Callebaut White Chocolate Drops €3.95
Keoghs Crisps
Dubliner Cheese & Onion 125g €3.25
Sea Salt & Cider Vinegar 125g €3.25
Multipack 6x30g €4.95

Avoca Cheese Selection

Pasteurised Cheeses

Bó Rua Irish Farmhouse Cheddar 150g €4.95
Cratloe Hills Mature Sheeps Cheese 125g €5.75
Durrus 360g €9.65
Gubbeen Mini 450g €7.95
Gubbeen Oak-Smoked Mini 450g €8.75
St. Tola Original Fresh Goats Cheese 150g €5.25
Wicklow Farmhouse Blue Cheese 150g €4.75

Raw Milk Cheeses

Macroom Buffalo Mozzarella 125g €3.75

Crackers

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

Avoca Wine List

Red Wine Selection

- 2018 Montepulciano d'Abruzzo, "Twiggy", Cantina Zaccagnini €19.50
2018 Lusaac Saint-Émilion, Château Robin - Bordeaux, France €22.00
2017 Atelier des Sources 'La Traversée' - Rhône Valley, France €21.95
2017 Crianza, Hacienda Grimon - Rioja, Spain €20.95
2017 Barbera 'Tuillio', Roberto Colombi - Piedmont, Italy €21.95
2017 Malbec, "Ultra", Kaiken - Mendoza, Argentina €24.00
2016 Ripasso Superiore, "Ripassa", Zenato - Valpolicella, Italy €26.95
2015 Toscana Rosso, Ziobaffa (Organic) - Tuscany, Italy €14.95
2015 Reserva, Bodegas Izadi - Rioja, Spain €23.00

White Wine Selection

- 2019 Pinot Grigio, Ziobaffa (Organic) - Sicily, Italy €14.95
2018 Verdejo, Duquesa de Valladolid - Rueda, Spain €16.95
2018 Viognier, Château Pennautier - Languedoc, France €17.50
2018 Sauvignon Blanc, Guy Allion - Loire Valley, France €17.50
2018 Gavi di Gavi, "Terre Antiche", La Giustiniana - Piemonte, Italy €22.00
2018 Sauvignon Blanc, Framingham - Marlborough, New Zealand €24.00
2018 Chablis, Garnier & Fils - Burgundy, France €26.95
2018 Albariño, "Leirana", Forjas del Salnes - Rías Bías, Spain €27.00
2018 Sancerre, "La Mercy Dieu", Domaine Bailly-Reverdy, Loire Valley, France €27.95

Rosé

- 2019 Pinot Noir Rosé, Black Label, Babich - Marlborough, New Zealand €26.95
2019 Côtes de Provence Rosé, Miraval - Provence, France €29.95

Sparkling

- N.V. Prosecco Frizzante, Corte Alta - Veneto, Italy €16.50
N.V. Cava Blush (Rosé), Villa Conchi - Catalonia, Spain €24.50
N.V. Champagne Brut Tradition, JM Gobillard - Champagne, France €46.50

Please Note

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

Handmade, from our kitchen to yours

Avoca Wine List

Half Bottles

2018 Brodeaux Blanc, Chateau Turcaud, Bordeaux, France 37.5cl €10.95

2016 Bordeaux Rouge, Chateaux Turcaud, Bordeaux, France 37.5cl €10.95

Non-Alcoholic

N.V. Müller Thurgau, "Alkoholfrei", Fritz Müller -Rheinhessen, Germany €11.95

N.V. Sparkling Chardonnay, Naughty, 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

— *Order, Collection & Delivery Service* —

To avail of our delivery service there is a €10 delivery fee and a minimum shopping order of €50. Our delivery service is outlined below. Order at least 48 hours in advance to avoid disappointment.

DELIVERY

Deliveries are operating from the following stores within a 10km radius:

For Kilmacanoge:

Wednesday – Saturday inclusive

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

For Ballsbridge:

Wednesday – Saturday inclusive

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

For Monkstown:

Wednesday – Saturday inclusive

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

For Malahide:

Thursday – Saturday inclusive

Call 01 691 6082

ORDER & COLLECTION SERVICE

All stores can facilitate an ‘order & collection’ service.

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

For Kilmacanoge: 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: Collection Only: 01 893 1906