

# AVOCA

## Food Market Ordering & Collection Service

Did you know that you can place an Avoca Food Market order, and collect it from your local store?

We have put together a 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.

*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.*

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## *New to The Food Market*

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*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 Tomatoes €14.95

Sticky Honey & Soy Chicken Wings €8.95

Korean Chicken Wings €8.95

Bourbon BBQ Glazed Back Ribs €9.95

Tenderstem Broccoli €9.95

Pea & Mint Risotto €10.50

Greek Mezze €5.95

Mozzarella Balls, Sundried Tomato & Basil €5.95

Corn on the Cob €6.95

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

### *New Sweet Treats*

Oat & Seed Bars (4) €8.50

Salted Caramel & Peanut Bar (4) €8.50

Passionfruit & Lime Cheesecake €15.95

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## *From Our Bakery*

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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

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## *Nibbles*

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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

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## *Soups*

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### *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

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## *Fruit & Veg*

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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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*Handmade, from our kitchen to yours*

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## Avoca Main Dishes

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*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

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## Sides

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Rosemary & Garlic Infused Mash €5.45

Sweet Potato Mash €6.95

Avoca Creamy Mash €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

Basmati & Wild Rice €4.95

Traditional Herb & Onion Stuffing €6.95

Cranberry & Apricot Stuffing €7.95

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## *Poulet Bonne Femme*

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### *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

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## *Butcher Selection*

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### *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.

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## *Butcher Selection*

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### *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

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## *Store Cupboard Essentials*

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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 €5.15  
Avoca Pantry Marmalades from €5.15  
Avoca Pantry Chutneys from €5.15  
Avoca Pantry Dressings from €5.15  
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 Mausu 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

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## *Pasta & Sauces*

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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

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## *Chilled Essentials*

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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



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## *Avoca Cheese Selection*

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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

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## *Cakes & Treats*

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### *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*

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## *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 Biaxis, 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*

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### *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

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## *Mitchell & Sons Wine Selection*

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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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# *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](mailto:Rathcoole-foodmarket@avoca.com)

For Kilmacanogue: 01 2746951 | [Kilmac-foodmarket@avoca.com](mailto:Kilmac-foodmarket@avoca.com)

For Dunboyne: Collection Only: 01 9031204 | [Dunboyne-foodmarket@avoca.com](mailto:Dunboyne-foodmarket@avoca.com)

For Ballsbridge: 01 691 6082 | [Ballsbridge-foodmarket@avoca.com](mailto:Ballsbridge-foodmarket@avoca.com)

For Mount Usher: Call 0404 49678 or email [Mountusher-bakery@avoca.com](mailto:Mountusher-bakery@avoca.com)

For Monkstown: 01 202 0231 | [Monkstown-foodmarket@avoca.com](mailto:Monkstown-foodmarket@avoca.com)

For Malahide: 01 893 1906 | [Malahidefoodhall@shop.ie](mailto:Malahidefoodhall@shop.ie)