

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 Spring favourites. You'll notice some extra barbecue items, an Avoca cheese selection and much more.

Please note at present our Delivery Service will only be operating within a 10km radius of the following stores: Rathcoole, Monkstown, Kilmacanoge, Dunboyne, Ballsbridge, Mount Usher & Malahide. Contact details are on the last page. There is a minimum order of €50 to avail of our complimentary delivery service.

Below, we have put together 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.

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

Traditional Sausage Roll (2) €8.00

With Tomato & Relish Dip

Spinach Ricotta Strudel (2) €8.50

With Sundried Tomato Pesto Dip

Handmade, from our home to yours

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

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 Californian Almonds €6.20

Smoked Cashew Nuts €6.20

Smoked Broad Beans & Nuts €4.80

Avoca Organic Smoked Salmon 200g €13.90

Avoca Organic Smoked Salmon 400g €28.00

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

Soups

Portions of Two

Slow Roast Tomato & Basil Soup €7.45

Smokey Lentil & Bean Soup €7.45

Vegetable Soup €7.45

Carrot, Coconut & Coriander Soup €7.45

Roast Chicken Soup €7.95

Mushroom Soup €7.45

Seafood Chowder €11.95

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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 €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

***All main meals are suitable
for home freezing**

Sides

Avoca Carrot & Parsnip Mash €6.25

Avoca Creamy Mash €4.95

Basmati & Wild Rice €4.95

Gratin Potato With Garlic & Cheddar

- Small €4.50

- Large €6.95

Maple Sesame Glazed Root Veg €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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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 €4.25

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

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 €18.95 Per Kg

Centre Loin Lamb Chops €24.49 Per Kg

Whole Leg of Spring Lamb Available

Pork

Full Shoulder of Pork 2.5kg €14.95 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

BBQ Selection

Butterfly Leg of Lamb Per Kg €17.95

Lamb Kofta Skewers (4) €6.95

Spicy Striploin Kebabs (4) €9.95

Pork & Chorizo Kebabs (4) €9.95

Rosemary & Garlic Lamb Kebabs (4) €9.95

Garlic & Herb Chicken Kebabs (4) €9.95

Lamb & Mint Burgers (2) €5.00

Avoca's Steak Burgers (4) €5.95

Sirloin Steak Burgers (4) €9.95

Blaa Buns, Perfect for Burgers (4) €2.95

Ballyhenry Organic Dry Aged Burgers (3)
Average Pk €9 (€18 per kg)

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

Avoca Smoky BBQ Pork Ribs Per Kg €9.95

BBQ Sausages Per Kg €10.95

Wild Garlic & Herb Jumbo Sausages
Per Kg €10.95

Thai Style Chicken Skewers (4) €9.95

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
Avoca Mornay Cheese Sauce €6.50
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

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Avoca Wine List

Red Wine Selection

- 2018 Côtes-du-Rhone, "Alize", Les Deux Cols - Rhône Valley, France €18.95
2018 Montepulciano d'Abruzzo, "Twiggy", Cantina Zaccagnini €19.50
2017 Crianza, Hacienda Grimon - Rioja, Spain €20.95
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
2015 Châteauneuf-du-Pape, Bousquet des Papes - Rhône Valley, France €46.00
2013 Saint-Émilion Grand Cru, Château Tour de Capet - Bordeaux, France €40.00

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
2018 Côtes de Provence Rosé, Miraval - Provence, France €31.00

Sparkling

- N.V. Prosecco Frizzante, Corte Alta - Veneto, Italy €16.50
N.V. Grand Brut, Perrier-Jouët - Champagne, France €70.00

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, Noughty, Thomson & Scott - Germany (Organic/Vegan) €15.95

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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The Parcel

This is a set food parcel to include all the items listed below, designed to help you and your family take the stress out of meal planning and preparation over this trying period.

**All main meals are suitable for home freezing.*

A week of your Avoca favourites...

Avoca Shepherd's Pie

Avoca Lasagne

Avoca's Famous Chicken & Broccoli Bake

Avoca Fish Pie

Avoca Broccoli, Rabe & Squash Vegetable Lasagne

(6 portions in each dish)

A selection of our delicious freshly baked breads

(1x Cheese Bread, 2x Plain Brown Bread and 2x Multi Seed Bread)

Leaving the best till last, a selection of sweet treats to include:

An Apple Tart, a box of Chocolate Rice Krispie Squares & A Raspberry & Coconut Loaf.

Price €225 (includes delivery)

To Order Contact your Local Store

For Rathcoole: Call 01 257 1802 or email Rathcoole-foodmarket@avoca.com

For Kilmacanoge: Call 01 274 6951 or email Kilmac-foodmarket@avoca.com

For Dunboyne: Call 01 903 1204 or email Dunboyne-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 Mount Usher: Call 0404 49678 or email Mountusher-bakery@avoca.com

For Malahide: Delivery Service Only: Call 01 691 6082

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