

AVOCA

Delivery & Collection

We are offering a Delivery & Collection Service, so that our customers can shop everything from our entire Food Market range.

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

Poulet Bonne Femme

Hot Rotisserie Chicken

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

Fruit & Veg

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

With much more fruit & vegetables 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

Root Vegetable Soup €7.45

Seafood Chowder €11.95

Handmade, from our home 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 Pie - Large €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

Handmade, from our home to yours

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 Organic Chicken 2.2 kg €19.95
Whole Irish Free Range Chicken 1.7kg €12.95
Spatchcock Irish Chicken: Italian style or Ginger/Chilli & Lime €9.95
4 pk Chicken Fillets €7.50
Avoca Greek style 4 Chicken Breasts €11.99
Avoca Garlic Infused Chicken Breasts 4 pk €12.49
Chicken Goujons €6.95 or €11.95 for Family Pack
(Also available in Gluten Free)
Chicken Kiev 2 Pack €6.45
Avoca Lemon & Green Pepper Stir Fry Pack €8.95

Beef

Ballyhenry Organic Dry Aged Burgers 3 pk €18 per kg, average pk €9
Ballyhenry Organic Slider burgers, 8 per pk, €18 per kg, average pk €7.50
Ballyhenry Organic Diced Beef €20 per kg
Selection of delicious Dry Aged Ballyhenry Organic Steaks available,
T Bone, Striploin, Sirloin & Fillets
Avoca Butcher Beef Cheeks, Shin & Diced Beef *Ideal for Slow Cooking*
Italian Meatballs 800g pk €8.95
Avoca Mini Beef Meatballs 8 per pk €6.95
Freshly Minced Lean Beef €11.95 per kg
Selection of Dry Aged Striploin, Rib 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

Chilled Essentials

Butlers Organic Eggs x 6 €3.50

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 Stonebased Pizza Bases €4.60

4 Mini Stonebase Pizza Bases €4.60

Avoca Best Ever Pizza Sauce €4.50

Janet's Just Delicious pizza sauce:

- Original €2.95

- BBQ €2.95

We also have a full range of specialist cheeses available from
our cheese & charcuterie counters, please ask for more
information when placing your order.

Handmade, from our home to yours

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 Chutney 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

Soy Sauce 150ml €2.95
Teriyaki Sauce 150ml €4.95
Curry Paste 185g €2.95
Sweet Chilli Sauce 350g €1.95
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
Clipper Organic Herbal Teabags: Peppermint, White, Green, Raspberry, Vanilla, Chai Green €3.50 each
Callebaut Finest Belgian Chocolate 400g: 33.6%, 54.5%, 70.5% €6.50

Pasta & Sauces

Avoca Indian Curry Sauce €4.75
Avoca Creamy Smoked
Bacon & Mushroom Sauce €5.50
De Cecco Linguine 1kg €3.95
De Cecco Cannelloni 250g €2.95
De Cecco Penne 500g €2.30
Lasagne Sheets 500g €3.95

Pomodorini (tinned tomatoes) €1.95
Avoca Tomato & Basil Pasta Sauce €4.50
Passato Classica 700g €1.95
Janets Just Delicious Sauces 350g:
Basil & Roast Garlic, Roast Red Pepper, Arrabiata, Bolognese €3.30

Cakes & Treats

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

Bramley Apple & Berry 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

Easter Eggs

Bean & Goose For Avoca:

Dark Chocolate Irish Hare €24.95

Milk Chocolate Irish Hare €24.95

Chez Emily Mini Eggs €10.50

Chez Emily Smartie Egg €10.50

Cocoa Loco:

Organic White Chocolate

& Raspberry Mini Eggs €8.95

Organic Milk & White

Chocolate Egg & Spoon €8.95

Lorge Chocolatier:

Easter Bunny with Carrot €9.50

Milk Chocolate Lamb with speckled

Mini Eggs €5.50

Monty Bojangles:

Choccy Scoffy Egg €8.50

Flutterers Scotch Egg €8.50

Skelligs:

Creamy Milk Chocolate Egg €20.50

Marshmallow Milk Chocolate Egg €10.50

Vegan Dark Chocolate Egg €25.50

The Chocolate Garden of Ireland:

Decorated Milk Chocolate Egg €16.95

Larry Lamb €7.50

Tony's Chocolonely Meringue & Lemon

Milk Chocolate Easter Bar €4.85

Cococalibre Dairy Free Chicks €5.95

Cocoba Chocolate Ducklings €5.75

Avoca Wine List

Red Wine Selection

Ziobaffa Organic Toscana Red 2014 (Organic, Vegan) €14.95

Ciello Rosso Nero D'avola 2016 (Organic, Vegan) €14.50

Montes Limited Edition Pinot Noir 2016 €18.75

Twiggy Montepulciano D'abruzzo €19.50

Hacienda Grimon Rioja Crianza 2017 €20.95

Château Robin Lusaac Saint-Emilion 2015/18 €22.00

White Wine Selection

Ziobaffa Organic Pinot Grigio 2019 (Organic, Vegan) €14.95

Ciello Bianco Cataratto 2017 (Organic, Vegan) €14.50

Duquesa De Valladolid Verdejo 2018 €16.95

Guy Allion Sauvignon Blanc 2018 €17.50

Chateau Pennautier Viognier 2018 €17.50

André Bonhomme Vire-clessé Pierres Blanche (Chardonnay, Burgundy) €27.00

Rosé

Miraval Provence Rosé 2018 €31.00

Sparkling

Corte Alta Prosecco Frizzante €16.50

Please Note

Wines can vary between stores however, we would be delighted to recommend an alternative option if one of the wines you have selected is not available

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