



LIMERICK food & drink

PRODUCER DIRECTORY

by **LIMERICKFOODGROUP**

Co-funded by:



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LCDC
Limerick & Local Community Development
Committee



Comhairle Cathrach
& Contae Luimnigh
Limerick City
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Difig Fiontair Áitiúil
Local Enterprise Office
Limerick - Luimneach



West
Limerick
Resources



LIMERICK

food & drink

A project brought to you by:





INTRODUCTION

From Viking settlements and medieval towns set in rolling idyllic countryside, to a modern riverside city and vibrant towns and villages, historic Limerick has many stories to tell. These stories can be seen through our food and drink producers, from traditions built over generations, to today's innovative trailblazers.

The quality of Limerick food is no secret to those lucky to live and work in the heart of the Golden Vale, whether in our 'Wild Atlantic Way Gateway City' or rich, lush hinterland. A visit to Limerick's famous Milk Market on Saturdays, to the oldest weekly food market in the country, will reveal the appetite we have for quality, locally sourced produce.

With our shared knowledge at Limerick Food Group, we have invited food and drink businesses across the county to showcase Limerick's unique offering in this convenient directory, highlighting Limerick's trail of food and drink producers, and locations to find them.

The Limerick Food & Drink Producer Directory project was undertaken by Limerick Food Group with support from the Limerick Local Enterprise Office and West Limerick Resources through the LEADER programme.

**LOOK FOR LOCALLY
SOURCED LIMERICK
FOOD AND DRINK!**





ABOUT LIMERICK FOOD GROUP

The Limerick Food & Drink Producer Directory is a project led by Limerick Food Group's **Tom Flavin** and **Olivia O'Sullivan**.

Limerick Food Group CLG is a volunteer social enterprise with shared goal of promoting local food producers and Limerick as a leading food destination, while highlighting our unique food heritage and culture in the west of Ireland.

Limerick Food Group has delivered many events and festivals since first coming together in 2015 including:

- Urban Food Fest 2016-2018
- Limerick Food Producers Evening 2016
- Summer Vibes Saturdays 2017
- Limerick Chowder Championships 2018 & 2019
- Pigtown Food & Culture Festival 2017-2023
- Pigtown FoodWorks Industry Event 2018 & 2019
- The Limerick Food Mile 2017-2019
- Culture Night Pig Parade 2017-2019 & 2022-2023

These events and festivals were made possible by the work of our volunteer committee down through the years:

Tom Flavin, Olivia O'Sullivan, David Fitzgerald, Caitrin O'Brien, Patricia Roberts, Stephen Cuneen, Keith Pigott, Eithne Gavigan, BJ Broderick, Theresa Storey

While efforts were made to invite as many producers as possible to participate, there will inevitably be some we missed. Please let us know if you would like to be included in any future print runs at: limkfoodgroup@gmail.com



CONTENTS

Beverages Alcoholic	10
Beverages Non-Alcoholic	22
Catering & Prepared Food	36
Confectionary & Bakery	46
Dairy	72
Eggs	78
Fish	82
Fruit & Vegetables	86
Lifestyle	92
Meat & Poultry	94
Store Cupboard	102
Limerick Food Trail Mapped	115



BEVERAGES ALCOHOLIC

BT WINES

Brendan and Trisha formed BT Wines inspired by many years of travel visiting numerous wine regions across Europe, Australia, New Zealand, the US and Canada. They have a huge interest in food and wine and it is their passion for wine and their love of home that inspired them to develop this original Irish peated wine.

Several years of considerable research and experimentation were necessary to create this innovative product. The wine making process remains true to tradition with quality and integrity always at the forefront, resulting in a harmonious marriage of both the Irish Peat and glorious Pinot Noir grapes from the beautiful Rheinhessen and Pfalz regions. The peat is sourced locally in the bog lands of West Limerick on the Wild Atlantic Way. Nature is a very important contributor beginning with the formation of the bog lands several thousand years ago, to the ever-changing seasons which affect the grapes year on year. It is nature's influence which ensures that every batch of Irish Peat Wine is truly unique.



Product Range:

Irish Peat Matured Wines

A mix of hard work, dedication and patience is required to marry the foundations of Ireland with grapes grown and cultivated by the River Rhine. The vines are carefully selected to ensure the marriage between both the grapes and the peat is one that is harmonious.

The peat adds depth and character to the wine, resulting in a warm ruby red colour which is not usually associated with a Pinot Noir. On the nose the wine has all the characteristics of a Pinot Noir with just a hint of mocha and the ever-present smokiness of the peat. The warmth of the peat enhances the subtle flavour of the Pinot Noir and the result is a smooth, lingering, velvet finish making Irish Peat Wine a truly unique experience. This complex wine must be tasted to be fully appreciated.

Contact Details

Business Name: BT Wines Limited

Contact: Brendan Reddin / Trisha Kelly

Address: Moig, Shanagolden, Co. Limerick

Phone: Brendan 0872465056 / Trisha 0871212262

Email: btwinesltd@gmail.com

Website: btwines.ie

Social Media:

[instagram.com/btwines](https://www.instagram.com/btwines)

BEVERAGES ALCOHOLIC

CREW BREWING COMPANY

Crew is a craft microbrewery and bar in Limerick city centre, opened in 2020. They make 300 litre batches of fresh local craft beer on-site and serve it directly from serving tanks behind the bar, alongside a selection of beers, ciders and spirits from other Irish independent producers. With a focus on community, sustainability and product quality, Crew won the Best Emerging Business Award at the Limerick Chamber Regional Business Awards 2021.

Product Range:

Since opening in September 2020, Crew produce unique craft beer batches in a wide variety of styles. Production is focused on producing modern, progressive craft beer styles with a hyper focus on drinkability. Each year Crew releases in excess of 30 one-off and seasonal beers along with re-brewing some customer favourites including flagship Tropical IPA 'Polly'.

They are also now the second highest rated brewery in the country on the world's leading beer review site Untappd.



Contact Details

Business Name: Crew Brewing Co.

Contact: Jono Crute

Address: 35 Thomas Street, Limerick, V94 A5X4

Phone: 0899748005

Email: hi@crewbrewing.ie

Website: crewbrewing.ie

Social Media:

facebook.com/crewbrewco

instagram.com/crewbrewco

twitter.com/crewbrewco

BEVERAGES ALCOHOLIC

JJ'S CRAFT BREWING CO. LTD.

In business since May 2015, JJ's are a brewing company, operating from their brewery in Kilmallock, Co. Limerick. They currently have a core range of seven products, one of which is a Pale Ale called Garryowen. This beer has a historical connection with one of the seven breweries that operated in Limerick City in the mid 1700's which closed down in the late 1800's. They also contract brew for customers.



Product Range:

JJ's currently produce the following products:

Hugo's Lager 4.2% abv

Pearl Dubh Oyster Stout 7% abv

Abbey Stout 4.2% abv

Blossom Gate Sparkling Mead 3.8% abv

Garryowen Pale Ale 4.8% abv

Bill's Red Ale 5% abv

Balbec IPA 6% abv

Contact Details

Business Name: JJ's Craft Brewing Co. Ltd.

Contact: John Coughlan

Address: Kilmallock Enterprise Centre, Bruree Rd.,
Kilmallock, Co. Limerick

Phone: 087 8067206

Email: info@jjscraftbrewing.ie

Website: www.jjscraftbrewing.ie

Social media:

facebook.com/jjscraftbrewingcompany

twitter.com/jjscraftbrewing

instagram.com/jjscraftbrewery

BEVERAGES ALCOHOLIC

LIMERICK SPIRITS CO LTD THOMOND GATE

The Limerick Spirits Co. Ltd are an independent bottler and curator of spirits. They craft their unique Irish whiskey by source and finish whiskey in casks from around the world imparting their whiskey with depth and complexity beyond its years. As Limerick's first whiskey brand in over 100 Years, they have revived the process of growing local barley and oats for the production of their own unique grain to glass Limerick whiskey which will come of age in 2024.

Product Range:

Thomond Gate is their flagship product range and is a tribute to the long-lost Thomond Gate Limerick Distillery that put Limerick on the world stage for Irish whiskey. They have revived the brand in honour of the past, renewing traditional craft practices with modern innovation.

Their range is made up of Super Premium Single Pot Still & Single Malt Irish whiskey, bottled at cask strength. It is whiskey in its uncut and unaltered form, straight from the cask. Their signature is a characterful, flavoursome spirit, balanced in composition and nature, with flavours that persist and evolve with each sip.



Contact Details

Business Name: Limerick Spirits Co. Ltd.

Contact: Nicholas Ryan

Address: (Not open to the public)

Phone: 061 533 991

Email: info@thomondgatewhiskey.com

Website: thomondgatewhiskey.com

Social media:

twitter.com/ThomondGW

instagram.com/thomondgate_limerickwhiskey/

BEVERAGES ALCOHOLIC

TREATY CITY BREWERY

Treaty City Brewery is a small batch artisan brewery based in the heart of Limerick's medieval quarter, King's Island, founded by Stephen Cunneen. As well as producing world class beers, they also host events, run tours and offer corporate/occasion-based events in their beautiful medieval building.

Product Range:

Treaty City Brewery provide a wide range of core and special beers in 440ml cans and draft options.

These include:

Harris Pale Ale 5% abv

Invasion IPA 6% abv

Outcast Juicy IPA 3.8% abv

Good Karma New England IPA 5.4% abv

Out of Office Red IPA 5.4% abv



Contact Details

Business Name: Treaty City Brewery

Contact: Stephen Cunneen

Address: 24/25 Nicholas St, Medieval Quarter, Limerick

Phone: 0864531400

Email: steve@treatycitybrewery.ie

Website: www.treatycitybrewery.ie

Social media:

facebook.com/treatycitybrewery

instagram.com/treatycitybrewery

twitter.com/TreatyCityBrew

BEVERAGES ALCOHOLIC

VARDEBI

Vardebi, which means 'roses' in Georgian, started planting roses in Limerick more than twenty years ago and their love for them has never diminished. In 2017 they made their first rose petal wine using just fresh rose petals and normal yeast and in 2018 they started taking their winemaking seriously!

Vardebi's Irish wines are made dry, medium dry, medium sweet and sweet according to customer taste. Their wine has a nice taste and colour, leaving an essence of roses in the glass.

They made their first rose petal "murabba" or fruit preserve a few years ago also which is unique to Ireland and they now have a wide variety on offer.



Product Range:

New Irish Wines:

Rose Petal Wine (Iceberg-White, Ispahan-Real Rose, Velvet Rose-Red), Rosehip Wine (matured in whiskey barrels, with a natural taste), Honey Pomelo, Pineapple, Lemon Balm-Melissa, Lavender and other handcrafted wines.'

Murabbas (fruit preserves) are new to Ireland:

Rosehip sweet and sour, Rosehip sugar free, Rose petal jelly, Quince-Membrillo, Mango, Citrus medley (Grapefruit, Orange and Lemon in jelly), Apple, Honey Pomelo.

Vardebi products are available from the Urban Co-Op.

Contact Details

Business Name: Vardebi

Contact: Rolando Aguila

Address: Banogue, Co. Limerick

Phone: 0872214258

Email: vardebireland@gmail.com

Social media:

[instagram.com/vardebi/](https://www.instagram.com/vardebi/)

[facebook.com/vardebireland/](https://www.facebook.com/vardebireland/)

BEVERAGES NON-ALCOHOLIC

ATTYFLIN ESTATE

Located on the historic 250-acre Attyflin Estate based in Patrickswell, Co. Limerick, Attyflin Estate grow the finest of Irish fruit in their orchards and walled garden. Once perfectly ripe, they hand-pick this fruit and press it in their on-site production facility to create their award-winning range of natural fruit beverages. Their products are available nationwide in retail and hospitality sectors and have been recognised for their quality by Great Taste UK and Blas na hEireann.

Product Range:

Attyflin Estate produce a range of natural fruit beverages using their estate grown apples and other soft fruits. These include Cloudy Apple Juice, Rosette Apple Juice, Apple and Blackcurrant Juice, and Apple & Elderflower Juice. They also produce an Apple Cider Vinegar using estate grown apples that are pressed, fermented and then converted into a raw, unfiltered, unpasteurised and undiluted natural vinegar.

Their premium-quality preserves and chutneys are made from freshly picked apples, pears, blackcurrants and gooseberries, all grown in the estate's orchards and walled garden which are gently cooked down.



Contact Details

Business Name: Attyflin Estate

Contact: Brian O'Connell

Address: Attyflin Estate, Patrickswell, Co. Limerick

Phone: 061 529 202

Email: info@attyflinestate.com

Website: attyflinestate.com

Social media:

facebook.com/attyflinestate/

instagram.com/attyflinireland/

twitter.com/attyflinestate

BEVERAGES NON-ALCOHOLIC

BALLYGOWAN

Ballygowan is a 100% Irish bottled natural mineral water manufacturer based in Newcastle West, Co. Limerick, situated on a 40-acre site. They commenced production in 1986 and were the first Irish branded water. They use 100% recycled plastic and save 1500 tonnes of virgin plastic annually. Production contributes zero waste to landfill and the water is bottled at source using 100% renewable electricity. They produce over 90% fewer direct emissions.



Product Range:

On the Go Range – 500ml Still and Sparkling, 750ml Still Sports and 1.0 litre Still Sports

At Home Range – 1.5 litre, 2.0 litre, 6 x 500ml and 6 x 1.5 litre

Glass Range – 330ml Still & Sparkling and 750ml Still and Sparkling

At Home and Workplace Range – 11 litres and 18.9 litres

Products Exported

1. On the Go Range
2. At Home Range

Markets

- UK
- UK

Contact Details

Business Name: Ballygowan (Britvic Plc)

Contact: Trish Feury

Address: The Castle Demesne, Newcastle West, Co. Limerick

Phone: 069 66110

Email: trish.feury@britvic.com

Website: www.ballygowan.ie

Social media:

facebook.com/BallygowanIrishWater

instagram.com/ballygowan_irish_water/

twitter.com/BallygowanWater

BEVERAGES NON-ALCOHOLIC

BALLYHOURA APPLE FARM

Ballyhoura Apple Farm was established in 2006 and is based in Kilfinane, Co. Limerick. They are artisan producers of award-winning Juices, Syrups and Vinegars all in glass bottles. Their Irish Apple Cider Vinegar is their most popular product on sale in over 350 stores throughout the island of Ireland. Their vinegar vaults, production, bottling, distribution and administration offices are all located in the town itself at Ballyhoura Artisan Food Park.



Product Range:

- Irish Apple Cider Vinegar "with the Mother" 500ml (1 Star Great Taste 2021)
- Irish Apple Cider Vinegar blended with Honey" 500ml (Silver Blas na hEireann 2023, 1 Star Great Taste 2023)
- Spiced Apple Glazing Syrup 100ml (3 Star Great Taste 2021)
- Pure Irish Apple Juice 750ml & 250ml (1 Star Great Taste 2013)
- Apple & Beetroot 750ml (1 Star Great Taste 2013)
- Red Mulled Apple Juice 750ml ((Gold Blas ns hEireann 2021)
- Hot Friskey 750ml (Top 100 Best New Product IFE 2015)

Contact Details

Business Name: Ballyhoura Apple Farm

Contact: Maurice Gilbert

Address: Ballyhoura Artisan Food Park, Kilfinane, Co Limerick V35 EA37

Phone: 087-2741863 or 063-91413

Email: mgilbert@ballyhouraapplefarm.com

Website: www.ballyhouraapplefarm.com

Social media:

facebook.com/BallyhouraAppleFarm

twitter.com/ballyhouraapple

instagram.com/ballyhouraapple

BEVERAGES NON-ALCOHOLIC

ELEVEN 14 COFFEE

Eleven14 coffee roasters was founded in Limerick by Keith Earls, named after the two positions (numbers 11 and 14) that Keith has played in for Munster, Ireland and the Lions, throughout a stellar rugby career. Keith started roasting coffee using a popcorn maker at home in his kitchen, sourcing green beans from various sources around the world experimenting with roast profiles.

Eleven14 strives for perfection in both the quality of the product and the relationships with stakeholders, employees, suppliers, investors and of course their customers and end consumers. They are committed to sustainability in every aspect of the business. Eleven14 believes coffee and company are the perfect blend!

Product Range:

Eleven14 imports premium beans from sustainable farms in Columbia, Brazil, Peru and El Salvador, creating its unique coffee blends for all discerning palates.

Eleven14 offers wholesale coffee to hospitality partners also offering a range of coffee machines and equipment.

Eleven14 operates an espresso bar in its Annacotty plant and is expanding its offering in different locations.



Contact Details

Business Name: Eleven14 Coffee Roasters

Contact: Keith Earls

Address: Unit 1A Annacotty Business Park,
Annacotty, Limerick, V94WN56

Phone: 061975280

Email: hello@eleven14.ie

Website: www.eleven14.ie

Social Media: [@eleven14coffeeroasters](https://www.instagram.com/eleven14coffeeroasters)

BEVERAGES NON-ALCOHOLIC

ISHKA

ISHKA Spring Water is one of Ireland's largest bottled water companies. They are proud to produce only naturally sourced bottled water. ISHKA was founded in 1978 by Mr Michael Sutton Snr and is managed today by his sons Mike Sutton and Denis Sutton. Their purpose-built, state of the art, high technology facility located in the village of Ballyneety in County Limerick is one of the most modern facilities in Europe, where product, production and business innovation is constant.

Product Range:

ISHKA Irish Spring Water is naturally pure and low in sodium, rich in calcium, magnesium and potassium with a naturally balanced pH of 7.3 - 250ml Kids, 500ml Flat Cap, 500ml Sports Cap, 500ml RPET, 750ml, 1 litre, 2 litre, 5 litre & Multi-Packs.

ISHKA Sparkling Spring Water is a refreshing treat to enjoy any time of day or night, characterised by an exceptionally clean and delicate taste - 500ml & 2 litre.

Private label and branded ranges also.



Contact Details

Business Name: Ishka

Contact: Mike & Denis Sutton

Address: Shelton Business Park, Ballyneety,
Co. Limerick V94 C9X0

Phone: +353 (0)61 450705

Email: info@irishspringwater.com

Website: www.irishspringwater.com

Social media:

facebook.com/ishkaspring/

instagram.com/ishkaspring/

linkedin.com/company/ishka-irish-spring-water/

BEVERAGES NON-ALCOHOLIC

SIEGE COFFEE COMPANY

Siege Coffee Company, formerly known as Abbey River Coffee Roastery, is an artisan and small batch coffee roastery in 2021. The business started out as a specialty coffee shop in 2017 and keeping coffee at the core of everything they do, they took an interest in the coffee supply chain and the process of roasting their own coffee. An appreciation for the work that goes into growing, harvesting and processing coffee beans pushed the business to ensure the quality of coffee they serve reaches its maximum potential.

Green beans are carefully selected and imported from a variety of countries from South America to Africa and expertly roasted in house at their roastery in the Potato Market, less than 50 metres away from their coffee shop, Abbey River Coffee. ARC Roastery was rebranded to Siege Coffee Company in 2023 and they opened a specialty coffee shop in Colbert Station later that year.

Product Range:

Siege Coffee Company's products including coffee beans and brewing equipment can be purchased in Abbey River Coffee and their shop in Colbert Station. Please keep an eye on their socials for updates on a website launch.



Contact Details

Business Name: Siege Coffee Company & Abbey River Coffee

Contact: Christy McAllister

Address: Abbey River Coffee, Mathew Bridge, Merchant's Quay, Limerick City V94T2D0

Phone: 085 7220453

Email: siegecoffeecompany@gmail.com

Social media:

[instagram.com/siegecoffeecompany](https://www.instagram.com/siegecoffeecompany)

[instagram.com/abbey_river_coffee/](https://www.instagram.com/abbey_river_coffee/)

[facebook.com/abbeyrivercoffee](https://www.facebook.com/abbeyrivercoffee)

twitter.com/AR_Coffee13

BEVERAGES NON-ALCOHOLIC

WILD ORCHARD

Wild Orchard are Ireland's leading homegrown smoothie supplier. They produce premium quality fresh juices, fruit smoothies and natural sparkling lemonades using only fruit and natural ingredients. Where possible all their ingredients are sourced in Ireland. No additives, no preservatives or no stabilisers are added, their products are 100% natural.



Product Range:

Freshly Squeezed Juices: Orange, Lemon, Lime.

Pressed Juices: Apple, Apple & Carrot.

Pure Fruit Smoothies: Mango & Passionfruit, Strawberry, Blueberry.

Veggie Smoothies: Green Veg, Beetroot Boost.

Products Exported

Orange Juice

Markets

UK

Contact Details

Business Name: Wild Orchard Natural Beverages

Contact: Diarmuid Crowley

Address: Enterprise Centre, Hospital, Co. Limerick

Phone: 061 383930

Email: diarmuid@wildorchard.ie

Website: wildorchard.ie

Social media: facebook.com/wildorchardsmoothies

twitter.com/wildorchard

instagram.com/wildorchard

CATERING & PREPARED FOOD

CAPPERCULLEN FOODS & GOOD FOOD OUTLET

A family-owned business, CapperculLEN Foods is a Limerick based food production company founded by Pat and Mary Power. After five years in food production, they opened The Good Food Outlet on the Ballysimon Road and supply the store from their 5,000 square foot production premises at Raheen Business Park.

Whether customers are on a diet, training at the gym, or just eating healthy, they've made sure that whatever people are into, they could get all of that in the pre-prepared meals at their outlet.



Product Range:

Power Fit Ready Meals
Pre-Prepared Meals

Contact Details

Business Name: CapperculLEN Foods Ltd.
& The Good Food Outlet
Contact: Pat & Mary Power
Address: Limerick Food Centre, Pearse Rd,
Raheen Business Park, Limerick
Phone: 086 3778542
Email: capperculLENfoods@gmail.com
Social media:
facebook.com/foodgoodfoodoutlet
instagram.com/goodfoodoutlet

CATERING & PREPARED FOOD

COOK & CLEAVER

Cook and Cleaver is the brainchild of childhood friends Garrett and Tom, who share a love for exquisite flavours and exceptional ingredients. Garrett's Quality Butchers and Chef Tom Flavin's culinary mastery merge to create this culinary haven. Their commitment to sourcing locally ensures the best of everything in every dish.

Cook and Cleaver offers ready meals meticulously crafted with restaurant-quality standards, bringing convenience without compromising taste. Succulent meats exclusively from Garrett's and Tom's expertly crafted recipes guarantee a mouth-watering experience. Busy households can now savour extraordinary flavours effortlessly.



Product Range:

Experience the gastronomic journey where quality meets convenience. Elevate your meals with Cook and Cleaver's thoughtfully packaged delights, embracing simplicity without sacrificing excellence. Join them in celebrating the joy of fine dining in the comfort of your home.

Stockists include:

Garrett's Butchers, The Urban Co-Op, Sonas Health Foods Newcastle West, Garvey's Centra Adare and flying cheese grocer in Limerick Milk Market.

Contact Details

Business Name: Cook and Cleaver

Contact: Tom Flavin

Address: Ardagh, Co. Limerick

Phone: 087 6489205

Email: tom@flavin.ie

Website: www.flavin.ie

Social media:

instagram.com/cook_and_cleaver

twitter.com/CookNCleaver

facebook: Cook & Cleaver

CATERING & PREPARED FOOD

COUNTRY MUNCH

Country Munch, founded by Eoin Sheehan, produces fresh, wholesome homecooked meals for anyone who doesn't have the time or skillset to cook at home! Cooked fresh every day from scratch.

"The good food I grew up with inspired the Country Munch ethos: simple, healthy and wholesome. My grandmother was a huge inspiration for the way I cook and eat today." - Eoin Sheehan

Eoin is also a chef on Virgin Media's Six O'Clock Show and hosts cookery demonstrations nationwide.



Product Range:

Cajun Chicken with Mexican Style Rice - Traditional Bolognese
Loaded Chicken Burrito - Chicken Madras Curry w/ White Rice
Roast Chicken with Mashed Potato's & Steamed Greens
Garlic Lemon Thyme Chicken on Roasted Vegetable Cous Cous
Chilli Con Carne - Cottage Pie w/ Mashed Potato - Indian Curry
Vegetable Soup - Vegetarian Curry w/ white long grain rice
Vegetarian Munch Burrito - Vegetarian Mixed Cous Cous Salad
Chicken in Black Bean Sauce w/ White Rice - Beef Burrito
Country Munch Bulk Sauces Thai Curry, Bolognese, Cottage Pie
Country Munch Power Nut Balls - Meal Deal Packages, Catering

Beef Boxes:

Country Munch also offers Pallas Galloway Beef from their organic beef farm in Pallaskenry, Co. Limerick.

Contact Details

Business Name: Country Munch
Contact: Eoin Sheehan
Address: Monaclinoe, Ballysimon Road, Co. Limerick
Phone: 085 2770803
Email: eoin@countrymunch.com
Website: countrymunch.com
Social media:
facebook.com/CountryMunchLtd/
instagram.com/countrymunch/

CATERING & PREPARED FOOD

HAPPY FOOD AT HOME

Happy Food at Home was started by Ciara Brennan in 2016 as a part time venture to explore vegan catering from a kitchen counter in her house. It has grown organically with this cuisine becoming more popular as we become more aware of our planet and the environment. She runs a zero waste kitchen. Her organic veg is delivered to her every week by Doon Social Farm and Glebe Farm, local organic growers.

Ciara set up two tables in the Milk Market in January 2017, and she now run two stalls front and centre (one hot and one cold). It's a sell-out every Saturday. On Friday she attends the farmers market in Roselvan. From Tuesday to Friday, she delivers food locally in Limerick, and supplies food to five different counties in the Munster region through NeighbourFood. She also operates a Deli from her professional kitchen space on the Ballysimon Road.

Product Range:

Buffet style catering offering everything from lasagnas to shepherd's pie and carrot burgers to sausages rolls - all veganized.

Very popular are the wide and varied range of salads provided, up to 18 types displaying different colours, textures and flavors made fresh every day.

Ciara cooks with the seasons and uses local ingredients which are always showcased in her dishes.



Contact Details

Business Name: Happy Food at Home

Contact: Ciara Brennan

Address: B1 Crossagalla Estate, Ballysimon Rd, V94TR88

Phone: 0876478693

Email: happyfoodathome1@gmail.com

Website: www.happyfoodathome.ie

Social media: facebook.com/happyfoodathome

instagram.com/happyfoodathome

Tiktok: ciarabrennan177

CATERING & PREPARED FOOD

THE LIMERICK LADLE

The Limerick Ladle was founded by Karen Hopkins to produce fresh, handmade cooking stocks, soups and sauces. Karen was keen to produce fresh, healthy and tasty products including Root Vegetable Cooking Stock, Beef Stock and Chicken Stock and produces in Bruree where her Grandfather was a butcher, close to where she grew up. In 2023, the Root Vegetable and Beef Stock won the prestigious Chef's Larder category at the Blas na hÉireann awards. The products were blind tested by experienced judges using an industry recognised method of assessing food taste and quality.

The cooking stocks that Karen produces are slow cooked, free of any artificial additives and preservatives, low in salt and fat. They are a great flavour base for many dishes including soups, stews and sauces and are chilled to maintain their goodness. In addition to cooking stocks, Karen has been developing a range of fresh soups in a variety of flavours. Where possible Karen uses recyclable packaging and locally sourced ingredients.



Product Range:

Root Vegetable Cooking Stock - Blas na hÉireann Irish Food Awards Chef's Larder 2023 award winning slow cooked fresh root vegetable stock

Beef Cooking Stock - Blas na hÉireann Irish Food Awards Chef's Larder 2023 award winning slow cooked fresh beef stock

Chicken Cooking Stock - slow cooked fresh chicken stock, fresh chicken bones slowly simmered with the finest fresh vegetables

Root Vegetable Soup - a delicious blend of earthy vegetables slowly cooked in handmade natural cooking stock in a recyclable microwaveable plastic tub

Contact Details

Business Name: The Limerick Ladle

Contact: Karen Hopkins

Address: Bruree Food Innovation Centre,
Bruree, Co. Limerick V35 V578

Phone: +353 (87) 436 5674

Email: karen@thelimerickladle.ie

Website: www.thelimerickladle.ie

Social media:

facebook.com/thelimerickladle

instagram.com/thelimerickladle

linkedin.com/company/the-limerick-ladle

CONFECTIONARY & BAKERY

ANGEL DUST PATISSERIE & BAKERY

Angel Dust is a patisserie and bakery with a focus on high quality ingredients and modern design, which gives their customers more than just a cake. One of their main aims since opening in April 2021 has been to bring some diversity to the Limerick food scene. At Angel Dust, their passion is luxury food while also considering the environmental impacts of all aspects of their business. Whether it's the recycled floor materials laid in the kitchen and shop front or the recyclable, plastic free packaging they use, Angel Dust make every effort to ensure their business is as environmentally aware as possible.

Product Range:

Angel Dust produce a range of French style pastries and cakes, baked in small batches each day. All of their products are made on their own premises and they pride themselves on using only the highest quality and when possible, locally sourced ingredients, offering seasonal delights.



Contact Details

Contact: : Finn Robson

Address: 12 Thomas Street, V94 KXF1

Phone: 061 410021

Email: finnrobson@hotmail.com

Social Media:

facebook.com/angeldustpastry

instagram.com/angeldustpastry

CONFECTIONARY & BAKERY

BEAN A TÍ BAKERY & CAFE

Bean a Tí Bakery & Café is a 3rd generation family run business established in 1966. It is located on Little Catherine Street, in the heart of Limerick City. They are passionate about their business and have an avid love of baking. They pride themselves on producing fresh, quality home-made confectionary, breads and novelty cakes. This is made possible by a loyal team of skilled staff, with bakers who work through the night to provide fresh home-made produce. Their success is in keeping it simple using seasonal, good quality ingredients, valuing quality over quantity. They like to keep in touch with the community and give back to the city. They received the Limerick Tidy Towns Monthly Award in September 2016.

Product Range:

Selection of breads, scones and Danish pastries baked freshly on the premises each morning.

They also provide a huge selection of novelty cupcakes, fresh and non-fresh cream buns and pastries, fruit tarts, loaf cakes, buttercream and fresh cream cakes available in many flavours and sizes. For special occasions they provide a number of styles, sizes and flavours to suit all.

They also supply cakes and pastries to many local businesses around the city.



Contact Details

Business Name: Bean a Ti Bakery and Cafe

Contact: John Canty

Address: 1 Little Catherine Street, Limerick

Phone: 061 315372

Email: john@beanatibakery.ie

Social media:

facebook.com/beanatibakery

CONFECTIONARY & BAKERY

BRAW

BRAW was founded in 2020 by pastry chef and chocolatier Anna Coffey Lynch. They make small batch chocolate bars and a range of baked goods. They use ethical and sustainable chocolate to produce their bars.

Braw was awarded McKenna's Guides Best of Ireland 2022 and were nominated for Best Emerging Producer Food and Wine Awards 2021.

Product Range:

Small Batch Chocolate Bars

Braw Box - available through their website for nationwide delivery.

Bakery items - for local cafes and restaurants.

Salted Caramel Brownies - available through their website for delivery nationwide.



Contact Details

Business Name: BRAW

Contact: Anna Coffey Lynch

Address: Unit 3f, Limerick Kitchen Hub, Crossagalla Industrial Estate, Ballysimon Road, Limerick

Phone: 0864568757

Email: hello@braw.ie

Website: www.braw.ie

Social media:

twitter.com/brawdottie

instagram.com/braw.ie

CONFECTIONARY & BAKERY

COSMIC SWEETS

Amanda was born in Toronto, Canada and grew up with fresh food surrounding her. After university, she longed for more and moved to London. Through gut and hormonal issues she realized that what we considered healthy food was still heavily processed, and with too many ingredients. It's here she went back to basics, learning about nutritional wellness and researching herbal remedies.



Product Range

Moving to Ireland allowed Cosmic Sweets to come to life and evolve into the growing wellness brand it is today. With a love for food and nurture, Cosmic Sweets was made to bring communities together and help bring an awareness that food is medicine and healthy food is delicious!

Cosmic sweets is a vegan, gluten free, and refined sugar free desserts and tea company. Infused with herbal remedies, they are constantly inspired from nature's delicious gifts and healing properties. Available from the Milk Market, Sonas Health Foods, The Urban Co-op and Neighbourfood.

Contact Details

Business Name: Cosmic Sweets

Contact: Amanda

Address: Limerick

Phone: 087 3820455

Email: info@thecosmicsweets.com

Website: www.thecosmicsweets.com

Social media: [instagram/thecosmicsweets](https://www.instagram.com/thecosmicsweets)

CONFECTIONARY & BAKERY

KEARNEY'S HOME BAKING

Kearney's Home Baking was originally established in 1992 trading as a partnership between partners Maura and Siobhan Kearney. They are both qualified with Diplomas in Bakery Production and Management from the Dublin Institute of Technology along with many other qualifications and awards. They manufacture and distribute homemade style fresh baked goods and supply into Super Valus, Centras, Londis, Spar and many privately owned stores in the Limerick and North Kerry region.

Kearney's have achieved numerous awards down through the years for their products including Blas Na hEireann and Free From awards. They are also members of Origin Green for the last three years and have achieved gold membership for the last two years.



Product Range:

Soda Bread - including Brown Bread, White Bread, Bran Bread
Other Breads - Health Loaf & Cottage Bread
Scones - Brown, White and Fruit Scones
Apple and Rhubarb Tarts
Buns - Pastry Buns, Queen Cakes, Selection Pack, Buttercream Buns, Chocolate, and Coffee Buns
Cakes - Porter, Fruit, Teabrack and Lemon Madeira
Cookies - Oat and Raisin Cookies, Shortbread Cookies, Cranberry and White Chocolate
Christmas products - Christmas Cakes, Mince Pies, Brownies
Gluten Free - Brown Bread, Fruit Scones, Jam Buns, Buttercream Buns, Oat and Raisin Cookies

Contact Details

Business Name: Kearney's Home Baking Ltd

Contact: Maura Kearney

Address: Tenekilla, Ballyhahill, Co. Limerick V94A2P2

Phone: 069 82124

Email: info@kearneysthomebaking.com

Website: www.kearneysthomebaking.com

Social media:

facebook.com/kearneysthomebakingltd

twitter.com/Kearneysthomeba1

instagram.com/kearneysthomebakingltd

CONFECTIONARY & BAKERY

LA PATISSERIE

With a desire to bring an authentic taste of France to Limerick, in 2017 the proprietors of The French Table Restaurant in Limerick, Deirdre & Thomas Fialon, created La Patisserie. La Patisserie's culture stems from 'Petite France' (Strasbourg), where Thomas was born and where he first discovered his love of cooking and passion for patisserie under the watchful eye of his Grandmother.

The products are uniquely hand-crafted in-house by highly skilled Chef-Pâtissier who endeavours to preserve classical French flavours while cleverly adding his own unique contemporary twists.



Product Range:

Pastries - a timeless collection of authentic French products for you to choose from, hand-crafted fresh each morning.

Occasion Cakes - A meticulous amount of work, concentration and French flair goes into our cake making and we have a full range of customisable show stopping creations for you to choose from.

Party Assortments - Add a selection of our picture perfect pastries and delectable desserts to the centre of your next meeting or event and they're sure to provide a real talking point and live long in the memory. Bite sized and packed full of flavour.

Contact Details

Business Name: 'La Patisserie' by The French Table

Contact: Deirdre & Thomas Fialon

Address: The French Table, 1 Steamboat Quay, Limerick
• Castletroy Town Centre, Castletroy, V94 AK80 Limerick
• Jetland Shopping Centre, Clonmacken Road, Limerick

Phone: 089 7076557 / 061 609274 (The French Table)

Email: info@lapatisserie.ie

Social media:

facebook.com/lapatisserielimerick/

instagram.com/lapatisserie_limerick/

CONFECTIONARY & BAKERY

MÜSH

Ever since 2018, MÜSH has been serving delicious cupcakes to our customers in Limerick and beyond. MÜSH takes great care and effort in finding local, organic, sustainable, socially conscious, fairly traded ingredients whenever possible. We're here to serve you the best cupcakes in Limerick and we love to do so. We are proud to have such a wide selection, including traditional, gluten free and vegan cupcakes, fresh and delivered to your door!

Product Range:

Bespoke Cupcakes
-Traditional, Deluxe, Gluten Free, Vegan
Party Boxes
Cupcake Bouquets
Cupcake Cake
Toppers: flowers, printed discs, photos, 2D handmade, 3D handmade
Wedding Packages



Contact Details

Business Name: MÜSH
Contact: Elizabeth Mulqueen
Address: Corbally, Limerick V94 K8RX
Phone: 089 2244100
Email: mushireland@hotmail.com
Website: mush.ie
Social media:
facebook.com/MushIreland/
instagram.com/mushireland/

CONFECTIONARY & BAKERY

NOVAK'S BAKERY

A Polish wholesale family-run bakery, Novak's are specialists in sourdough breads. They started their bakery in Limerick in 2019. Their products are based on natural ingredients, water, salt, flour, Levan. The unique taste of their bread is based on making it by hand and from scratch. Novak's sell at the Milk Market and they supply local cafes as well as shops in Limerick City.

Product Range:

White Sourdough, 100% Rye Sourdough with seeds, Poppyseed Sourdough, Wholemeal Sourdough, Wholemeal Bread.
Rustic Baguette, Brioche Loaf.
Donuts - jam, custard, chocolate, coconut or fudge.
Sweet buns - custard, jam, cottage cheese or chocolate.
Pizza buns - mushroom or tomato.
Poppy seed buns, Graham buns, white buns.



Contact Details

Business Name: Novak's Restaurant T/A Novak's Bakery
Contact: Michal Nowak
Address: Unit 4a Enterprise Centre, Kilmallock Road, Limerick
Phone: 0851512934
Email: novaksbakery@gmail.com
Social Media: facebook.com/novaksbakery

CONFECTIONARY & BAKERY

SODALICIOUS

Owned and operated by Jane Conlon, Sodalicious prides itself on baking a range of freshly flavoured soda bread products including bread, scones, cinnamon swirls and more.

In their city centre café, there is a soda bread element to almost every dish on the menu. When ordering, the customer gets to choose what flavour bread they would like their sandwich made on, bread which has been baked fresh that morning. They fill and grill their sandwiches using the best quality ingredients and Irish when possible, resulting in the best built sandwich in town. In 2023 Sodalicious opened a second café at Park Point in Castletroy.

Award winning bread + best ingredients = Sodalicious.

Product Range:

Sodalicious has a range of seven flavoured breads - Traditional White, Traditional Brown, Spelt Brown, Treacle Brown, Cheddar & Chive, Rosemary & Olive Oil, Walnut. Their award-winning Cheddar & Chive bread won silver in Blas na hEireann 2022 and Rosemary & Olive Oil won gold in the Irish Quality Food awards 2021.

They bake a range of sweet products including cinnamon swirls, raspberry swirls, lemon and poppy seed swirls, coffee and walnut swirls, Chelsea buns.

Sodalicious breads are available in their cafes, and also from shops and supermarkets.



Contact Details

Business Name: Sodalicious

Contact: Jane Conlon

Address: 9 Lower Cecil Street, Limerick
& Park Point, Dublin Road, Castletroy V94 Y83C

Phone: 0863872567

Email: jane@sodalicious.ie

Website: www.sodalicious.ie

Social media:

twitter.com/SodaliciousL

instagram.com/sodaliciouslimerick

facebook.com/Sodaliciouslimerick

CONFECTIONARY & BAKERY

SOS COOKIES

SOS Cookies was founded in December 2020 by Sarah O'Sullivan, a foodie with a background in product development and analysing trends after completing a Masters with Bord Bia in Food Innovation and Insights. A self-confessed chocoholic, it is no surprise that Sarah fell into cookies. As a young girl Sarah has fond memories of visiting cookie shops abroad. She is now selling into many coffee outlets and selling from her shop at The Milk Market (Monday-Saturday), at Castletroy Farmers Market (Friday) and Arnott's pop-up Dublin.

Product Range:

A range of stuffed cookies with family favourite chocolate such as: Kinder, Nutella, Milky Bar, Oreo and lots more.
Cookie, Deep Dish, Brookie
Delivery Boxes
Collection Boxes
Collection Cakes



Contact Details

Business Name: SOS Cookies
Contact: Sarah O'Sullivan
Address: Unit K-L, The Milk Market, Cornmarket Row, Limerick V94 TV21
Phone: 087 9006303
Email: info@soscookies.ie
Website: www.soscookies.ie
Social media:
facebook.com/soscookies
twitter.com/soscookies
instagram.com/soscookies

CONFECTIONARY & BAKERY

SUNFLOWER BAKERY

Sunflower Bakery is a small craft bakery where they make all their baked goods using organic flour, free range eggs and Irish butter.

They have a shop at Ballycummin village in Raheen.

Sunflower Bakery is a family run bakery with Adam at the helm running a very professional operation, always striving for excellence.

Product Range:

A large range of sourdough breads. Olive and Rosemary, Granary, Rye, Spelt, Sundried Tomatoes and Spring Onion, White.

A range of danish and French pastries Including Croissant, Pain au Chocolat, Almond Croissant, Fruit Danish.

Large Bakewell tarts, Bakewell tartlets, Brownies, Cookies, Gingerbread people, Muffins, Cupcakes.

Sunflower Bakery also sells at Limerick Milk Market, UL Farmers Market, Ennis Farmers Market, and Killaloe Farmers Market.



Contact Details

Business Name: Sunflower Bakery

Contact: Adam MacManus

Address: Limerick, Ireland

Phone: 083 181 9437

Email: sunflowerbakerylimerick@gmail.com

Social media:

facebook.com/sunflowerbakerylimerick/

instagram.com/sunflowerbakerylimerick/

CONFECTIONARY & BAKERY

THE DANES BAKERY

A family run bakery that has been dedicated to baking high quality, great tasting and amazing looking cakes and bread in Limerick City, since 1941. They still use the best of traditional methods and recipes blended with new trends, ideas and flavours. They have a highly skilled team of bakers and confectioners that bake their bread and cakes each morning in their bakery

Product Range:

Cakes: Wedding cakes, Birthday Cakes, Celebration Cakes, Cupcakes, Macarons

Traditional Breads: Irish Soda Bread, Spelt Bread, Farmhouse Bread
Fresh Cream Cakes and Confectionery:

Gluten Free, Dairy Free, Egg Free, Reduced Sugar Cakes & Cupcakes
American Sweets & Candy, Soft Drinks



Contact Details

Business Name: The Danes Bakery

Contact: 061 400477

Address: 54 Upper William Street, Limerick

Phone: 061 400477

Email: infothedanesbakery@gmail.com

Website: www.thedanesbakery.ie

Social media:

facebook.com/thedanesbakery

twitter.com/DanesBakery

instagram.com/DanesBakery

CONFECTIONARY & BAKERY

THE MESSY APRON

The Messy Apron is a Limerick based home baking business by Niamh Hough providing baked goods to markets and retail outlets including the famous Saturday food market at Limerick's Milk Market, and The Urban Co-Op.



Product Range:

Seeded Brown Bread, Wheat Free Porridge Bread, Lemony Yoghurt Cake, Lemon and Raspberry Cake, Banana Bread, Chocolate Brownies, Raspberry Bakewell, Rosemary and Sea Salt Crackers, Wheat Free Polenta Cakes, Selection of Biscotti, Triple Chocolate Cookies and Seasonal Baked Goods.
Bespoke cakes for all occasions.

Contact Details

Business Name: The Messy Apron
Contact: Niamh Hough
Address: Limerick, Ireland
Phone: 087 2568046
Email: themessyapronirl@gmail.com
Social media:
facebook.com/themessyapronirl
instagram.com/themessyapronirl

DAIRY

BALLY GOAT FARM

Bally Goat Farm based in Newcastle West was established in 2019. It is run by the Leahy Family Jim, Breda, Seamus and Norma.

In 2019 Bally Goats soft cheese picked up two awards namely Bronze at Blas na hÉireann and Silver at the Irish Cheese Awards. Bally Goat Burgers won highly commended at the Listowel Food Fair 2019.

Bally Goats Milk was awarded Silver at Blas na hÉireann 2022.

Product Range:

Goats Milk
Goats Cheese
Goats Milk Kefir
Goats Meat



Contact Details

Business Name: Bally Goat Farm
Contact: Seamus Leahy
Address: Ballyquirke, Newcastle West,
Co. Limerick V42HN44
Phone: 087 2660600
Email: Leahyfarmfoods@gmail.com
Social media:
facebook.com/ballygoatfarm
twitter.com/ballygoatfarm
instagram.com/ballygoatfarm

GLENSTAL FOODS

Established in 1995 Glenstal Foods is an award-winning Irish dairy company. Based in Murroe, County Limerick. We've built our business in the heart of Ireland's lush Golden Vale, specialising in critical sectors of the Irish dairy food industry - retail, food service and manufacturing.



Product Range:

Butter: As pure as the summer milk used to produce it. The perfect combination of fresh Atlantic air, rich fertile soil and plenty of rain produces lush grass for cows to graze on. The summer milk these cows produce is superbly rich and creamy. This delicious Irish butter is a testament to this wonderful summer milk - lovely and yellow, naturally soft and full of flavour. It's a celebration of the real taste of home! Available Parchment Packs in 125g, 227g and 454g formats.

Cheese: Hand selected, expertly matured and aged. Award-winning cheese is 100% Irish produced and packed, made using summer milk from pasture-fed cows. With over 40 years of experience, Glenstal's expert Cheese Grader makes sure only the highest quality cheese is chosen. Available in Parchment Packs in 200g, 300g, 350g, 2.5Kg and 5Kg in block and slice format.

Exports globally.

Contact Details

Business Name: Glenstal Foods Ltd.

Contact: Richard Walsh

Address: Abington Rectory, Murroe,
Co. Limerick, Ireland V94 V0R1

Phone: 061 386511

Email: info@glenstalfoods.com

Social media:

facebook.com/GlenstalFoods/

instagram.com/glenstalfoods/

linkedin.com/company/glenstalfoods/

OLD IRISH CREAMERY CHEESE

A family run business based in Effin, Co. Limerick, with over 200 years combined experience in cheesemaking and grading. Jim O' Doherty owner of the company was from a farming background and always had a love of cheese. It was his ambition to one day develop his own products after spending 30 years working in Golden Vale Foods Ltd. Through his work as a cheese maker and cultured products manager he had learnt his trade and so acquired Effin Creamery in 1992 where he started J.O.D. Food Products. He manufactured his cheese range under the Old Irish Creamery brand name. To date the range has received over 100 national and international awards for the range from Blas na hEireann, Nantwich International Cheese and the World Cheese Awards.

Product Range:

To date there are 26 varieties in the Old Irish Creamery range. The range is constantly expanding with new flavours being developed in response to market trends.

The current range is:

Cheddar with Garlic & Herbs, Cheddar with Chilli, Oak Smoked Cheddar, Cheddar with Cranberries, Cheddar with Blueberries, Cheddar with Walnuts, Cheddar with Black Pepper, Cheddar with Irish Porter, Cheddar with Irish Whiskey, Cheddar with Red Wine, Cheddar with Murphy's Stout, Cheddar with Sriracha, Cheddar with Caesar Salad, Cheddar with Chives, Cheddar with Chocolate, Cheddar with Coffee, Cheddar with Pumpkin Seeds, Cheddar with Curry, Cheddar with Seaweed, Luck O Irish Cheddar, White/ Coloured, Mild/Mature/Vintage Cheddars.



Contact Details

Business Name: Old Irish Creamery Cheese

Contact: James O'Doherty

Address: Effin Creamery, Effin, Kilmallock, Co Limerick

Phone: 063 71209

Email: info@oldirishcreamery.com

Website: www.oldirishcreamery.com

Products Exported

All products exported with approx. 75% of current business making up exports.

Markets

USA, Canada, France, Germany, Spain, Portugal, Holland, Luxembourg, Malta, Lithuania, Ukraine, Finland, UAE.

EGGS

CROOM FREE RANGE EGGS

Sean Duggan and his wife Lynette started out in 2012 and set up Croom Free Range Eggs with 250 hens, supplying a handful of local shops. Now they have 3,500 hens and supply a large number of shops, cafes, restaurants and hotels. These are mostly based in Limerick City and County, with the exception of a few customers in Charleville. They pride themselves on having the welfare of their hens as their primary goal. The hens are out on the range from mid-morning till dusk.

Product Range:

Free range eggs and honey. Croom Free Range Eggs supply 6-pack Free Range Large and 10-pack Free Range Medium to the retail sector.

They supply Free Range Loose Medium Eggs in 360 egg boxes to the hospitality sector.

Honey -

They also supply their own local honey to specialist shops.



Contact Details

Business Name: Croom Free Range Eggs

Contact: Sean Duggan, Lynette Duggan

Address: Carhue, Croom, Co Limerick

Phone: 087 2305764 OR 087 6285512

Email: sean.v.duggan@gmail.com

EGGS

GUIRY'S WEST LIMERICK FREE RANGE EGGS

Guiry's are a small family run farm, based in Knockaderry, West Limerick in the heart of the Golden Vale. They started in poultry (hatching egg production) in 1995. They changed over to Free Range Hen Egg production for the table in 2010.

Presently they produce and distribute all their own free-range eggs to local shops, restaurants and hotels. They also operate a farm gate self-service unit where customers can insert coin into a vending machine and collect their fresh free-range eggs. They are fully registered with the Dept. of Agriculture, Food and the Marine.



Product Range:

They supply their medium and large free-range eggs in packets of 6, 10, 12 & 18 - shop shelf ready.

For supermarket deli counters, restaurants and hotels the eggs are presented on trays of 30 eggs - either medium or large size as required.

Contact Details

Business Name: Guiry's of West Limerick
Free Range Eggs

Contact: Christine & Michael Guiry

Address: Kiltanna, Knockaderry, Newcastle West.
Co Limerick V42 PX70

Phone: Christine 086-1095807 or Michael 087-6836505

Email: christineguiry@outlook.ie

Website: www.limerickeggs.ie

Social media:

facebook.com/guirys.westlimerick

twitter.com/guiryseggs

FISH

RENE CUSACK

Founded in 1916, for more than a hundred years Rene Cusack's have brought fresh fish from around our coast and further when necessary to serve the requirements of Limerick consumers and beyond.

The third generation of the Cusack family is now at the helm, steered by Paul who started working with his father when he was 18. Anyone who knows Paul appreciates that he is passionate about fish. Fish is his business but it's much more to Paul. Fifty years in the job, he knows a lot about our gilled and scaly friends and what people want when they come to buy.



Product Range:

All types of fresh fish & shellfish, smoked fish, frozen fish and shellfish. Fresh packed for the freezer.

Extensive range of fresh curry pies, coated fish.

Fillets prepared by their experienced chefs.



Contact Details

Business Name: Rene Cusack

Contact: Paul Cusack

Address: Alphonsus St. Limerick V94 FP65

Phone: 087 2592741

Email: Cusackrene@gmail.com

Website: www.renecusack.ie

Social media:

facebook.com/renecusackfish

instagram.com/cusackrene

FISH

SCIBEEN FOODS LTD.

Scibeen Foods Ltd. was established in 1997 to produce salmon products. It is based in Abbington, Murroe, Co. Limerick and supplies Supervalu and Centra stores in the Mid-West Region.

Scibeen is a small-scale artisan business and a local supplier. Only fresh premium salmon is used. The time between production and delivery is short ensuring freshness. Their process ensures a mild delicate flavour. Scibeen Salmon is rich in Omega 3 and high in protein.

Product Range:

Smoked Salmon in various pack sizes.

Barbequed Salmon in various pack sizes.

Salmon Pâté

Salmon Steaks



Contact Details

Business Name: Scibeen Foods Ltd.

Contact: Michael O'Callaghan

Address: Abbington, Murroe, Co. Limerick

Phone: 0872713466

Email: scibeen@hotmail.com

Social Media:

facebook.com/ScibeenFoods

twitter.com/ScibeenFoods

FRUIT & VEGETABLES

CLANCY LEWIS FRUIT LTD

Clancy Lewis Fruit Ltd is a Limerick-based family run business in operation for over 40 years. In this time they have been supplying their customers with the highest quality produce and customer service throughout the Limerick area and all of Ireland. Their customer base ranges from Michelin star restaurants to 5-star hotels, other wholesalers, shops, restaurants and bars as well as walk-in customers. Their aim as a company is to always offer the best quality produce and service to their customers.

Product Range:

Clancy Lewis Fruit Ltd strive to support local suppliers as much as possible; along with a supply of fresh exotic goods and prep food for catering, they have an array of produce for their customers to select from. Their aim is to supply the highest quality produce with the best of customer care.



Contact Details

Business Name: Clancy Lewis Fruit Ltd

Contact: Dan Clancy

Address: Park Road, Limerick

Phone: 061413666

Email: sales@clancylewisfruit.com

kevin@clancylewisfruit.com

david@clancylewisfruit.com

Social Media:

facebook.com/clancylewisfruit

FRUIT & VEGETABLES

IRISH GOURMET MUSHROOMS

Irish Gourmet Mushrooms was started in 2018 by Colm Smyth in Herbertstown, Co. Limerick. Fresh gourmet mushrooms such as Oyster are produced and supplied to several local restaurants and hotels. An online shop now sells several items for those interested in growing Mushrooms at home including a Mushrooms Grow Kit.

Colm produces naturally, using organic materials where they can be sourced. Recycling and waste management is practiced eg compost is made from the spent raw materials.

Product Range:

Fresh gourmet mushrooms such as Tree Oyster, King Oyster and also Lions Mane are some of the strains available.

Mushrooms Grow Kits contain a box with substrate in it and are already inoculated with mushroom spawn and take 10-15 days to see mushrooms growing at home. These are available online. Wooden dowels, grain spawn, 3T bags, and liquid culture are also available online for anyone who wants to cultivate mushrooms at home.

Products available change from time to time so email or watch the website for new products and strains.



Contact Details

Business Name: Irish Gourmet Mushrooms

Contact: Colm Smyth

Address: Ballinard, Herbertstown, Co. Limerick V35 P634

Phone: 085 8750183

Email: colm@irishgourmetmushrooms.ie

Website: www.irishgourmetmushrooms.ie

Social Media:

instagram.com/irishgourmetmushrooms

FRUIT & VEGETABLES

NEW LEAF URBAN FARMERS

New Leaf Urban Farmers was established in 2016 by Kevin Wallace. They have quickly grown to become Limerick's largest grower of mixed leaves and specialist vegetables. They garnered a Euro-Toques award in 2019 (craft section) and became a Food Ambassador for Food on the Edge 2021.

Nominated for Farming for Nature Award in 2022, they practise Korean Natural Farming methods (KNF & JADAM) whereby they capture indigenous micro-organisms and culture them, then add them to the soil. Kevin also sources what is needed on the farm from water to fertilisers, which are prepared on-site using materials sourced either on the farm or sourced within the County of Limerick. It is a hyper-local system.

Product Range:

New Leaf Urban Farmers produce mixed leaves and specialist vegetables for the hospitality and retail sectors. Specialist vegetables are baby vegetables such as: beetroot, leeks, Hakurei turnips and carrots.

They deliver throughout the County of Limerick and to some parts of County Clare, and use Limerick Fruit Suppliers Ltd to distribute their products nationally.



Contact Details

Business Name: New Leaf Urban Farmers

Contact: Kevin Wallace

Address: County Limerick

Phone: 086-8786047

Email: newleafurbanfarmers@gmail.com

Website: www.newleafurbanfarmers.com

Social Media:

facebook.com/newleaf.urbanfarmers

twitter.com/NewLeafUrbnFarm

instagram.com/newleafurban

LIFESTYLE

JUSPY

Juspy is an Irish food-tech company that creates lifestyle nutraceuticals for health-conscious consumers in a busy world, supporting healthy lifestyles by striking the right balance between guilty pleasures and goodness. Founded by Limerick woman Leonie Lynch, Juspy is an alumnus of Amazon Launchpad 2021, Going for Growth 2020, Food Works Ireland 2019 and New Frontiers 2017/18. Green For Micro - Participant 2021.

They have won numerous awards including: Food Innovation Product of the Year 2022 - Irish Enterprise Awards, Best Lifestyle Food Products Company Europe 2021 - LuxLife Magazine Food & Drink Awards, Great Taste Award.

Product Range:

Juspy's Collagen & Cacao Protein Blend is an all-in-one high protein blend for chocolate lovers and health-conscious consumers who want to create a healthy habit that actually sticks. An amazing tasting liquid snack alternative made with premium Type 1 Marine Collagen and 11 other fantastic ingredients, each chosen to nourish the body inside-out: 8000mg Collagen per serving, Coconut Milk Powder, Pea Protein, Rice Protein, Cacao, Coconut Nectar, Natural Flavour, Chicory Root Fibre, Baobab Fruit Pulp, Ashwagandha, Himalayan Pink Salt and Sodium Ascorbate (Vitamin C) for taste and function. It is free from preservatives, additives, refined sugars, and artificial sweeteners. Suitable for most diets but not vegan.

Products Exported

Juspy Collagen Blend

Markets

UK, EU, US

Contact Details

Business Name: Juspy

Contact: Leonie Lynch

Address: 13 Adelaide Road, Dublin 2

Phone: 0878070070

Email: leonie@juspy.com

Website: www.juspy.com

Social media: Tiktok: juspyoriginal

facebook.com/juspyoriginal

twitter.com/juspyoriginal

instagram.com/juspyoriginal



MEAT & POULTRY

COTTER ORGANIC LAMB

Cotter Organic Lamb is run by young Abbeyfeale brothers Jack and Nick Cotter. They direct sell the organic, 100% grass-fed lamb produced on the home farm in West Limerick to homeowners nationwide, and to local restaurants.

The business has received a number of awards including the Rising Star Award at the Irish Quality Food Awards 2019. They were featured on The Late Late Show in 2020, and received a Blas na hEireann Award in 2021. The lamb is delivered in cardboard boxes that use sheep's wool to keep the product cool during transport. The wool is totally compostable and biodegradable.



Product Range:

Half Cotter Organic Lamb Box:

This includes a leg of lamb, shoulder, lamb roulade, French trimmed rack of lamb, 2x packs lamb chops, a pack of lamb steaks, lamb mince, and some stewing lamb. Offal is optional.

Full Cotter Organic Lamb Box:

This includes 2x legs of lamb, 2x shoulders, lamb roulade, 2x French trimmed rack of lamb, 4x packs of lamb chops, 2x packs of lamb steaks, lamb mince, and some stewing lamb. Offal is optional.

Restaurants:

Contact Cotter Organic Lamb directly for options and pricing.

Contact Details

Business Name: Cotter Organic Lamb

Contact: Nick Cotter

Address: Dromtrasna North, Abbeyfeale,
Co. Limerick, V94A3H3

Phone: 086 330 1490

Email: cotterorganiclamb@gmail.com

Website: www.cotterorganiclamb.ie

Social media:

facebook.com/sheepgoesbaaaa

MEAT & POULTRY

RIGNEY'S FARM

Rigney's Farm is situated adjacent to Curraghchase Forest Park and is a working rare breed farm with free range pigs and a small herd of Shorthorn cattle. It operates as an experiential farmhouse bed and breakfast operated by Caroline and Joe Rigney. The breakfast at Rigney's is produced on the farm from their own free range multi award-winning pork together with their signature granola. They have been awarded by the Great Taste Awards, Blas na hEireann, Irish Quality Food Awards and McKenna's Guides among others.

Product Range:

Pork -

Homemade free range pork sausages, rashers, black and white pudding, fresh pork and unique Christmas hams.

Granola -

Award winning gluten free Granola in two varieties:

Oats, cinnamon and dates

Oats, goji berries and flame raisins



Contact Details

Business Name: Rigney's Farm

Contact: Caroline Rigney

Address: Curraghchase North, Kilcornan, Limerick

Phone: 087 2834754

Email: farmrigneys@gmail.com

Website: www.rigneysfarm.com

Social media: Facebook / Instagram @rigneysfarm

MEAT & POULTRY

SPRINGFIELD CASTLE

Springfield Castle can be found in Drumcollogher in West Limerick and produces garden products from its walled garden on a magical 200 acre wooded estate.

Springfield Castle is run by Betty and Jonathan Sykes and their children, Karen and Dan. Their food philosophy is fresh, local and seasonal at The Green Room Café at Springfield Castle.

(The Green Room is currently only open for private events and pre book events as advertised on social media).

Product Range:

Organic Venison & chemical-free Vegetables

Springfield Castle is an organic farm producing organic meat and chemical-free vegetables. They produce garden products from their walled garden, and the farm is a working deer farm producing Organic Venison.

Ophelia Hot Sauce

Dan Sykes also produces Ophelia Hot Sauce for sale off-site in various locations including NeighbourFood markets.



Contact Details

Business Name: Springfield Castle

Contact: Karen Sykes/Dan Sykes

Address: Springfield Castle, Drumcollogher,
Co. Limerick P56 DC42

Phone: 0876319893

Email: info@springfieldcastle.com

Website: www.springfieldcastle.com,
thegreenroomspringfield.com

Social media:

facebook.com/springfieldcastle

twitter.com/springfieldcast

instagram.com/springfieldcastle

MEAT & POULTRY

SRAHANE FARM

Joe Stack of Srahane Farm is a farmer with a deep passion for raising pedigree cattle (Aberdeen Angus and Limousin) and outdoor pigs in a natural, free-range setting in County Limerick. His dedication to the overall health of their herd is of utmost importance. He implements a spring-based calving system, with many young animals born outdoors. During the winter, the herd is comfortably housed in a modern, slatted shed with straw beds to shield them from the harsh Irish winter. From spring to autumn, they can be seen happily grazing on the fresh green pastures of the Golden Vale, which contributes to their well-being.



Product Range:

Free Range Angus Beef and Outdoor Reared Pork.
Also supplying the catering industry.

Joe's role as a pig farmer is fueled by enthusiasm and a commitment to ethical farming practices. Allowing the pigs to roam freely enables them to express their natural behaviours, which are essential for their welfare and happiness.

#ADirtyNoselsAHappyPig reflects this philosophy at the core of Joe Stack's farming approach.

Srahane Farm also offers season Bronze Turkeys at Christmas.

Contact Details

Business Name: Srahane Farm

Contact: Joe Stack

Address: County Limerick

Phone: 083 8977722

Email: srahanefarmlimerick@gmail.com

Website: irishoutdoorpigfarmers.com

Social media: instagram.com/srahanefarmlimerick

STORE CUPBOARD ESSENTIALS

AMODEO DRESSING

Amodeo's ethos is "Life should be enjoyed, revelled and cherished, just like our dressings." Originally developed from a family recipe for customers of the family restaurants, Tuscany Bistro, Amodeo Dressing turns a simple meal into a memorable moment.

Available from Tuscany Bistro restaurants and NeighbourFood.



Product Range:

Amodeo Balsamic Dressing is tangy but smooth and rich in colour and texture. The fine ingredients create a unique and irresistible taste. What people love about this dressing is how diverse it is. It can be used on bruschettas, as a dipping for breads, pizza and of course salads.

"My food dressings have been in our family for generations. They add so much to a meal that our customers started to insist on taking them home for their own special occasions. Because of that, I decided to start making my own range of salad dressings, which are now sold at Tuscany and fine-food stores around the country.

"The key ingredient of my dressings is Italian balsamic - a very dark, concentrated, and intensely flavoured vinegar made from grapes. The very highest quality comes from Modena, in the north of Italy, and is aged for at least 12 years."

- Sabrina Amodeo

Contact Details

Contact: Maxine Amodeo

Email: info@tuscanysie

Social Media: [@amodeodressing](https://www.instagram.com/amodeodressing)

STORE CUPBOARD ESSENTIALS

CROKERS FARM

Crokers Farm provides land and other resources to people wishing to grow various fruit and vegetables in an uncertified organic fashion. They offer various sizes of land plots in the form of allotments for either commercial or personal use.

Presently Crokers Farm sells raw honey from their native black bees and also offers locally grown grapes in season. They grow varieties of fruit bushes and trees. Arabic specialities are also grown and sold to local Asian and Arabic retail outlets and families.

Product Range:

Locally produced raw honey from native Irish bees.

Amaranth morning glory.

Chinese garlic, coriander, pak choi, bok choy, Chinese mustard, African kale, water spinach or kang kong.

Malabar spinach, morelle, hibiscus or ngai ngai.



Contact Details

Business Name: Crokers Farm
Contact: John Grisewood
Address: Ballinagarde Ballyneety Co. Limerick
Phone: 0863698918
Email: Johngrisewood@hotmail.com
Social Media:
facebook.com/crokersfarm

STORE CUPBOARD ESSENTIALS

GLOBAL SAUCES

Global Sauces was established in 2013 by Managing Director Vincent Sheehan who lives in Newcastle West and is involved in the GAA and rugby locally.

Awards include National Best Start up award 2016 and BRC Grade A.

Product Range:

Global Sauces supply every type of sauce used in a restaurant, hotel or fast-food outlet.

They produce Mayonnaise, Ketchup, BBQ, Sweet Chilli, Taco, Smokey Chipotle, etc

They produce a range of vegan, low calorie and good quality sauces in the Skinny Irish brand which can be viewed at www.skinnyirish.ie.

Products Exported

Global Sauces

Markets

Northern Ireland, UK,
EU, Saudi Arabia

Contact Details

Business Name: Bespoke Sauce Company Ltd.
T/A Global Sauces
Contact: Vincent Sheehan
Address: Unit 9/10, Raheen Food Centre, Raheen Limerick
Phone: 061 306700
Email: info@globalsauces.ie
Website: www.globalsauces.ie, www.skinnyirish.ie



STORE CUPBOARD ESSENTIALS

O'BRIEN'S HONEY

O' Brien's Honey is a local enterprise headed up by Tom O'Brien in Newcastle West. With many years of beekeeping experience, Tom now produces premium honey for sale to the public. He takes great pride in producing and supplying premium grade Irish Honey which has won several trophies and medals at honey shows throughout the country i.e. Clonmel, Dublin, Cobh and Limerick. In early 2020 O'Brien's Honey was awarded at the London Honey Show where many compete for world cups.

All honey supplied by O'Brien's Honey is straight from the hive with nothing added and nothing taken away. It is as the bees intended it to be. All the honey produced is 100% Pure Raw Irish Honey, harvested in Ireland from our own native Irish Honey Bee (Apis Mellifera Mellifera).

Product Range:

Section Honey in wooden frames
Run Honey in two jar sizes
Soft-set Ivy Honey
Infused Honey
Cut Comb



Contact Details

Business Name: O'Brien's Honey
Contact: Tom O'Brien
Address: Limerick Bee Supplies, Newcastle West
Phone: 087 412 6180
Email: westlimerickbees@gmail.com

STORE CUPBOARD ESSENTIALS

THE LIMERICK SAUCE CO / MAYFLOWER

Since it was established back in 1987, owned by brothers Sean and Eamon Sheahan, Mayflower t/a The Limerick Sauce Co. have been producing frozen sauces, powder mixes and seasonings for the retail and catering markets. They also offer a small range of products to the gluten free and vegan sectors and all their products are free from palm-oil and packed in recyclable containers.



Product Range:

Their primary product is Mayflower Curry Sauce. They offer this as a frozen ready-made product or as a curry powder mix. Their curry powder mix comes in takeaway style curry, low calorie curry, gluten free curry and a vegan curry powder mix.

They also do a range of seasonings with their Mayflower Spicebag being the primary product. Along with this, they have a range of seasonings to be used on french fries and most cooked foods.

Mayflower Original Chicken Salt is another product, based on the product that is so popular in Australia. A versatile seasoning that can be used on all foods, and again they have a Gluten Free option.

Products Exported

Gluten free products, Spice bag, Seasonings, Powder mixes retail & catering

Markets

UK. EU.

Contact Details

Business Name: Mayflower Ireland t/a The Limerick Sauce Company Ltd.

Contact: Eamon Sheahan

Address: Glassdrumman, Rhebogoe, Limerick.

Phone: 085 - 8353285

Email: info@mayflower.ie

Website: www.mayflower.ie

Social media:

facebook.com/mayflowercurrysauce

instagram.com/mayflowercurrysauce

STORE CUPBOARD ESSENTIALS

TIM'S TABLE

Tim's Table has been trading in Limerick in one form or another since 2016, starting with supper clubs hosted in Limerick cafes and restaurants. They reopened Tim's Table in March 2021 producing a range of dips and crackers. The founders are Australian chef Timothy Harris and his Limerick-born wife Zara. The couple run a popular stall at Limerick's Milk Market.

At Tim's Table, they only use recyclable glass and paper or compostable packaging for their retail range.

Product Range:

All available in retail and catering sizes:

Premium Pepper Pesto, Premium Basil Pesto
Lemon and Cumin Hummus, Premium Pepper Hummus
Tim's Table signature marinated Persian Feta, Lavosh Crackers

The couple also sell products in farmers markets around Limerick including their range of baked goods of sausage rolls, veggie rolls, and lamb pastillas. They create a selection of sweet treats for their stall in the Milk Market as well as Aussie beef pies and black pudding croquettes.

Tim's Table supplies its Red Pepper Pesto, Persian Feta and award-winning Lavosh Crackers to a select number of SuperValu stores in Limerick.

Contact Details

Business Name: Tim's Table
Contact: Zara Harris, Tim Harris
Address: Corbally
Phone: 0834509026, 0834531453
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Website: www.timstable.ie
Social media:
[instagram.com/timstablelimerick](https://www.instagram.com/timstablelimerick)
[facebook.com/timstablelimerick](https://www.facebook.com/timstablelimerick)



- BT Wines
- Crew Brewing Co.
- JJ's Craft Brewing Co. Ltd
- Thomond Whiskey
- Treaty City Brewery
- Vardebi
- Attyflin Estate
- Ballygowan
- Ballyhoura Apple Farm
- Eleven14 Coffee Roasters
- ISHKA
- Siege Coffee Company
- Wild Orchard
- Cappercullen Foods Ltd.
- Cook and Cleaver
- Country Munch
- Happy Food at Home
- The Limerick Ladle
- Angel Dust
- Bean a Ti Bakery
- BRAW
- Cosmic Sweets
- Kearney's Home Baking Ltd
- La Patisserie
- MÜSH
- Novak's Bakery
- Sodalicious
- SOS Cookies
- Sunflower Bakery
- The Danes Bakery
- The Messy Apron
- Bally Goat Farm
- Glenstal Foods
- Old Irish Creamery Cheese
- Croom Free Range Eggs
- Guiry's of West Limerick
- Rene Cusack
- Scibeen Foods Ltd.
- Clancy Lewis Fruit Ltd
- Irish Gourmet Mushrooms
- New Leaf Urban Farmers
- Juspy
- Cotter Organic Lamb
- Rigney's Farm
- Springfield Castle
- Srahane Farm
- Amodeo Dressing
- Crokers Farm
- Global Sauces
- O'Brien's Honey
- The Limerick Sauce Co
- Tim's Table

GLUE/ D/S Tape



LIMERICK
FOOD
GROUP

ATLANTIC EDGE
LIMERICK
EUROPEAN EMERGENCY