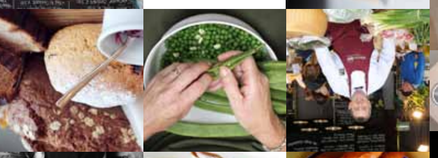

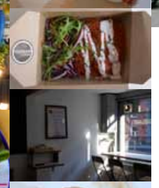

Canteen

WITH two coveted McKennas 100 Best in Ireland awards, and three RAI awards, all in the last two years, Paul Williams has raised the bar for simplicity with his no frills eatery Canteen. Handpicked local suppliers assure first rate produce for the 'honest fast food' Canteen promises. Fast, simple, local, good and healthy – this is what it's all about. And great coffee of course. **CANTEEN** WWW.WEARECANTEEN.COM 30 MALLOW STREET, LIMERICK (085) 215 3212

Limerick Strand

AWARD-winning Executive Chef Tom Flavin and his team surpass expectations by using the freshest local ingredients where possible from the riches of the Wild Atlantic Way and Golden Vale at the Limerick Strand Hotel – multi-award winning for its food offering. The AA Rosette River Restaurant has one of the best dining views in the city overlooking the River Shannon, as does the Terrace Bar, a popular meeting point where Pastry Chef Janet's famous homemade scones and pastries are hard to resist. **LIMERICK STRAND HOTEL** WWW.STRANDHOTELLIMERICK.IE ENNIS ROAD, LIMERICK (061) 421 800

Sage Café

SINCE opening almost ten years ago, The Sage Café has steadily built a reputation for fine, fresh food and friendly service. Owned and operated by Mike Hogan (bass player with world famous rock band The Cranberries) and wife Siobhán, and located in the heart of Limerick City, The Sage Café offers an eclectic breakfast and lunch menu in a bright, roomy dining area plus delicious home baked desserts and gluten-free pastries. **THE SAGE CAFÉ** WWW.THESAGECAFE.COM 67-68 CATHERINE STREET, LIMERICK (061) 409 458

Sash @No1

THE charming restaurant on the first floor of Limerick's Georgian boutique hotel, No1 Pery Square, offers seasonal, traditional menus with a contemporary twist using local ingredients. Focusing on home cooking with an extra layer of sophistication, this Irish country house in the city creates dishes using old-school, time-proven techniques with added herbs and leaves grown in their kitchen garden. Sash also carries a carefully selected winelist from unique boutique producers. **SASH RESTAURANT** WWW.ONEPERYSQUARE.COM GEORGIAN QUARTER, LIMERICK (061) 402 402

1826 Adare

OLD world charm meets modern Irish cooking at 1826 Adare, awarded RAI Best Restaurant in Munster 2015. With wife Elaine at front of house, Chef Wade Murphy's style is influenced by the rugged west coast of Ireland, with its abundance of produce. His cooking ethos is based on the use of wild, free-range, seasonal and local produce cooked with modern and classical techniques in order to ensure that quality ingredients are the centrepiece of each dish. **1826 ADARE** WWW.1826ADARE.IE MAIN STREET, ADARE, COUNTY LIMERICK (061) 396 004

Tuck into the best of casual grub or posh nosh in these favourite local eateries

LIMERICK: *cream of the crop*

Limerick is having a food moment. Home to Best Restaurant in Munster (1826 Adare - awarded a Bib Gourmand by the Michelin Guide for 2016), Best Market Stall in Ireland (Country Choice at the Milk Market), Cocktail Bar of the Year (Cornstore), Best Hotel Restaurant in Ireland (Adare Manor), Best Ethnic Restaurant in Ireland (Aroi), Best Pub Carvery in Munster (Bobby Byrnes) and the list goes on. In a host of awards of late, Limerick is coming up trumps. We're lucky to have the oldest weekly market in Ireland taking place in the heart of our city every weekend, a buzzing hive of activity as local Irish produce mixes with international specialties in an atmosphere that's impossible to recreate anywhere else. We have grown up with stories of our 'Pigtown' and milling heritage and now it is time for the next chapter. Limerick has come of age, and our palettes have never been as well catered for. From produce to eateries, there has never been a better time to #eatinlimerick

Cornstore

ONE of the city's buzziest restaurants, the Cornstore is open seven days a week for lunch and dinner serving locally sourced seafood and dry aged beef, their specialty which is aged in-house. Cornstore's signature infusion cocktails ensured they were voted Ireland's Best Cocktails 2014, served alongside craft beers and world wines. Their Cornstore At Home range has the Blas na hÉireann stamp of approval for their steak rub, fig whiskey jam and plum whiskey chutney. **CORNSTORE** WWW.CORNSTORE.COM 19 THOMAS STREET, LIMERICK (061) 609 000

Café Noir

INSPIRED by French café culture but given a distinctly Irish twist, Café Noir offers artisan products, all made in-house, produced from locally sourced ingredients. Excellent rustic breads, Great Taste and Blas na hÉireann Gold award-winning quiche, baked goods and pâtisserie, bespoke salads, and Irish classics like Steak and Guinness Pie are all the order of the day here. With three daytime outlets stretching to full evening service on weekends, find them in the city centre, Castletroy and Raheen. **CAFÉ NOIR** WWW.CAFENOIR.IE ROBERT STREET, LIMERICK / CASTLETROY / RAHEEN (061) 411 522

Bobby Byrnes

BOBBY Byrnes (or "Bobby's" as it is fondly known by its many regulars) is one of Limerick's best loved, award-winning gastro pubs. It is full of character, welcoming and homely with its cosy open fire. Food is served seven days a week from 8.30am to 8.30pm. Bobby's has a great variety of craft beers to match the dishes on their menu, and offers local and Irish artisan produce in its Corner Store next door. **BOBBY BYRNES** WWW.BOBBYBYRNES.IE 3 O'CONNELL AVE, LIMERICK (061) 316 949

The Milk Market

THE Famous Saturday Food Market at Limerick Milk Market is known throughout the region and nationally as one of Ireland's best markets for local artisan producers. With over 160 years of history, it is covered by a state of the art permanent modern canopy but retains all its original charm. Many of its food producers have been operating for decades, some benefiting from generations of food producing and market trading, and are known at a national level for food excellence. Market open Friday through Sunday. **THE MILK MARKET** WWW.MILKMARKETLIMERICK.IE CORNMARKET ROW, LIMERICK (061) 214 782

Curragower

SITUATED on the banks of the River Shannon across from King John's Castle, the Curragower, Limerick's original seafood bar, is famous for its first rate creamy chowder and you'll struggle to find a better chowder in Ireland. It wasn't just that however, that won them Best Gastro Pub in Limerick 2014, the top notch pub fare here is rustic casual with a modern slant and will leave you wanting more. **CURRAGOWER BAR** WWW.CURRAGOWER.COM CLANCY STRAND, LIMERICK (061) 321 788

Hunt Café

NESTLED under the Palladian arches of the 18th Century Custom House building, which is home to Limerick's renowned Hunt Museum, is the busy Hunt Café where Helen O'Donnell and team have been serving museum visitors and happy local customers since the museum launch in 1997. Ingredients are sourced locally, and organic where possible. Open seven days a week, they also offer bespoke catering for private events in the museum. **HUNT CAFÉ** WWW.HUNTMUSEUM.COM RUTLAND STREET, LIMERICK (061) 312 662

The Treasury

AN ECLECTIC interior style gives a unique ambiance to The Treasury with a menu focused on fresh, local and organic produce. Located in the heart of the Georgian Quarter, while away the evening with a glass from the tempting wine list at this welcoming restaurant where ham hock and foie gras terrine or braised pigs cheek with roast scallop are just some of the openers to a delicious experience. **THE TREASURY** WWW.THETREASURYRESTAURANT.COM 74 O'CONNELL STREET, LIMERICK (061) 590 005

FOOD HERITAGE

LIMERICK HAM

During the 19th and early 20th centuries, Limerick City was renowned for its four great bacon factories: Matterson's, Shaw's, O'Mara's and Denny's; which produced Limerick Ham, world famous for its quality and flavour. They employed thousands of people and gave the city a bustling merchant atmosphere. This inspired an award-winning play about that time called 'Pigtown'.

MILLING HISTORY

There is a long history of flour milling in Limerick with the most famous mill being **Ranks** on the Dock Rd (closed since 1983) but there also were many older smaller mills in the city.

GOLDEN VALE

The county of Limerick is situated in the region known as the Golden Vale, one of the richest agricultural areas in Ireland for dairy farming and cattle raising.

RIVER SHANNON

Situated at the mouth of the River Shannon, the longest river in Ireland, and 30mins from the coast, means Limerick has a constant supply of fresh fish.

WILD ATLANTIC WAY

Limerick is a gateway city to the Wild Atlantic Way, which is the world's longest touring route. The WAW crosses into County Limerick at Foynes village – the home of the first ever 'Irish Coffee'.

OUR PRODUCERS

LIMERICK LOCAL FOOD PRODUCERS

Food producers across County Limerick include **Adare Farm, O'Brien's Cheese, Cahill's Cheese, Moon River Chocolate, Pandora Bell Confectionery, Pónaire Coffee Roasters, Old Irish Creamery Cheese, Ballyhoura Mushrooms, Real Italian Foodies Pasta Sauces, Rigney's Farm** pork products, **Silver Darlings Herring, The Green Apron** preserves, **Ballyhoura Apple Farm** juices, **Wild Orchard** juices and smoothies, **and Treaty City Brewing** craft beer to name just a few.

BUYING LOCAL PRODUCE

Local produce can be found selling in many of our listed eateries, some of whom produce their own product ranges inhouse. Of course, lots of local produce can be found at Limerick City's Milk Market which (in addition to Friday and Sunday markets) hosts the **Famous Saturday Food Market**, the oldest weekly market in Ireland. Also visit The Urban Co-Op on Mulgrave Street – the first co-operative grocery store in Limerick; Limerick Craft Hub on Lower Cecil Street; Lucky Lane on Catherine Street; and look out for produce in local independent stores like Bobby's Food Shop, O'Connell Avenue; plus local butcher shops and health food stores.

join the conversation by using our hashtag

#eatinlimerick

INSTAGRAM
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FACEBOOK
/eatinlimerick

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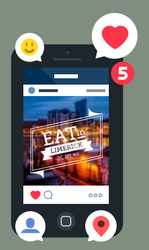
@eatinlimerick



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EAT IN LIMERICK IS AN INDEPENDENT PUBLICATION PRODUCED BY OLIVIA O'SULLIVAN
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Vintage produce image courtesy of Limerick Museum & Archives

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BAKERY CAFÉS/BAKERIES

1 **Bake1** Todd's Bow
2 **Bean-A-Tí** Little Catherine St
3 **Jody's Cafe** Potato Market
4 **Melt** Little Catherine St
5 **Quigleys** Cruises St
6 **Wild Onion Bakeshop** Ennis Rd

CAFÉS

1 **Arabica** Shannon St
2 **Aroma** Roches St
3 **Brunch** Upr William St
4 **AQ Food Court** Arthur's Quay SC
5 **Brown's** Brown Thomas, O'Connell St
6 **Café Noir** Denmark St
7 **Café Solo** O'Connell St
8 **Caffe Waffe** Lwr Mallow St
9 **Carlton Coffee** Thomas St
10 **Coffee Corner** O'Connell St
11 **Costa Coffee** Cruises St
12 **Crust Café** Harvey's Quay
13 **Fitto** Catherine St
14 **Gloria Jean's** Thomas St
15 **Greene's Café & Bistro** William St
16 **Hook & Ladder** Sarsfield St
17 **Insomnia** Patrick St
18 **Jack Mondays** Thomondgate
19 **Kathy's** Catherine St
20 **King John's Castle Café** Nicholas St
21 **Mortell's** Roches St
22 **O'Brien's Sandwich Café** Thomas St
23 **O'Connor's** Thomas St
24 **Olio & Farina** Little Catherine St

CAFÉS (ctd)

25 **Petit Paris** Henry St
26 **Sandwich Shop** Thomas St
27 **Soup Café** William St
28 **The Hunt Café** Rutland St
29 **The Sage Café** Catherine St
30 **Vero** Parnell Plaza, Parnell St
31 **Zest** People's Park

GASTRO PUBS

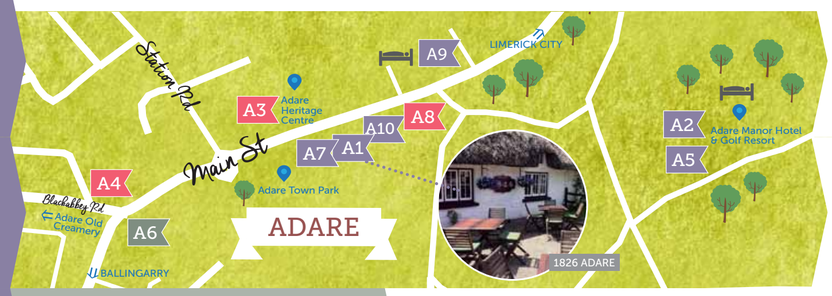
1 **Absolute Bar & Grill** Absolute Hotel
2 **Bobby Byrnes** O'Connell Ave
3 **Dolan's Pub & Restaurant** Dock Rd
4 **Kudos Bar** Clarion Hotel
5 **Terrace Bar & Café** Strand Hotel
6 **The Curragower** Clancy's Strand
7 **The Locke** George's Quay

COOL CASUAL

1 **Aroi** Patrick St
2 **Badass Burritos** Catherine St
3 **Canteen** Mallow St
4 **Cobblestone Joe's** Ellen St
5 **Coqbull** Thomas St
6 **El Toro BBQ** Henry St
7 **Papa'z Bistro** Todd's Bow
8 **Piccola Pizzeria** O'Connell St
9 **Rene Cusack Fishbar** Ellen St

ICE-CREAM / JUICE / SHAKES

1 **Gusto d'Italia** William St
2 **Jump** Arthur's Quay SC
3 **Moody Cow** Roches St & Arthur's Qy SC



ADARE & BALLINGARRY

A1 **1826 Adare** Main St
A2 **Carraige House** Adare Manor
A3 **Dovecote** Adare Heritage Centre, Main St
A4 **Market Place Café** Main St
A5 **Oakroom** Adare Manor
A6 **Sean Collins & Sons** Main St
A7 **The Blue Door** Main St
A8 **The Good Room** Main St
A9 **The Maigue** Dunraven Arms
A10 **The Wild Geese** Main St
-- (Ballingarry: **The Mustard Seed**)

CASTLETROY & ANNACOTTY

C1 **Brew Bros** Dublin Rd
C2 **Café Noir** Park Point
C3 **Copper & Spice** Annacotty Village
C4 **Delish Gourmet Coffee** Castletroy Pk
C5 **La Cucina** University Court
C6 **Tuscany Bistro** Newtown Ctr, Annacotty
C7 **Z-we-ton** Newtown Ctr, Annacotty
-- (University of Limerick Campus: **Stables/ Scholars/Millstream/Arena Sports Club/ Eden/The Paddock/Blas/Plaza/Allegro/ Cube/Verde/Aroma/River/The Pavilion**)

RESTAURANTS

1 **Akasaka** Catherine St
2 **Amber** George's Quay
3 **Azur** George's Quay
4 **Bambu** O'Connell St
5 **Bella Italia** Thomas St
6 **Brimstone** Bishop's Quay
7 **Chocolat** O'Connell St
8 **Clover** Bedford Row
9 **Cornstore** Thomas St
10 **Da Vincenzo** George Boutique Hotel
11 **Freddys** Theatre Lane
12 **Hamptons** Henry St
13 **Jasmine** O'Connell St
14 **Kaya** O'Connell St
15 **Marco Polo** O'Connell St
16 **Mejana** Thomas St
17 **Milano** Harvey's Quay
18 **Piccola Italia** O'Connell St
19 **Poppadom** Cornmarket Row
20 **Sash** No1 Pery Square
21 **Sinergie** Clarion Hotel
22 **Taikichi** O'Connell St
23 **Texas Steakout** O'Connell St
24 **Thai Gourmet** Glentworth St
25 **The French Table** Steamboat Quay
26 **The River** Strand Hotel
27 **The Savoy** Savoy Hotel
28 **The Treasury** O'Connell St
29 **Z-We-Ton** Denmark St

TAPAS/WINE BARS

1 **Copper Room** O'Connell St
2 **The Buttery** Bedford Row
3 **Urban Vineyard** Denmark St

TRADITIONAL CHIPPERS

1 **Donkey Ford's** John's St
2 **Enzo's Café** William St
3 **Golden Grill** William St
4 **Luigi's** Parnell St
5 **Rios** Parnell St

VEGGIE / VEGAN / PALEO

1 **Bubble Tea Paradise** Rutland St
2 **Gasta Good'n'Healthy** Thomas St
3 **The Grove Kitchen** Cecil St
4 **Well Being Gluten-Free** Ennis Rd

MILK MARKET

F = Open Friday
S = Open Saturday
Su = Open Sunday

PERIMETER SHOPS

(Open independent hours)
Bia Réabhlóid
itea
Kieron's Café
Mari's Cheese & Coffee
Polo Market
Rene Cusack FishBar
Rene Cusack Fishmongers
The Real Olive Company

PAVILION SHOPS

Bon Appetit F S Su
Country Choice F S Su
Harpers Coffee F S Su
Limerick Chocolate Shop F S Su

MILK MARKET STALLS

Abloom Tasty Pastries S
Adare Farm S
Aileen's Falafel S
Alternative Bread Co S
Anne Lloyd's Bacon Butty S
Baile Abhaile Turkish Bazaar F S
Beary Fruit & Veg S
City Boy's Farm S
Cosgrave Fruit S
Crawford's Farm S
Ecaterina Cakes S
Flying Cheese Stall S
Green Apron S

MILK MARKET STALLS CTD.

Green Saffron S
Gourmet Tart Co S
Italy2Ireland S
Jenny's Gluten Free Baking S
J.O.D. Foods S
Jody's F S
Killowen Orchard S
Lisduff Traditional Fine Foods S
Lorge Chocolates S
Mari's Cheese S
McNamara Fruit S
Millers Fruit and Veg S
Mushroom Man S
Nibbering's Cheese S
Nóinín Herbal Products S
Nut Shed S
O'Driscoll Fish S
On the Wilde Side S
Peter the Pie Man S
Piog Pies S
Quarrymount Free Range Meats S
Quinn's Fruit and Veg S
Rose Cottage Fruit Farm S
Rufus's Hot Dogs S
Sarah's Pantry S
Silver Darlings S
Sinéad Ni Ghairbhith's Cheese S
Sunflower Bakery S
Tea4You S
Tiermoyle Beekeeping S Su
Well-Being Gluten-Free S Su
Wellnice Pops F S Su

HOTELS

Absolute Hotel Sir Harry's Mall ****
Adare Manor Hotel & Resort Adare *****
Castletroy Park Hotel Castletroy ****
Clarion Hotel Steamboat Quay ****
Dunraven Arms Hotel Adare ****
Fitzgerald's Woodlands House Hotel Adare ****
George Boutique Hotel Shannon St ****
Greenhills Hotel Ennis Rd ***
Kilmurry Lodge Castletroy ***
Limerick City Hotel Lower Mallow St ***
Limerick Strand Hotel Ennis Rd ****
Maldron Hotel Limerick Roxboro ***
No1 Pery Square Georgian Quarter ****
Perys Hotel Glentworth St ***
Radisson Blu Hotel & Spa Ennis Rd ****
Railway Hotel Parnell St **
Savoy Hotel Henry St *****
South Court Hotel Raheen ***
The Boutique Hotel Denmark St ***
The Mustard Seed at Echo Lodge Ballingarry ****
The Pier Hotel Sarsfield St ***
Travelodge Castletroy Castletroy ***
Travelodge Ennis Road Ennis Rd ***
Woodfield House Hotel Ennis Rd ***