

THE LIMERICK STRAND HOTEL



Discover a warm Limerick welcome in a hotel that takes pride of place with award-winning dining in the heart of the city. The hotel has a magical Riverside setting overlooking the River Shannon in a state of the art leisure centre and exceptional spaces for your special occasion or conference.

Executive Chef Tom Flavin and his culinary team pride themselves in serving the finest quality Irish Cuisine, with an emphasis on using fresh, seasonal produce supporting local whenever possible.

www.strandhotellimerick.ie 061 421 800 info@strandlimerick.ie
Getting there: Ennis Road, Limerick City, V94 03F2

NO.1 PERY SQUARE HOTEL & SPA



Overlooking the tree-lined People's Park in Limerick's historic Georgian Quarter, No.1 Pery Square is a luxurious and intimate boutique townhouse hotel. With delicious food & wine in the restaurant and lounges, an organic spa, an interestingly stocked shop, a terrace and kitchen garden full of personality and style throughout.

One of Ireland's most characterful hotels, the vision of owner Patricia is to be found everywhere at No. 1, one of a terrace of six Georgian houses built around 1830.

oneperysquare.com 061 402402 info@oneperysquare.com
Getting there: 1 PERY SQUARE, GEORGIAN QUARTER, LIMERICK CITY, V94 EK99

LIMERICK MILK MARKET



Limerick Milk Market is a historic market based in the heart of Limerick, officially established in 1852 but the market place dates back hundreds of years, one of the oldest in Ireland. Open weekly on Saturday 8 am to 3 pm with over 60 internal stalls, 20 shops plus 45 external stalls selling a wide range of artisans, farmers market, local and street food.

There is an eclectic mix of handcrafts, vintage fashion and collector's items to be explored too. Fridays and Sundays are open 11 am to 3 pm with a range of cafes, restaurants, live music and regular family & cultural events.

limerickmilkmarket.ie 061 214 782 info@limerickmilkmarket.ie
Getting there: MILK MARKET HOUSE, CORNMARKEE ROW, LIMERICK CITY, V94 TX29
Opening times: OPEN FRI 10AM-3PM, SAT 8AM-3PM, SUN 11AM-3PM, CLOSED MON - THURS

Key for Map

- Wild Atlantic Way Route
- Wild Atlantic Way Discovery Point
- Faillte Ireland Tourist Information Centre
- Airport
- Ferry - Vehicles on Deck
- Greenway Cycling and Walking Route
- Hiking Route
- Railway Station
- Railway Line
- Toll Road
- Motorway Junction Number
- Motorways
- National Roads
- Regional Roads
- Local Roads
- Great Southern Greenway Limerick
- Shannon Estuary Way
- West Limerick Food Destination



1826 ADARE



Elaine & Wade Murphy

The thatched cottage restaurant 1826 Adare, situated in the picturesque village of Adare, is named for the year the first Lord of Dunraven built the cottage. At 1826 Adare, Wade & Elaine Murphy strike a delicate balance between solid Irish cooking & modern innovation while maintaining the old world charm & character of the cottage.

The husband & wife team have won many accolades for their service and elegant comfort food including a Bib Gourmand award in the MICHELIN Guide to Great Britain & Ireland.

📍 1826adare.ie 📞 061 396004 📧 info@1826adare.ie

Getting there: MAIN ST, ADARE
Opening times: WED TO SAT - 6PM, SUN - 3PM, CLOSED MON & TUES
SUNDAY LATE LUNCH MENU AVAILABLE FROM 3PM TO 5:30PM (LAST RESERVATION 5PM)
VALLE MENU AVAILABLE DAILY TO 7PM (LAST RESERVATION TIME 6:30PM)

ADARE FARM ICE CREAM



The Guys

We have been making ice cream since 2005 using fresh milk and cream from the Relihan's pedigree dairy herd. The milk produced by our cows grazing the lush green pastures of the golden vale. Our ice cream is a luxury product made using only the freshest and natural ingredients and each one is produced using traditional methods and family recipes.

Our wide selection of both dairy and dairy-free sorbets please even the most discerning tastes. We support local employment and do our best to keep food miles to a minimum.

📍 adarefarm.ie 📞 087 296 2626 📧 info@adarefarm.ie

Locations: ADARE HERITAGE CENTRE (MARCH TO OCTOBER)

BALLY GOATS CHEESE



Seamus Leahy

Bally Goat Farm was established in January 2019 as an alternative enterprise to beef and sheep farming. Bally Goat Farm currently makes cheese from the milk off-site. We raise all the male kids for meat. We are one of the only commercial goat farms in Ireland to have an involvement in both milk and meat!

Visitors to our farm can experience milking the goats, feeding the baby kids (seasonal) and the daily chores involved in producing a top-quality milk. We would love for you to try our honey and chilli or garlic and thyme soft cheeses.

📞 087 266 0600

Getting there: BALLYCURKE, NEWCASTLE WEST, V42 UN44
Opening hours: VIEWING OF THE BALLY GOAT FARM IS BY APPOINTMENT ONLY. TASTINGS OF OUR PRODUCTS CAN ALSO BE ARRANGED. THE COST WILL DEPEND ON NUMBERS AND THE EXPERIENCE OUR VISITORS WISH TO HAVE.

BT WINES



Trisha Kelly & Brendan Reddin

Trisha Kelly & Brendan Reddin, the duo behind BT Wines, spent years researching & experimenting with a wide variety of grapes & processes to create unique wines which marry the peatlands of Ireland with grape varieties which everyone knows & loves.

A worldwide first of a kind, Irish Peated Wines are comprised of Pinot Noir & Pinot Blanc grapes from the Rheinhessen and Pfalz regions in Germany & locally sourced West Limerick peat. Both wines are a truly unique experience.

📍 btwines.ie 📞 Trisha - 0871212262, Brendan - 0872465056 📧 info@btwines.ie

Getting there: MAIN STREET, FOYNES

CAHILL'S FARM CHEESE



Dan Cahill

The Cahill family has been farming the lush green pasturelands of Newcastle West since 1902. As one of the oldest artisanal cheesemaking families in Ireland we use time-honoured methods & recipes to create outstanding specialty cheeses, matured to perfection.

Our skilled team of 20 people led by the fourth generation of the Cahill family. We use 100% locally sourced natural ingredients. Our production unit on the family farm gives direct traceability back to the Cahill Family. We are members of Origin Green & are BRC accredited.

📍 cahillscheese.ie 📞 086 62365 📧 info@cahillscheese.ie

Getting there: CAHILL'S CHEESE, CLOONYSCREHAN, NEWCASTLE WEST, V42 K300
Opening Hours: MON-SUN 9:00AM-5:00PM

COTTER ORGANIC LAMB



Nick Cotter Junior

The Award-Winning Cotter Organic Lamb is run by the young Cotter Brothers, Nick (18) and Jack (21) Cotter. The brothers direct sell the organic, 100% grass-fed lamb produced on their farm outside Abbeyfeale. The lamb is Bord Bia Quality Assured and Organic Certified by Organic Trust, seven-day Dry Aged and is 100% Antibiotic-Free. The brothers won the 'Rising Star' award at the Irish Quality Food Awards 2019.

📍 cottenorganiclamb.ie 📞 087 253 8928
📧 cottenorganiclamb@gmail.com

Getting there: DROMTRASNA NORTH, ABBEYFEALE, LIMERICK V94 A3H3
Opening Hours: MON-SUN 9:00AM-5:00PM

FITZGERALD'S WOODLANDS HOUSE HOTEL



Richard Fitzgerald

Fitzgerald's Woodlands House Hotel & Spa is situated in the splendor of Adare village. The 4 star, 90 deluxe bedroomed is family run and synonymous with personal service. We offer deluxe, superior and executive suites. You can enjoy the relaxing atmosphere of Timmy Macs Bistro or the recently re-opened Fieldings of Adare Organic Restaurant. Ingredients are direct from the hotel's organic garden and farm or sourced from local suppliers where possible.

Avail of our white-flag leisure centre with gym and 20m pool. Revas Spa offers unique treatments including a Turkish Mud Rasul Chamber, outdoor hot tub and luxury thermal suite.

📍 woodlands-hotel.ie 📞 061 605 100 📧 reservations@woodlands-hotel.ie

Getting there: KNOCKANES, ADARE, V94 P1P9

FOYNES FLYING BOAT MUSEUM



Caroline Horgan

Step back in Time & Taste the History!

Foynes Flying Boat & Maritime Museum is in the original terminal building and was Ireland's 1st International Airport between 1939 - 1945.

Irish Coffee was invented here by Chef Joe Sheridan in 1943 to warm some weary passengers.

Foynes is nestled along the banks of the Estuary, a recommended Wild Atlantic Way Discovery Point.

📍 flyingboatmuseum.com 📞 053-619-6546 📧 info@flyingboatmuseum.com

Getting there: CORGRIGG, FOYNES, V94 T6C1
Opening times: OPEN MID-MARCH TO MID-NOV: 09:30AM-17:00PM
JUNE, JULY & AUGUST 09:30AM-18:00PM
LAST ENTRY 1 HOUR BEFORE CLOSING.

GOURMET GREEN ABBEYFEALE



Ali Rae

Gourmet Green is a small, independent, family run restaurant in Abbeyfeale. We pride ourselves on the fact that all our dishes are homemade on site. We make bread, scones, soup, and salads on a daily basis. From produce to plate, we only use the highest quality ingredients and organic raw ingredients where possible, from local suppliers and it shows in our dishes.

Our sourcing policy is LOCAL, SEASONAL & ORGANIC. Our Philosophy is that eating should be an experience shared among friends. That's why we take care over every meal we make, to ensure that you get the best out of your time with us. Looking forward to welcoming you soon.

📍 gourmetgreen.ie 📞 086 399 4008 📧 info@gourmetgreen.ie

Getting there: MAIN STREET, ABBEYFEALE WEST, ABBEYFEALE, V94 W7T2
Opening times: MON - FRI 9:30AM-3PM, CLOSED SAT & SUN

LEENS HOTEL



Olive Sheehan

Leens Hotel Abbeyfeale, is situated right in the bustling heart of Abbeyfeale. Part of Sheehan family Hotels, Leens Hotel is a family run by Olive and Maurice Sheehan and their dedicated Team. Warmth and friendliness are at the forefront of our efficient service. Enter a stranger and leave a friend.

Serving food from breakfast until late, while steeped in tradition, we also embrace many new food trends using local producers. We are now starting our new food journey with the #westlimerickfood group embracing all that is great in our local larder & progressing our Great Southern Trail activities. We look forward to welcoming you soon.

📍 leenshotellabbeyfeale.com 📞 068 311 21 📧 info@leenshotellabbeyfeale.com

Getting there: THE SQUARE, ABBEYFEALE, V94 PW84

SONAS HEALTH FOODS



Rosemarie Bennis

Sonas Health Foods Shop and Coffee Bar in Newcastle West takes pride in presenting the best brands, stocking an array of quality products, many produced locally in West Limerick.

Our shop is a hub for lovers of ambiance and good coffee, wholesome treats, savouries, salads and soups made daily from scratch.

At Sonas you'll find an unparalleled range of quality foods, nutritional supplements, herbal remedies, household, beauty and personal care lines.

📍 sonashealthfoods.ie 📞 069 78944 📧 info@sonashealthfoods.ie

Getting there: 9 THE SQUARE, NEWCASTLE WEST, V42 Y685
Opening times: SONAS OPENS EVERY DAY BAR SUNDAY 9-6, LATE THURSDAYS UNTIL 7PM, LATE SATURDAYS FROM 8AM.

OAK & APPLE



Keith Pigott

Oak & Apple is the newest addition to Adare's thriving night-time dining scene. Chef Keith Pigott delivers small plates bursting with flavour and colour and focusing hugely both on Limerick & Irish produce.

The small plates serving allows you to indulge lots of dishes on the menu with friends and family without overdoing it. The menu changes monthly reacting to the seasons and what is available from our producers. We have a full license and are open all evening after food has finished serving great wine and cocktails.

📍 thegoodroomadare.ie/oak-apple/ 📞 061 396 218 📧 hello@thegoodroomadare.com

Getting there: CHURCH VIEW, ADARE, V94 N6DC
Opening times: OPEN MON - SAT 8:30AM-5:30PM, SUN 9:30AM-6PM

OLD STAND SHANAGOLDEN



Mary Roche

The Old Stand is a local family-run bar & restaurant located in the tranquil countryside setting of Shanagolden in West Limerick. Serving Quality Food 7 days a week.

We work hard to provide the freshest quality food at great value for all our customers. We want you to feel warm & welcome, while experiencing an effective & timely service, served with a big dollop of friendliness. We are proud to source all our produce locally so that our amazing chefs can create delightful homemade cuisine. Our 5 beautiful dining areas can accommodate many different occasions.

📍 theoldstandshanagolden.com 📞 069 60780 / 087 229 8735
📧 bookings@theoldstandshanagolden.com

Getting there: MAIN STREET, SHANAGOLDEN, V94 V0H6
Opening times: MONDAY - THURSDAY FROM 12:30PM, FRIDAY - SUNDAY FROM 10AM

O'BRIEN'S CHEESE



Jim O'Brien

O'Brien's Cheese is an artisanal farmhouse cheese made in Ballyhahill, West Limerick. Carrying on a tradition of dairy farming across generations, O'Brien's cheese represents a dedication to local community & sustainable Irish agriculture. Milk comes from the farm's own dairy, guaranteeing its local flavour while styles are inspired by cheesemaking practices in Greece, Austria, and France.

The long years of perfecting his recipe and the months spent waiting with an artisan's patience for wheels to ripen to perfection, have made O'Brien's cheeses some of the best in the country.

📍 obrienscheese.com 📞 069 82133 📧 obrienscheese@gmail.com

Getting there: TINNAKILLA, BALLYHAHILL, V94 VKGR
Contactables: 9AM TO 5PM - WE ARE MORE THAN HAPPY TO HEAR FROM YOU!

THE GOOD ROOM



Claire Staunton

Claire Staunton opened the Good Room on Main Street Adare in 2009 and in the intervening years, it has gone from strength to strength. The café focuses on great coffee, baking, and Irish ingredients.

Everything in the bakery is made from scratch while all our breakfast and lunch dishes feature as much local and Irish ingredients as possible. We are open 7 days a week 8.30 to 5 pm Monday to Friday for breakfast and lunch and Saturday and Sunday for our ever-popular brunch.

📍 thegoodroomadare.ie 📞 061 396 218 📧 hello@thegoodroomadare.com

Getting there: The Good Room, Church View, Adare, Co. Limerick, V94 N6DC

RATHKEALE HOUSE



Damien O'Grady

Rathkeale House Hotel is located in the heart of Munster perfect for touring the West of Ireland. The Hotel has 27 bedrooms, two bars, a restaurant, and a bistro and a meeting / function space for up to 350 guests.

Rathkeale House Hotel offers the finest & freshest locally sourced food. We run a Carvery lunch from 12 noon each day followed by our Bar & Bistro menu 7 days a week. Our Carvery has 5 mains choices including 2 roasts and a seafood dish daily and we also have vegan & vegetarian options. O'Dea's Bistro runs every evening with all the old favorites and daily specials to suit all diners.

📍 rathkealhousehotel.ie 📞 069 83333 📧 info@rathkealhousehotel.ie

Getting there: LOWER MAIN STREET, ENGLISH TOWN, RATHKEALE, V94 K0V3

RIGNEY'S FARM



Caroline Rigney

Beside the beautiful Curraghchase Forest Park, is home to happy, pasture-fed, rare-breed animals who live at Rigney's Farm. Experience an Irish pastoral tradition that goes back centuries.

When you have collected a just-laid hen's egg, cuddled a baby piglet, fed a pony, visited happy pigs in the field, you have an experience to treasure forever - tactile; genuine; sustainable; enriching; unforgettable. Come see!

📍 rigneysfarm.com 📞 087 283 4754 📧 info@rigneysfarm.com

Getting there: CURRAGHCHASE NORTH, KILCORNAN, V94 KV9F
Opening times: Contact for stays or tours

RUSTIC CATERING



Thomas Sparling

Based in Broadford, in the heart of the golden vale, we use only the best of local produce, from locally sourced beef, chicken, lamb, & pork, and cheeses!

Being able to source & forage such beautiful produce locally helps us to excel with our business, offering our customers fresh tastes as the seasons progress.

We specialise in cooking on the green egg, it offers a unique flavour all year round from our sirloin of beef in a blla, to our award-winning chowder epitomising the best of West Limerick produce.

📍 therusticcateringco.ie 📞 087 0946314 / 063 84962 📧 @email

Getting there: MAIN STREET, BROADFORD, P56E677
Opening times: MONDAY - SATURDAY 8:30AM-1AM, SUNDAY 8:30AM-12AM

SPRINGFIELD CASTLE - THE GREEN ROOM



Jonathan & Betty Sykes

Springfield castle is located on a 200-acre organic site between Dromcollougher & Broadford Co. Limerick. It's a working organic deer farm with over half the farm planted with hardwood forests. The castle & café is a family run business.

Recently opened within the castle, is the stunning Green Room Café. Its focus is homegrown food, much of which is grown in the Victorian walled garden with ingredients sourced as locally & seasonally as possible.

📍 springfieldcastle.com 📞 063 83062 / 0876309893 📧 info@springfieldcastle.com

Getting there: SPRINGFIELD, DROMCOLLOGHER, P56 DC42
Opening times: Saturday 10-3pm. See Facebook for events & details.

THE GREEN APRON



Theresa Storey

The Green Apron is a small Artisan Preserve & Tea company run by award-winning producer & bestselling author Theresa Storey on the family farm in Derrycloough, Ballingarry.

Theresa makes a range of award-winning preserves in the farmhouse kitchen using secret family recipes, traditional methods & homegrown, foraged, organic & locally sourced produce wherever possible. These are available at The Green Apron stall in the Milk Market.

Derrycloough farm has an award-winning wildlife garden, woodlands, orchard & a small tea farm producing herbal teas & the first Irish Grown Green Tea.

📍 thegreenapron.ie 📞 087 9808853 📧 theresa@thegreenapron.ie

Getting there: DERRYCLOUGH, BALLINGARRY, V94 F0VH
Opening times: THE FARM IS OPEN TO VISITORS BY APPOINTMENT FOR GUIDED WALKS, TOURS, FORAGING AND PLANT IDENTIFICATION COURSES.



#WESTLIMERICKFOOD
#WESTLIMERICK

West Limerick is a food lover's treasure hiding in plain sight. Come explore our enchanted and mythical past while indulging in our creative and delicious present!

Nowadays, West Limerick remains a strong farming community. Not only that, it's home to a host of award-winning producers, growers, chefs, cafes and restaurants that are fiercely proud of their food heritage and the natural bounty of West Limerick.

In the rolling pastures of West Limerick, you will find the finest agricultural land on the entire island. No surprise then that it's home to producers and purveyors of the very finest dairy, beef, pork and lamb produced in the country.

West Limerick has been settled since prehistoric times and has been renowned for centuries as 'The Larder of Ireland'. It's a place of great castles and quaint villages where every turn in the road reveals a landscape rich in history, folklore and legend.

Come visit us in West Limerick, the Larder of Ireland, in the very heart of The Golden Vale.

West Limerick Food - Taste the History

