

carlow  
food trail



carlow food trail



carlow  
through the waters of time

 IRELAND'S  
ANCIENT EAST

## introduction by mairead lavery



*Photos featured on this page above left to right: Mairead Lavery, Editor, Irish Country Living; Rachel's Garden Café; Rosemary Jordan from The Forge Restaurant and Rob White from Clashganny House Restaurant.*

*Photos featured on the front cover left to right: Selection of breads from Borris Food & Craft Market; collection of O'Hara's beers from Carlow Brewing Company; Tom Malone at Carlow Farmers' Market; Delicious lunches from Lennon's @VISUAL.*

Carlow may be a small country but when it comes to the quality and range of food both grown and produced there, it packs a powerful punch. With its undulating countryside and rich tapestry of family farms you can just sense it's the perfect place to produce food. And you'd be right. Whether it's free range produce fresh from the farm, artisan cheese, local apples or home bakery, Carlow has it all.

Now the Carlow Food Trail catalogue brings this great food story together. Not alone has it information on artisan and organic producers, it also details large food manufacturers in the county whose products are available countrywide.



It lists the farmers' markets and farm shops and supermarkets where you can buy delicious award winning cheeses, wholesome free range and organic meat and poultry along with locally grown seasonal fruit and vegetables.

And not forgetting the booming drinks sector with two Carlow brands – Walsh Whiskey and the Carlow Brewing Company – now exporting around the world.

The Carlow Food Trail catalogue also highlights the many restaurants that have built their reputations on using the best ingredients. Restaurants of all types who make it their business to feature fresh, seasonal and local food on their menus.

So go sample the delights awaiting you on the Carlow Food Trail – you'll be so happy you did.

*Mairead Lavery*

*Editor, Irish Country Living*

# borris food & craft market

Located at the foothills of Mount Leinster, in the heart of the pretty Borris village, this market was founded in 2009. It quickly became the hub of the village's social life on a Friday morning. Both local residents and visitors alike are attracted by the interesting blend of artisan food and crafts on offer and the congenial atmosphere lends itself to a morning spent mingling with the friendly and informed stall holders. A warm welcome and a cup of tea is assured, while visitors are always pleasantly surprised by the quality and choice of produce available.



Food producers include Ballinasillogue Wild Foods, Dunroe Farm Catering, Julie's Cakes, Pat Hartley Fishmonger, Nick and Mairead's Herb Garden with many others depending on the season. Their impressive display comprises locally grown salad leaves, herbs, seasonal vegetables & soft fruits, fish, free range eggs, honey from nearby hives, jams, chutney, pesto, humous, patê, farmhouse cheese, pies, tarts, quiches, cakes, and speciality breads with spelt, sourdough and soda varieties. All are freshly made by hand in kitchens subject to regular environmental health inspections and care is taken to ensure that top quality ingredients are used.

The beautiful countryside surrounding Borris is a haven for artists and the market also incorporates a varied art and craft section showcasing felt, knitwear, jewellery, handmade soap and woodturning of the highest standard. Borris Food and Craft Market regularly goes on tour and has participated in vintage rallies, Christmas Fairs and St. Patrick's Day Festival events. Check out Facebook for upcoming events.



**Address:** Borris Town Hall, Borris, Co. Carlow

**t:** +353 (0)86 860 5517

**e:** [elinorkavanagh@gmail.com](mailto:elinorkavanagh@gmail.com)

**w:** [www.facebook.com/BorrisMarket](http://www.facebook.com/BorrisMarket)

**GPS:** 52.6001113, -6.924250

**Products:** Locally made artisan food produce such as speciality breads, pastries, sweet treats, local cheese, preserves, pickles, wild herb pestos, eggs, fruit, vegetables and local craft

**Available:** Borris Market, every Friday  
9.30am-1.30pm

Find us on 



## carlow brewing company

The Carlow Brewing Company, established by the O'Hara family in 1996, is considered a pioneer in the Irish craft brewing movement aiming to revive a local brewing tradition lost for over 150 years. Now Ireland's leading Craft Brewery, the O'Hara's range is exported to over 25 countries.



**Address:** Muine Bheag Business Park,  
Royal Oak Road, Bagenalstown, Co. Carlow

**t:** +353 (0)59 972 0509

**e:** [info@carlowbrewing.com](mailto:info@carlowbrewing.com)

**w:** [www.carlowbrewing.com](http://www.carlowbrewing.com)

**GPS:** 52.695913, -6.980011

**Products:** Award winning craft beers, including O'Hara's Irish Stout, Irish Pale Ale, Irish Red, Curim, Double IPA and Hop Adventure series - see website for full range.

**Available:** Nationwide. Brewery tours offer the opportunity to see the brewing process and sample the award winning craft brews. Tours are by prior appointment only and take approximately 1 hour. Please contact [amanda@carlowbrewing.com](mailto:amanda@carlowbrewing.com)

Find us on 

Passionate about preserving the traditional heritage and flavours unique to Ireland, the team at Carlow Brewing are continually inspired to develop new speciality beers, using the highest quality fresh, natural and, where possible, local ingredients. The O'Hara's range of award winning beers have been critically acclaimed both at home and internationally claiming the following accolades; Bronze Medal winner at inaugural Dublin Craft Beer Cup in 2013 for O'Hara's Stout. Bronze Medal Winner at The Great International Beer Festival – Rhode Island, 2014 for O'Hara's Red Ale. Gold Medal winner at the Dublin Craft Beer Cup in 2013. Silver Medal Winner at European Beer Star Award 2015. Gold Medal winner at the Dublin Craft Beer Cup in 2013. Irish Whiskey Barrel Aged Irish craft beer award 2015 for Leann Folláin.

In 2016, Carlow Brewing Company will open the old Dunleckney Maltings, a building that has been integrally linked to the Irish brewing sector for over 200 years. Guided tours will tell the unique story of Carlow Brewing, the brewing heritage of the area and provide opportunities to meet the producers, to taste the beers and participate in demonstrations.



# carlow farmers' market

Carlow Farmers' Market, founded in 2004, is one of the largest farmers' markets in the South East and prides itself as one of the few authentic farmers' markets where the producers are all local, produce their own goods and sell mainly their own produce.



With a growing concern amongst consumers to reduce food miles, along with uncertainty over pesticide use, traceability, animal welfare and environmental factors, buying direct from Carlow Farmers' Market offers choice to customers and ensures the highest standards in freshness and quality.

Trading every Saturday from 9.00am-2.00pm, the Carlow Farmers' Market offers an experience totally unlike that of the high street, providing a friendly, community atmosphere in which to spend a Saturday morning for both locals and tourists alike. The market offers shoppers the chance to mingle with artisan suppliers and farmers who are passionate about their food, while learning the background of each individual product and receiving advice on how to make the best use of the extensive range available.

Products include soft fruit, jams, chutneys and juices from Malone's Fruit Farm; plain and flavoured raw goat's, cow's and sheep's cheese from Carlow Cheese; Irish Cheese Awards 2015 Supreme Champion, Mount Leinster Clothbound from Coolattin Cheese; Persian style feta from Ninestones Cheese; free range rare breed pork and bacon from Ballybannon Farm; 100% organic beef, pork, lamb and poultry from Coolanowle Organics; dry-aged beef, lamb and free range eggs from Newtown Farm Produce. See full list of suppliers at [www.carlowfarmersmarket.com](http://www.carlowfarmersmarket.com).



**Address:** [Potato Market, Carlow](#)

**e:** [info@carlowfarmersmarket.com](mailto:info@carlowfarmersmarket.com)

**w:** [www.carlowfarmersmarket.com](http://www.carlowfarmersmarket.com)

**GPS:** [52.835270, -6.929374](#)

**Products:** Fresh fruit, seasonal and organic vegetables, organic and free range meat, dry cured bacon products, free range poultry and eggs, juices, chocolates and truffles, country style butter, quiches and savoury tartlets, traditionally crafted breads and cakes, speciality breads, olives and pesto, fresh fish and vegetable, herb and bedding plants. Hampers of local goods, ready and made to order and speciality foods.

**Available:** [Potato Market, Carlow every Saturday 9.00am-2.00pm](#)

Find us on 



**Address:** Clashganny, Borris, Co. Carlow

**t:** +353 (0)59 977 1003

**e:** [clashgannyhouse@gmail.com](mailto:clashgannyhouse@gmail.com)

**w:** [www.clashgannyhouse.com](http://www.clashgannyhouse.com)

**GPS:** 52.56206,-6.911031

**Local Suppliers:** Nolan's Butchers, Borris,  
Davis Butchers, Graiguenamanagh, Cullen's  
Fruit and Vegetables

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## clashganny house restaurant

The magnificent Barrow Valley is the setting for the Clashganny House Restaurant. Only yards from the picturesque Clashganny Lock, the restaurant is housed in a handsome granite 19th century building, perfectly placed to enjoy a short stroll along the banks of the River Barrow before dinner. Rob White, the chef/owner, had previously been head chef at the celebrated five star Monart Spa in Enniscorthy and he and his wife, Karen, opened the restaurant in 2014.



The menu reflects the chef's modern perspective on fine dining and changes regularly to present the very best of seasonal ingredients which are sourced as locally as possible. The combination of fine cuisine, a varied menu, stylish and comfortable dining rooms and professional but welcoming front of house staff has brought great success and earned many favourable reviews. Clashganny House Restaurant was voted 'Best Newcomer 2014' in *Georgina Campbell's Guide* and also won 'Best Eating Establishment (Fine) 2015' at the Carlow Business Awards.

*'With Robert's excellent cooking, Karen's warm professional supervision of the dining rooms and the wonderful setting, Clashganny House offers an accessible treat for discerning diners and is set to become a key destination, both for the lucky locals and visitors to the area.'*

Georgina Campbell's Ireland's Guide

# coolanowle country house and organic farm

In 2001, Jimmy Mulhall converted the family farm from conventional agriculture to an organic system which concentrates on sustainable methods of food production and the highest standards in animal welfare. After a 2 year changeover period, Coolanowle Organics began selling directly to the public, firstly at Carlow Farmers' Market and then branching out to include Kilkenny and numerous farmers' markets across Co. Dublin.



By 2008, the business was thriving and a meat processing facility was built on the farm and the following year, an online meat sales business was developed to market organic meat nationwide.

*'We produce the beef and lamb fed on a clover grass sward from our own farm here at Coolanowle and we buy pork, chicken, some additional lamb and beef from organic producers within a 40 mile radius. Local abattoirs are used, with beef hung for at least 2, if not 3 weeks. This provides full traceability from farm to table.'*

Specialities include spiced and corned beef using a dry-curing process from premium cuts, dry-cured bacon and ham with no added water, a full range of sausages containing almost 90% top quality beef, pork and lamb and Great Taste Award Gold Medal winning black and white pudding.

Coolanowle embodies the concept of food tourism with Coolanowle Country House, *Georgina Campbell's Farmhouse of the Year 2012*, offering unique farmhouse breaks in an idyllic rural setting. This combines Bernadine Mulhall's unrivalled hospitality with the very best of home-produced organic food, while The Barn at Coolanowle is the perfect venue for private functions.



**Address:** Coolanowle Country House, Ballickmoyler, Co. Laois

**t:** +353 (0)59 862 5176  
**m:** +353 (0)87 273 8061  
**e:** [info@organicmeat.ie](mailto:info@organicmeat.ie)  
**w:** [www.organicmeat.ie](http://www.organicmeat.ie)

**GPS:** 52.910506, -7.023563

**Products:** 100% organic beef, pork, bacon, lamb, sausages, organic chickens and award winning black and white pudding

**Available:** Carlow Farmers' Market, every Saturday 9am-2pm. Farmers' Markets in Kilkenny, Leopardstown, Dun Laoghaire, Pearse St, Red Stables and Green Door Farmers' Markets weekly.

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## lennon's@visual

VISUAL is one of Ireland's largest and most spectacular venues for contemporary art. Downstairs from the entrance lobby, the award winning Lennon's Restaurant echoes the sleek modern feel of the building's exterior with its unfussy, open plan layout and original art hanging on the walls. There is a sheltered terrace for al fresco dining with lovely views of the historic St. Patrick's College and Carlow Cathedral.



**Address:** VISUAL Centre and George Bernard Shaw Theatre, Old Dublin Road, Carlow

**t:** +353 (0)59 917 9245

**e:** eat@lennons.ie

**w:** www.lennons.ie

**GPS:** 52.839161, -69.29076

**Local Suppliers:** Coolattin Cheddar, Ballon Free Range Eggs, Carlow Farmers' Market, Brennan's Butchers, Carlow Brewing Company, Walsh Whiskey

Find us on 

An interesting feature inside is the black glass wall which separates the kitchen from the dining room, listing daily specials with full details of local suppliers. Premium ingredients are at the very heart of Lennon's philosophy.

*'We are committed to providing good honest food produced with passion and attention to detail while using only the finest Irish meat and poultry, sustainably caught fish and locally sourced ingredients. We are passionate about supporting local and artisan producers and constantly seeking quality produce which is the basis of our food.'*

This approach has resulted in a carefully chosen menu to suit all preferences and dietary needs including gluten free, vegetarian and healthy options. Open daily from 10.30am, with dinner on Thursday to Saturday and Sunday Brunch, Lennon's is a vibrant and cosmopolitan eatery at the heart of Carlow town.

Head Chef Gail Johnson is the Restaurant Association Awards Carlow Chef of the Year 2016

Members of *Good Food Ireland* and *Georgina Campbell's Ireland Guide*

Included in *John and Sally McKenna's Top 100 Restaurants in Ireland* in 2014 and 2015



# malone's fruit farm and farm shop

Malone Fruit Farm and Farm Shop is a family run business located just outside Ballon Village. The Malone family have been growing fruit since 1988 and the business has grown considerably since then. It now comprises 12 acres, both outdoor and under tunnels, which provide a wide variety of soft fruits to the general public, retail, hotel and restaurant trade.



Strawberries are the main crop but the range includes raspberries, gooseberries, loganberries, tayberries, red, white and blackcurrants, blueberries and rhubarb, fresh when in season and frozen all year round. The Malone family pride themselves on their traditional jam and jelly recipes and since the introduction of a purpose-built kitchen in 2005, marmalades, chutneys and fruit cordial in many popular flavours have been added to the selection available.

A charming Farm Shop was set up by James Malone in 2012. This offers their customers a chance to visit the fruit farm or enjoy refreshments while browsing through Malone's own range of homemade fruit jams and preserves, free range local eggs and baking. In addition, the shelves are filled with a carefully selected array of local and Irish food, gifts and arts and crafts and custom made hampers can be created for a special event.

*'Consumers now want to know more about where their food comes from and how it is produced. Our farm tourism talks let visitors come and see the produce growing in the field and then buy it straight from our farm shop.'*



**Address:** Closh, Ballon, Carlow

**t:** +353 (0)59 915 9477

**m:** +353 (0)86 847 2765

+353 (0)85 195 6221

**e:** [info@malonefruitfarm.com](mailto:info@malonefruitfarm.com)

[james@malonefruitfarm.com](mailto:james@malonefruitfarm.com)

**w:** [www.malonefruitfarm.com](http://www.malonefruitfarm.com)

**GPS:** 52.733482, -6.744071

**Products:** Jams, fruit (fresh & frozen), juices, teas, coffee, gluten free and organic products, store cupboard products, cheese, giftware, cured meats, chocolate, sweets, seaweed products. Farm tourism talks on request.

**Available:** Malone's Farm Shop and Carlow Farmers' Market, every Saturday 9am-2pm

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## rachel's garden café

Arboretum Home and Garden Heaven, Retail Excellence Ireland's Company of the Year 2016, is a complete shopping experience with a five star award winning garden centre plus interior furnishings, a kitchen store, fashion outlet, pet zone and home to the famous Rachel's Garden Café.



**Address:** Arboretum Home & Garden Heaven, Old Kilkenny Road, Leighlinbridge, Co. Carlow [Exit 6 off M9 motorway]

**t:** +353 (0)59 972 1558  
**e:** info@arboretum.ie  
**w:** www.arboretum.ie

**GPS:** 52.742832, -6.975890

**Local Suppliers:** Carlow Brewing Company; Michael Hosey Fruit and Vegetables; Village Dairy, Killeshin; Herbs and apples from Arboretum's own garden

Find us on 

Named after the entrepreneurial owner Rachel Doyle, the café's philosophy is based on her commitment to the use of local produce.

*'Our chefs are proud that everything on the menu is made using the fresh local ingredients and where possible we grow our own herbs and seasonal vegetables.'*

A particular favourite served in Rachel's Garden Café is the beef braised in O'Hara's Stout, which is brewed by the Carlow Brewing Company, only 5 km down the road. The delicious tempting desserts are all made on the premises and all of our customers' special dietary needs are catered for with gluten, sugar or dairy free options.

Full Irish breakfast is served from 9am and the lunch menu is served from 12 noon offering an extensive range of soups, salads, daily specials and roast of the day and we also cater for afternoon tea. A full children's menu is available with a playground and maze adjacent in the gardens to keep the little ones entertained. Full of ideas to recreate at home, the charming Inspirational Gardens are perfect for a leisurely walk after relaxing in Rachel's Garden Café.

# sha-roe bistro

Sha-Roe Bistro is situated between Huntington Castle and Osborne's Pub in the centre of Clonegal, winner of Ireland's Tidiest Village in 2014 and 2015. The restaurant, originally an 18th century inn, has been sympathetically restored and retains many old features which add to the welcoming ambience, including a large open stone fireplace and a tiny cottage window that reveals a glimpse into the kitchen.



A more contemporary detail is the presence of a Chef's Table which allows 4-6 guests dine in the kitchen and observe the spectacle of chefs at work. Henry Stone, formerly at Marlfield House, has designed a menu that has a simple, classical feel but with a number of creative twists. The quality of ingredients is paramount, highlighting the abundance of suppliers in the neighbouring area.

The blend of exceptional cuisine, warm hospitality, chic yet intimate surroundings and the expertly chosen wine list ensures Sha-Roe receives consistently good reviews and numerous awards and is widely regarded as a hidden gem which should not be missed.

*'We try to have as much local produce as possible; and we follow the seasons throughout the year – that's how to get the best flavour.'* Henry Stone, Head Chef

Best New Comer of the Year 2007  
*Georgina Campbell's Guide*  
Bib Gourmand  
*Michelin Guide 2008-2016*

Best Atmospheric Restaurant  
of the Year 2010  
*Georgina Campbell's Guide*

Best Chef of the Year 2011  
*Georgina Campbell's Guide*  
Best Carlow Restaurant 2016  
*Irish Restaurant Awards*

**Address:** Clonegal, Co. Carlow

**t:** +353(0)53 937 5636  
**e:** sha-roebistro@hotmail.com

**GPS:** 52.692877, -6.645443

**Local Suppliers:** Carlow Cheese; Tom Nolan (game); Kavanagh's Meat; Seatrade (fish); Cullen's Fruit and Vegetable

Find us on 



## the chocolate garden of ireland

The Chocolate Garden of Ireland, based just outside Tullow, is a working chocolate and ice cream factory producing a range of luxury artisan chocolates, a varied selection of confectionery, chocolate spread and premium organic ice cream.



**Address:** Rath, Tullow, Co. Carlow

**t:** +353 (0)59 648 1999

**e:** [info@chocolategarden.ie](mailto:info@chocolategarden.ie)

**w:** [www.chocolategarden.ie](http://www.chocolategarden.ie)

**GPS:** 52.795927, -6.661862

**Products:** Handmade chocolates and confectionery; luxury artisan ice-cream, free-frozen and chocolate products. The Chocolate Garden Café & Visitor Experience

**Open:** Monday-Saturday, 10am-5pm  
Sunday/Bank Holidays: 1-6pm  
Seasonal Closure: 24 Dec-31 Jan. Admission applies. Booking required for workshops.

Find us on 

The brand was launched in 2005 by Jim and Mary Healy and favourites include Irish Whiskey, Dark Chocolate Salted Caramel, Whole Hazelnut Praline, Honey and Brandy Truffles and Irish Cream and Brown Bread ice creams, all which have won Gold Medals in the Great Taste Awards and Blas na hÉireann Awards. The full range is widely available and can best be enjoyed in the on-site café and ice cream parlour. The Chocolate Garden team run chocolate making workshops which last just over an hour and a half.

*'We take you on a journey from the cocoa tree to the finished chocolate – a multi-sensory journey of video, demonstration and tastings and, ultimately, making your own unique chocolate product to take home. It's a fun, informative and a very tasty experience!'*

A shorter chocolate mould-making session is available daily on a walk in basis (groups must pre-book). Award-winning coffee, ice cream and chocolate is served in the café-shop and kids of all ages can enjoy the obstacle course/trim trail, slides, all-weather sandpit and Wendy house in the play area.

The Chocolate Garden of Ireland is a haven for chocolate lovers of all ages.

# the forge restaurant

Located between Ballon and Bunclody in a charmingly restored old blacksmith's forge, The Forge Restaurant was established in 2001 by Mary Jordan and now enjoys a reputation for the finest home baking, local produce and traditional Irish hospitality. Providing quality and value is key to The Forge's success. Mary Jordan and her team take pride in sourcing local ingredients for the menu, which includes homemade seasonal vegetable soup, freshly baked breads and scones and hot lunch favourites such as roast beef and lamb, baked ham, pies and lasagnes.



*'Only the freshest of produce is used with the highest standards of traceability.'*

Believing the fewer food miles, the better, ingredients are sourced from the locality which offers an excellent range of farmhouse cheeses, free range eggs, seasonal fruit, vegetables and meats. The cosy interior of The Forge carries a display of artwork crafted by nearby artists and a Slí na Sceacha walk around the immediate hedgerow begins from the car park. Open seven days a week, from 9.30am to 5.00pm, The Forge serves breakfast, morning coffee, lunches and afternoon tea.

The Forge Restaurant is ideally placed for those exploring the many tourist attractions in the area and is a particular favourite with gardeners following the Carlow Garden Trail. The magnificent Altamont Gardens are only 1km away and, tucked away in a peaceful corner of Altamont Plant Sales, The Forge also operates the delightful Walled Garden Café which serves great coffee, home baking and ice cream in the summer season.

Recommended by *Georgina Campbell Guide 2015* and *McKenna's 2015 Guides*.

**Address:** Kilbride, Ballon, Co. Carlow

**t:** +353(0)59 915 9939

**m:** +353 (0)86 816 5531

**e:** [theforgekilbride@gmail.com](mailto:theforgekilbride@gmail.com)

**w:** [www.theforgekilbride.ie](http://www.theforgekilbride.ie)

**GPS:** 52.721892, -6.725944

**Local Suppliers:** Carlow Cheese, Coolattin Cheddar, Malone's Fruit Farm, Gilbert's Orchard, Carlow Free Range, Salter's free range geese, ducks and pigs, Ballon Meats, Ballon Free Range Eggs, Ballon Community Organic Garden, Kavanagh's Potatoes, McAssey Craft Butchers, Murphy's Craft Butchers

Find us on 



## the step house hotel

Based in the historic surroundings of the former dower house for Borris House, The Step House Hotel combines the charm of its Georgian origins with the elegance of a modern boutique establishment. Dining at The Step House Hotel is a truly unforgettable experience. Brasserie 1808, named after the year that the original part of the building was erected, is traditional in style with a classical mahogany and brass décor.



**Address:** Step House Hotel, Main Street,  
Borris, Co. Carlow

**t:** +353(0)59 977 3209  
**e:** [info@stephousehotel.ie](mailto:info@stephousehotel.ie)  
**w:** [www.stephousehotel.ie](http://www.stephousehotel.ie)

**GPS:** 52.601116, -6.92793

**Local Suppliers:** Carlow Free Range, Salter's free range geese, ducks and pigs, Ballon Free Range Eggs, Greenside Up, Wild Irish Game, John Kavanagh Lamb

Find us on 

The chefs are committed to an ideology of quality food sourcing, with an emphasis on seasonal, local and artisan ingredients. They believe preparing dishes from scratch is essential to keep the art of real cooking alive. The Step House Hotel is dedicated to supporting producers and even buy whole lambs from farmers based in the vicinity of Borris.

The quality of food in The Step House Hotel is not confined to dinner. Equal care and attention is taken at all times of the day. Overnight guests waking after a peaceful night in one of the hotel's luxurious bedrooms can look forward to a sumptuous breakfast. There is a comprehensive buffet with homemade granola, fruit compotes, yoghurts, homemade bread and pastries plus a full Irish breakfast featuring top class local sausages and bacon. Sunday lunch is a speciality.

RAI Best Customer Service in Carlow 2016

RAI Best Hotel Restaurant in Carlow  
2011/2012/2014/2015

RAI Best Hotel Restaurant in Leinster 2015

Bridgestone Guides 100 Best Places to Stay  
2010/2011/2012/2013/2014/2015

Bridgestone Guides 100 Best Places Restaurants  
2013/2014/2015

# walsh whiskey

Established in 1999 by Bernard and Rosemary Walsh, the Walsh Whiskey Distillery is now located at Royal Oak on the banks of the River Barrow. Deep in the heart of barley-growing country, it sits on the Barrow Valley Aquifer which provides a limitless direct supply of fresh water for the distillation process. The world-class distillery, built to the highest standards, is one of the largest in Ireland and has the capacity to produce 650,000 cases of whiskey a year.



With its pot and column stills from the Forsyth's foundry, Walsh Whiskey Distillery is unique in producing all three types of Irish whiskey – pot still, malt and grain – in one still house. The leading brands in the portfolio, The Irishman and Writer's Tears, are already sold in over 40 countries and have amassed numerous international Gold Medals, including The Irishman winning Best Irish Whiskey Brand of the Year in the prestigious New York International Spirits Competition.

The majestic site at Royal Oak, which occupies the old Holloden estate, has become Walsh Whiskey's "spiritual home" and reflects their dream to create a legacy of whiskey excellence. The historic Georgian house, dating from 1755, has been painstakingly restored to house the visitor centre with a Whiskey Academy, whiskey tours, shop and also a picnic area in the scenic grounds, now returned to their former glory.

Come and experience the touch, smell and taste of award winning whiskeys and liqueurs at Walsh Whiskey Distillery.



**Address:** Royal Oak, Carlow

**t:** +353 (0)59 913 3232

**e:** [info@walshwhiskey.com](mailto:info@walshwhiskey.com)

**w:** [www.walshwhiskey.com](http://www.walshwhiskey.com)

**GPS:** 52.7019793, -6.9857588

**Products:** Irishman Founder's Reserve, Irishman Single Malt, Irishman 12 Year Old Single Malt, Irishman Cask Strength, Writers Tears Copper Pot, Writers Tears Cask Strength, Hot Irishman Irish Coffee. Whiskey Academy and tours. See website for booking and admission.

**Available:** O'Brien's and Castle Hill Off Licences, Supervalu Carlow, Tullow and Bagenalstown, many Carlow Bars

Find us on 



## ballon free range eggs ltd.

Ballylean, Ballon, Co. Carlow  
 t: +353 (0)59 915 9177  
 m: +353 (0)86 169 8691  
 e: marygittens@gmail.com  
 w: www.ballonfreerangeeggs.ie

**Products:** Free range eggs.

**Available:** Widely available throughout Carlow, Kildare, Dublin and Wicklow.



## ballon meats

Raheen, Ballon, Co. Carlow  
 t: +353 (0)59 915 9132  
 e: mail@ballonmeats.ie  
 w: www.ballonmeats.ie

**Products:** Beef, lamb and pork.

**Available:** Trade only. Widely available nationwide and throughout Europe.



## ballybannon farm

Ballybannon, Milford, Co. Carlow  
 t: +353 (0)87 934 4220  
 e: ballybannonfarm@gmail.com  
 f ballybannonfarm

**Products:** Premium quality pork and bacon products from free range, rare bred pigs including sausages, chops, rashers and hams, hotdogs and succulent pork burgers. Spit roast service available.

**Available:** Carlow Farmers' Market, every Sat 9am-2pm and direct from farm. Orders for collection or delivery.



## bolton family jams

3 Croaghaun, Springhill, Carlow  
 t: +353 (0)59 914 1888  
 e: mammybolton@gmail.com

**Products:** Chutneys, hampers, tarts and buns, Christmas puddings, etc.

**Available:** Oakview; Crotty's Bakery; Be Nice; Brennan's Butchers; Clonmore Meats; Hennessy Garage; O'Neill's; Gala Stores, Burrin Road; Killshin Tea Rooms; Jim's Shop, Killshin; Lazy River Café; Keenan's Garage; Bolton School of Music.



## borris food market

Main Street, Borris, Co. Carlow  
 t: +353 (0)86 860 5517  
 e: elinorkavanagh@gmail.com

f BorrisMarket

**Products:** Locally made artisan food produce such as speciality breads, pastries, sweet treats, local cheese, preserves, pickles, wild herb pestos, eggs, fruit, vegetables and local craft.

**Available:** Borris Market, every Friday 9.30am-1.30pm Carlow.



## butlers organics ltd.

Coolmanagh, Hacketstown, Co. Carlow  
 t: +353 (0)59 647 1720  
 e: butlersorganiceggs@gmail.com

f Butlers-Organic-Eggs

**Products:** Organic eggs.

**Available:** Nationwide.



## carlow brewing company

Muine Bheag Business Park,  
 Royal Oak Road,  
 Bagenalstown, Co. Carlow  
 t: +353 (0)59 972 0509  
 e: info@carlowbrewing.com  
 w: www.carlowbrewing.com

**Products:** Award winning craft beers. See website for full range.

**Available:** Nationally and internationally.



## carlow farmhouse cheese

Ballybrommell, Fenagh, Bagenalstown,  
 Co. Carlow  
 t: +353 (0)87 612 4452  
 e: carlowfarmhousecheese@gmail.com  
 w: www.carlowfarmhousecheese.com

**Products:** Goat's cheese, goat's milk, sheep's cheese, sheep's yoghurt, available for guided visit. Must be pre-booked.

**Available:** Carlow Farmers' Market, every Saturday 9am-2pm. Carlow local SuperValu outlets, local Londis store. Farmers' Markets in Green Door Dublin, Enniscorthy, Kilkenny and Clonmel.



## carlow free range ltd.

Kilkea, Fenagh, Co. Carlow  
 t: +353 (0)59 972 7851  
 +353 (0)59 972 7852  
 e: info@carlowfreerange.ie  
 w: www.carlowfreerange.ie

**Products:** Free range chicken and turkey reared in a stress free environment resulting in the production of a distinguished, unique and premium quality product.

**Available:** McAssey's Butcher's, Ballon, Farm to Fork, Carlow and nationwide.





## the chocolate garden of Ireland

Rath, Tullow, Co. Carlow  
t: +353 (0)59 648 1999  
e: info@chocolategarden.ie  
w: www.chocolategarden.ie

**Products:** Handmade chocolates and confectionery; luxury artisan ice-cream, free-from frozen and chocolate products.

**Available:** The Chocolate Garden Café and Visitor Experience. Nationwide in fine food outlets, farm shops, delis, lifestyle outlets, eg. Malone's Farm Shop, Arboretum, Avoca, Rathwood and Kilkenny.



## codd mushrooms ltd.

Downings, Tullow, Carlow  
t: +353 (0)59 916 3031  
e: info@coddmushrooms.ie  
w: www.coddmushrooms.ie

**Products:** Mushrooms – Wholesale and retail

**Available:** Aldi, Tesco, Dunnes Stores, BWG, Dublin Market, supplying 52% of all mushrooms consumed in Ireland.



## coolanowle organics

Coolanowle Country House,  
Ballickmoyler, Co. Laois  
t: +353 (0)59 862 5176  
m: +353 (0)86 273 8 061  
e: info@coolanowle.com  
w: www.organicmeat.ie

**Products:** 100% organic beef, pork, bacon, lamb, sausages, organic chickens and award winning black and white pudding.

**Available:** Carlow Farmers' Market, every Saturday 9am-2pm. Farmers' Markets in Kilkenny, Leopardstown, Dun Laoghaire, Pearse St., Red Stables and Green Door Farmers' Markets weekly. Online at www.organicmeat.ie



## coolattin cheddar

Knockeen, Tullow, Co. Carlow  
t: +353 (0)86 389 4482  
e: tofburgess@eircom.net

**Products:** Coolattin Cheddar Mature, Vintage and Smoked. Mount Leinster Clothbound, Supreme Champion at 2015 Irish Cheese Awards.

**Available:** Carlow Farmers' Market, every Saturday 9am-2pm. Fallon & Byrne, Dublin; On The Pigs Back, Cork; Malone's Fruit Farm, Ballin; some Tesco branches. Restaurants and delicatessens.



## crotty's bakery

SuperValu Shopping Centre,  
Sandhills, Hacketstown Road,  
Carlow  
t: +353 (0)59 917 6837  
m: +353 (0)87 900 7428  
+353 (0)86 029 4711  
e: crottysbakery@gmail.com

**Products:** Yeast and soda breads, cakes, celebration cakes and full Christmas range.

**Available:** SuperValu, Sandhills, Hacketstown Road, Carlow.



## daisy cottage farm produce

Borklemar, Hacketstown, Co. Carlow  
t: +353 (0)86 317 7146  
e: daisycottagefarm@outlook.com

**Products:** Family run artisan bakery, producing a range of delicious breads and cakes, award winning Daisy Cottage Farm Scone Mix.

**Available:** Daisy Cottage Farm Shop, Fridays 10am-6pm and Ward's Greengrocer, Tullow.



## émile pâtissier

Unit 1, O'Brien Road, Carlow  
t: +353 (0)59 916 1684  
f: +353 (0)59 916 1937  
e: marilouisewalsh@pacificfoods.ie  
w: www.emilepatissier.ie  
www.pacificfoods.ie

**Products:** Émile Pâtissier is a Carlow based, artisan manufacturer of a range of professional dessert products made by pastry chefs using traditional methods of production and natural ingredients, locally sourced, where possible.

**Available:** Trade only



## farm to fork quality butcher

Unit 1, Closh Business Park,  
Staplestown Road, Carlow  
t: +353 (0)59 913 0903  
e: ffffoods@gmail.com

**Products:** Dry aged beef, pork, bacon, lamb, chicken, air dried beef and biltong.

**Available:** Farm to Fork Quality Butchers, Staplestown Road, Carlow.



## gaelic escargot

Garryhill, Co. Carlow  
e: gaelicescargot@gmail.com  
w: www.gaelicescargot.com

**Products:** Fresh Irish free range escargot. Snail farming courses.

**Available:** See website for details.



## gilberts' orchard

Gilberts' Orchard, Quinagh, Carlow  
 t: +353 (0)59 914 2014  
 m: +353 (0)86 859 8940  
 e: gilbertsorchar@gmail.com  
 w: www.gilbertsorchar.com

**Products:** Irish apples, Irish apple juice, Irish cider vinegar, farm house jam, marmalade, chutney, apple tarts and pick your own.

**Available:** Gilberts' Orchards Farm Shop, Lennon's Restaurant, Carlow; The Forge, Ballon; Farnleigh Country Market, Phoenix Park, Dublin.

## grannies kitchen

5 Mountain View, Hacketstown,  
 Co. Carlow

t: +353 (0)83 300 0876  
 e: granniesk@gmail.com

 Grannies Kitchen, Carlow,  
 Ireland  
 @grannieskitchen

**Products:** B-Spice, hand made gluten free and vegan seasonings for meat and vegetables, no MSG and gluten free and vegan onion bhajis.

**Available:** Naas Farmers' Market, Brook Lodge Hotel.



## malone's fruit farm & farm shop

Closh, Ballon, Carlow  
 t: +353 (0)59 915 9477  
 m: +353 (0)85 195 622  
 e: info@malonefruitfarm.com  
 w: www.malonefruitfarm.com

**Products:** Jams, fruit (fresh and frozen), juices, teas, coffee, gluten free products, store cupboard products, cheese, giftware, cured meats, chocolate, sweets, seaweed products and more.

**Available:** Malone's Farm Shop and Carlow Farmers' Market, every Saturday 9am-2pm.



## newtown farm produce

Newtown, Castledermot, Co. Kildare  
 t: +353 (0)59 914 4159  
 m: +353 (0)86 811 1108  
 e: newtownfarmproduce@gmail.com

 Newtown-Farm-Produce

**Products:** Dry-aged Aberdeen Angus beef, farm fresh lamb and free range eggs.

**Available:** Direct from farm, Carlow Farmers' Market, every Saturday 9am-2pm and Naas Farmers' Market, Saturday 10am-3pm.



## nine stones cheese co.

Homefarm, Fenagh, Bagenalstown,  
 Co. Carlow

t: +353 (0)87 349 5826  
 e: info@homefarmireland.com

w: www.homefarmireland.com/  
 ninestonescheese

**Products:** Plain and flavoured raw cow's milk cheese and feta. Guided visits and courses available.

**Available:** Carlow Farmers' Market, every Saturday 9am-2pm. Local SuperValu and Londis outlets, farmers' markets in Enniscorthy, Kilkenny and Clonmel, Malone's Farm Shop, Tinahely Farm Shop, Lennons@VISUAL, Borris Tearooms, Sha-Roe Bistro.



## salters free range farm

Moanmore, Fenagh, Co. Carlow  
 t: +353 (0)87 238 6051  
 e: info@saltersfarm.ie  
 w: www.saltersfarm.ie

**Products:** Free Range Sausages: traditional, pork and apple, Italian.

**Available:** SuperValu stores in Carlow, Tullow, Bagenalstown, Maynooth, Clane, Celbridge, Greystones, Baltinglass, Wicklow and Bray.



## seery's heatherfield ltd.

Tinryland, Carlow  
 t: +353 (0)59 914 2461  
 e: cakes@seerys.ie  
 w: www.seerys.ie

**Products:** Madeira cakes, fruit cakes, Christmas Puddings, private label available, branded products.

**Available:** Factory shop and major retailers nationwide.

## sunshine juice

Park, Tinryland, Co. Carlow

t: +353 (0)59 913 7630  
 e: sunshinejuice@eircom.net  
 w: www.justvegout.ie  
 www.walshes.ie



**Products:** Cold pressed fruit and vegetable juices, smoothies and fresh fruit salad.

**Available:** Spar, Aldi, Lidl, SuperValu, Centra, Rath's Londis, Carlow and Castledermot.

The  
**VILLAGE  
 DAIRY**

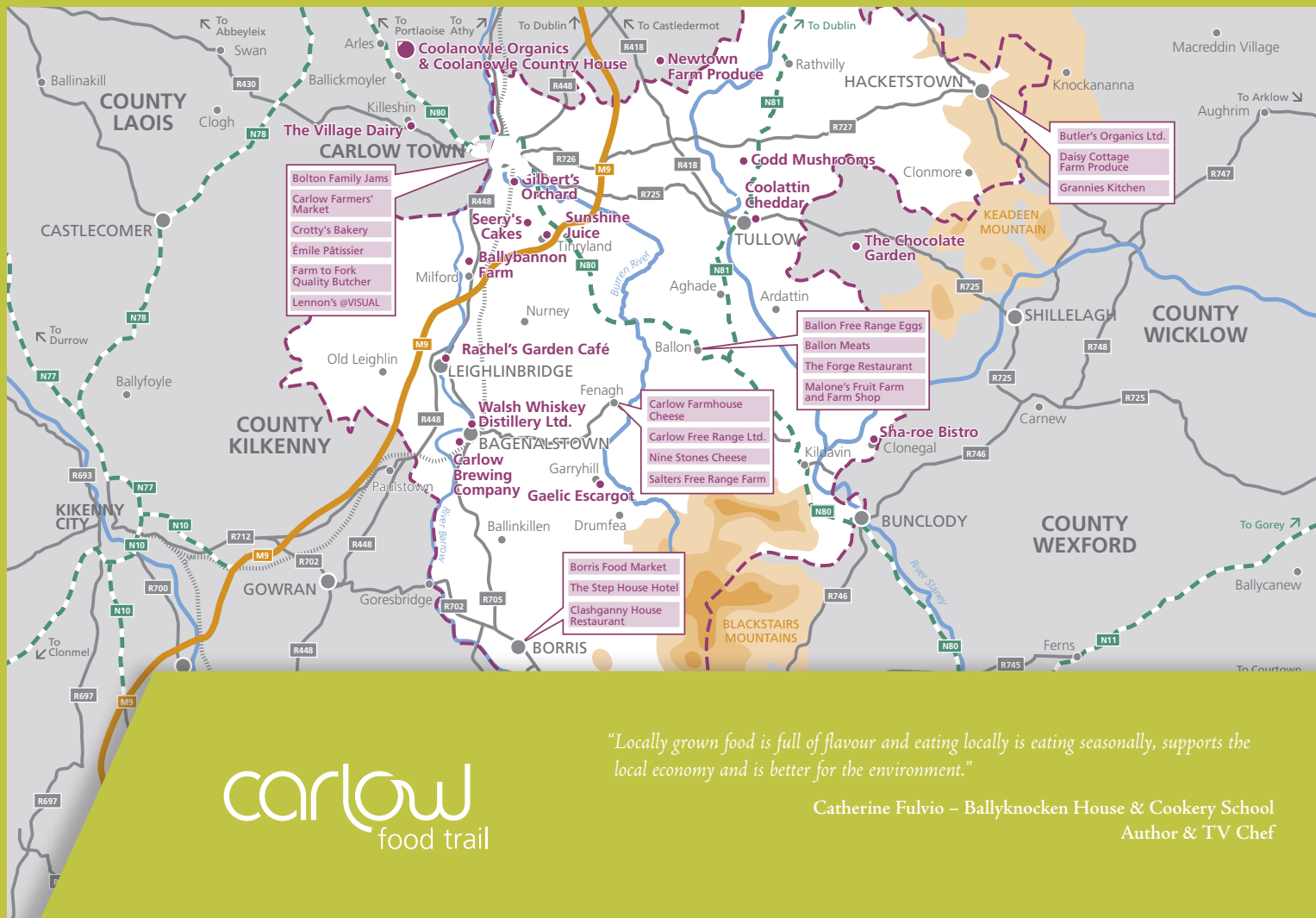
## village dairy

Clonmore, Killeshim,  
 Co. Carlow.

t: +353 (0)59 914 3437  
 e: info@villagedairy.ie  
 w: www.villagedairy.ie

**Products:** Fresh low fat milk and cream, organic milk and cream, jersey milk and cream, goats milk.

**Available:** Local shops, Rath's Londis, SuperValu, Dunnes Stores, Brian Hennessy Mill Motors.



Bolton Family Jams  
 Carlow Farmers' Market  
 Crotty's Bakery  
 Emile Pâtissier  
 Farm to Fork Quality Butcher  
 Lennon's @VISUAL

Butler's Organics Ltd.  
 Daisy Cottage Farm Produce  
 Grannies Kitchen

Ballon Free Range Eggs  
 Ballon Meats  
 The Forge Restaurant  
 Malone's Fruit Farm and Farm Shop

Carlow Farmhouse Cheese  
 Carlow Free Range Ltd.  
 Nine Stones Cheese  
 Salters Free Range Farm

Borris Food Market  
 The Step House Hotel  
 Clashganny House Restaurant

*"Locally grown food is full of flavour and eating locally is eating seasonally, supports the local economy and is better for the environment."*

Catherine Fulvio – Ballyknocken House & Cookery School  
 Author & TV Chef

carlow  
 food trail

# carlow

food trail

Featured below left to right: Gilbert's Orchard, Walsh Whiskey, Carlow Brewing Company, Sunshine Juice and Malone's Fruit Farm & Farm Shop.



Visit us online at: [www.carlowtourism.com](http://www.carlowtourism.com)

For further information on Co. Carlow or to make an accommodation booking please contact:



Carlow Tourist Office, College Street, Carlow  
t: +353 (0)59 913 0411 e: [info@carlowtourism.com](mailto:info@carlowtourism.com)

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