



**Our Spencer St shop is open daily Monday - Saturday 8.30am-5pm
Daily Bakes, RUA Ready Meals, Hotpots, Soups, Salad Boxes,
Deli Essentials & Wines.**

We are taking card payments only - no cash.

If you are calling in please observe safe social distancing, we are operating in a more limited capacity. Thanks for your patience.

Here we have put together a selection of our RUA favourites. Choose what you'd like from this list and add anything that is not listed as we may have it in stock.

Most items are subject to availability... if we don't have something in stock we are always happy to suggest an alternative.

HOW TO ORDER

Contact Free Collection - this is the quickest way to shop with us

Order and collect – we'll do your shopping for you

Call us on 094 9286072 from **9am-2pm**

or email us on deli@caferua.com with COLLECTION in the subject heading.

We will get your order together and call you to confirm and take payment.

Orders must be in by 1 pm and can be picked up before closing time

Rua Delivery

Deliveries every Saturday within a 20km radius of the shop (min order €40)

Castlebar, Westport, Newport, Foxford, Partry, Balla, Belcarra etc

Call us on 094 9286072 or email us deli@caferua.com with DELIVERY in the subject heading. We will get your order together and call you to confirm payment

All orders must be in by 2pm on Friday for Saturday delivery

Keep an eye on our Instagram, Facebook & Twitter for daily updates too.



DAILY EATS

For takeout lunch from the shop.

HOT

Bacon, Cheddar & Mushroom Tartlet	3.95
Daily Veggie Tartlet	3.95
‘Castlemine Farm’ Sausage Rolls	2.30
Daily Soup	3.50
Daily Hot Pot	6.00

*please note that our hot food is not available for delivery

call us on 0949286072 or mail us deli@caferua.com to find out daily specials

SALADS & SANDWICHES

This week’s Baguette sandwich . . .	5
Bacon, Cheddar & Mustard Mayo Sandwich	4
Chicken, Salad & Wild Garlic Sandwich	4
Salad boxes	6.95
Veggie box with hummus & feta Chicken noodle with chilli, sesame peanut dressing Harissa spiced Shine’s Irish tuna salad	
Individual salads small 3.00 / large 5.50 approx Pappardelle pasta salad Carrot, toasted seed & coriander Rua coleslaw	



RUA READY MEALS

For dinner at home. Ready to heat and eat. Many suitable for home freezing - please enquire when ordering.

SOUPS

- Summer greens & potato ... €3.95
- Tomato, Coconut & Coriander..... €3.95

MEAT 500 ml tubs

- Mayo Beef Bourguignon.... €8.95
- Chicken Korma..... €7.95
- Mayo Beef Bolognese €6.95
- Lasagne (portion) €5.95
- Rua Fishcakes..... €3.95 each
- Sheridan's Duck Leg confit.. €9.95

VEGGIE & SIDES

- Coconut & Coriander Dahl .. €5.95
- Champ Potatoes €3.95
- Sweet Potato & Chickpea Cake €3.95 each
- Shakshuka Pot..... €5.95
- Red Cabbage €5.95

RUA DELI TUBS

- Pickled Cucumbers €3.50
- Beetroot Relish..... €3.95
- Basil Garlic & Lemon Mayonnaise..... €3.95
- Coronation Mayonnaise.... €3.95
- Chicken Liver Pate €5.50
- Herby Hummus €4.50



BAKERY - CAKES & TREATS

1lb Lemon Cake Loaf6.95
1lb Carrot Cake6.95
Banana Bread.....5.95
Cake Bite Box 10.95
Orange Cake 13.95
Coffee & Walnut Cake 13.95
8" Bakewell Tart9.95
Pistachio Slice (box of 4).....9.95
Chocolate Brownies.....9.95
(box of 4)

Apple Tart7.95
Apple & Blueberry Crumble...9.95
Rhubarb Crumble9.95
(if available)
Fruit or Brown Scones.....9
(bag of 6)
Brown Bread.....Large 4.50
.....Small 3
Cornrue Sourdough Boule....5.50

Daily Cream cakes and Birthday
cakes - please enquire

BISCUITS & CHOCOLATE

Proper Chocolate Company Bars
Pump St Bars 70g - Staff favourite!
Various flavours
Ocelot chocolate Bars (organic)
Skelligs Pouches - various
Noo Chocolates from Ballina -
various sizes

Kilbeggan Organic
Irish Oat Cookies 200g 4.25 various
West Cork Biscuit Co.
Coffee & Walnut4.15
West Cork Biscuit Co.
Date & Sesame4.99

COFFEE & TEA

RUA coffee whole bean or
ground 250g7.00
Bean West Coffee whole bean or
ground 250g7.00

Ponaire whole bean or
ground 250g7.50
Clement & Pekoe loose leaf teas -
Irish breakfast, peppermint...6.00



STORECUPBOARD

Achill Sea Salt		Green Saffron aged	
Plain.....	3.75	basmati rice.....	4.75
smoked.....	4.00	Ortiz anchovies.....	4.60
seaweed.....	5.00	Kallo organic stock cubes.....	2.25
Eggs - 6 free-range.....	2.50	Carols 'Stock Market' -	
Flour - Strong White, Rye Flour,		fresh stocks - various	
Odlums plain, Macroom		Spanish smoked paprika.....	2.65
Otiz tuna - 3 pack.....	6.60	Tin of Coconut Milk.....	2.40
De Cecco pappardelle pasta ..	2.75	Green saffron spices -	
Rustichella Penne.....	3.50	various please ask	
Rustichella Linguine.....	3.70	Olive oil - Avlaki (Greek)	
Tin of Biona organic chopped		Azouro (Portuguese)	
tomatoes.....	1.50	Odysea (Greek)	
Tin of Biona organic chickpeas	1.65	Ballybrado standard organic	
		oats 750g.....	2.95

JAMS / NUT BUTTERS / HONEY

Sheridans jams - various 220g	3.50	Knocknarea honey.....small	4.60
Nutshed peanut butter smooth or	large	8.30
crunchy 280g.....	5.60		
Harry's Nut Butter.....	6.90		



FRUIT & VEG

Lemons 3 for €2
Herbs –
Basil/Parsley/Coriander2.50
Stephen Gould Salad Leaves –
200g Bag4
Violet Garlic Bulb.....1.30 each

Strawberries 500g5.50
Raspberries 227g3.50
Blueberries 227g3.50
Plums - Pack of 42.50
More seasonal fruit & veg available -
Call us to find out more

CHUTNEYS / SAUCES / DRESSINGS JARS

Rua tomato & apple chutney . .4.50
Rua Chilli & Coriander relish .4.50
Genovese pesto verde 160g . .5.50
White Mausu peanut rayu . . .6.40
White Mausu Blackbean Rayu 6.40
White Mausu Cashew Crunch .6.90
Stokes Redcurrant jelly4.60
Stokes Mint Sauce4.60
Stokes Ketchup4.00

Wildwood vinegars 12.50
Wildwood elderflower
dressing8.50
Rustichella Arrabiata sauce . .4.30
Rustichella Tomato &
Basil Sauce4.30
Cultured Food Company
Kimchi.5.50
Sauerkraut5.30



WINES

Rosé

Domaine De La Provenquiere Pêché
Coquin Rosé..... 15.00

White

Roberta Fugatti -
Organic Pinot Grigio 14.00
Lombeleine Sauvignon Blanc 14.50
Fuedo Arancio Grillo/Inzolia 15.00
Paul Ginglinger organic
Riesling..... 20.00
Domaine de Cousserges
chardonnay/viognier 14.50

Red

Il Casolare Montepulciano/
Sangiovese..... 14.50
Chateau l'es Parrou -
Cuveé Bisconte 14.50
Cabriz 'Tinto' organic 17.40
Chateau Coupe-Roses organic
Minnervoise 16.50
Ripassa della Valpolicella ... 25.50

DRINKS / JUICES

Sparkling Luscombe
Orange & Lemon2.75
Luscombe Organic Ginger Beer 2.75

The Apple Farmer Irish Apple Juice
Sml.....2.85
Lge4.95
Wild Orchard Cloudy Pink
Lemonade2.50