



**OUR SPENCER ST.  
SHOP IS OPEN DAILY  
MONDAY-SATURDAY  
8AM-6PM**



**OUR UPSTAIRS CAFE  
RE-OPENS MID-JULY**



## 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

### 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 Loaf .....6.95  
1lb Carrot Cake .....6.95  
Banana Bread.....5.95  
Cake Bite Box ..... 10.95  
Orange Cake ..... 13.95  
Coffee & Walnut Cake ..... 13.95  
8" Bakewell Tart .....9.95  
Pistachio Slice (box of 4).....9.95  
Chocolate Brownies.....9.95  
(box of 4)

Apple Tart .....7.95  
Apple & Blueberry Crumble...9.95  
Rhubarb Crumble .....9.95  
(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 & Walnut .....4.15  
West Cork Biscuit Co.  
Date & Sesame .....4.99

## COFFEE & TEA

RUA coffee whole bean or  
ground 250g .....7.00  
Bean West Coffee whole bean or  
ground 250g .....7.00

Ponaire whole bean or  
ground 250g .....7.50  
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, Macrooom		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/Coriander .....2.50  
Stephen Gould Salad Leaves –  
200g Bag .....4  
Violet Garlic Bulb.....1.30 each

Strawberries 500g .....5.50  
Raspberries 227g .....3.50  
Blueberries 227g .....3.50  
Plums - Pack of 4 .....2.50  
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 jelly .....4.60  
Stokes Mint Sauce .....4.60  
Stokes Ketchup .....4.00

Wildwood vinegars ..... 12.50  
Wildwood elderflower  
dressing .....8.50  
Rustichella Arrabiata sauce...4.30  
Rustichella Tomato &  
Basil Sauce .....4.30  
Cultured Food Company  
Kimchi.....5.50  
Sauerkraut .....5.30



## 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

### Red

Il Casolare Montepulciano/  
Sangiovese..... 14.50  
Cabriz 'Tinto' organic ..... 17.40  
Chateau Coupe-Roses organic  
Minnervoies ..... 16.50  
Ripassa della Valpolicella ... 25.50

## DRINKS / JUICES

Sparkling Luscombe  
Orange & Lemon .....2.75  
Luscombe Organic Ginger Beer 2.75

The Apple Farmer Irish Apple Juice  
Sml.....2.85  
Lge .....4.95  
Wild Orchard Cloudy Pink  
Lemonade .....2.50