

GOURMET *Greenway*



DISCOVER MAYO'S FINEST FOOD TRAIL

Discover Mayo's Finest Food from the Land and Sea



This food trail has been devised by Mulranny Park Hotel, in association with Mayo food producers, to showcase the wonderful artisan food in the vicinities of Mulranny, Newport, Westport and Achill.

With the Great Western Greenway as its backdrop, the Gourmet Greenway matches stunning scenery with simply delicious food. Where possible we encourage you to visit and purchase the fare of the producers along the Gourmet Greenway and build this unique gastro experience into your outdoor activities in an area of unrivalled beauty.

Visit the Gourmet Greenway at:
www.MULRANNYPARKHOTEL.IE



1 Mulranny Park Hotel



Mulranny Park's fresh breads, baked daily on the premises are so popular that they are now available to purchase. Choose from homemade brown, banana bread and sun dried tomato and parmesan. Also popular are our home-made jams and chutneys.

The Nephin Restaurant has one of the best vistas in the country, overlooking Clew Bay and with views of Croagh Patrick. Dinner and Sunday lunch menus are a celebration of the Gourmet Greenway with all the producers featuring on Head Chef Ollie O'Regan's menus. The Bridgestone Guide lists the Restaurant as one of the 'Top 100 Restaurants in Ireland for 2012'. The Waterfront Bar offers a more informal dining experience with a bistro menu from 12pm to 9pm. If weather permits, have a drink on the terrace and reflect on your Greenway experience.

Mulranny, Westport, Co. Mayo.
Tel: 098 36000 Web: www.mulrannyparkhotel.ie
Email: info@mulrannyparkhotel.ie

GPS: N 53 54.334, W 9 46.980



2 Kelly's Butchers in Newport



Established on Newport's Main Street in the 1930s, Kelly's remains a family business, currently run by brothers Sean & Seamus and Sean's two sons, Kenneth & Cormac. Foodies make a point of stopping at Kelly's to purchase their award-winning black & white puddings and sausages that are consistent winners in national and international competitions. Don't depart without experiencing Kelly's 'Putóg', a traditional black pudding originally cooked inside a sheep's stomach casing. Sean Kelly is described by Bridgestone Guide publisher John McKenna as "one of the most creative charcutiers in the entire country" and is the first ever Irish member of the Confrérie des Chevaliers du Goute-Boudin (The Black Pudding Fraternity of Lovers of Good Food)

Main Street, Newport, Co. Mayo.
Tel: 098 41149 Web: www.kellysbutchers.com
Email: info@kellysbutchers.com
Visit: Mon-Thurs 9am-7pm; Fri-Sat 8am-8pm

GPS: N 53 53.155, W 9 32.790

GO TO MAP





3 Keem Bay Fish Products



Gerry Hassett began smoking wild Irish Salmon in 1985. When stocks of wild salmon were reduced and no longer sustainable, Gerry switched to smoking Clare Island Atlantic Farmed Salmon and established Keem Bay Fish Products in 1992. The salmon is 100% organic and of excellence quality for smoking.

Foodies can find Gerry in his smoking house at Keel in Achill Island where he smokes salmon, mackerel and kippers in his own kiln and oak roasts salmon. Gerry & Julie are also the proprietor's of The Chalet restaurant in Keel which is 50 years in business and specialises in premium seafood.

The Chalet Restaurant, Keel, Achill, Co Mayo.

Tel: 098 43157

Email: keembay@gmail.com

Hours: Open daily from 6pm – closing times may vary.

Meet: Fish can be purchased from the Chalet Restaurant during season.

GPS: N 53 58.471, W 10 05.115



4 Murrevagh Honey



Murrevagh Honey has been produced for the last 3 years by James McDermott & Derek Norton.

It is a small hobby apiary, which started with one hive and has grown to seven. The bees gather their pollen and nectar from the wonderful Mulranny Mediterranean Heather, the fushia, blackberry bushes and all across the Murrevagh area.

The honey is harvested by hand using a spinner to extract the honey from the wax frames, which have been filled and capped with soft wax by the bees. Murrevagh Honey is a very light coloured honey with a delicate flavour.

Murrevagh, Mulranny, Westport, Co Mayo.

Tel: James 086 8163382

Email: jmcdermott47@gmail.com

Visit: The honey is sold locally when available in Mulranny Market and Kelly's butchers. The Apiary can be viewed from the road (bring binoculars).

GPS: N 53 54.23, W 9 45.86



5 Carrowholly Cheese



Carrowholly Cheese is named after the small village of Carrowholly, Westport, where the cheese is hand-crafted by owner Andrew Pellam Burn. Carrowholly is a hard, gouda-style cheese made using raw cow's milk from local farmers and vegetarian rennet. The cheese is available in regular and mature versions, aged a minimum of 10 weeks and 9 months respectively. Younger cheeses are smooth and semi-firm, with a mildly sweet and slightly nutty flavour. Mature wheels are firmer, with a darker coloured paste and a fuller, more intense flavour. Carrowholly Cheese is available in five flavours – plain, nettle, pepper, garlic & chive and cumin – which come in 500gm units.

Carrowholly cheese is available through McCormack's Butchers & Christy's Harvest, Westport & Café Rua in Castlebar.

Carrowholly Cheese, Carrowholly, Westport.

Tel: 098 28813 | 087 2373536

Web: purchase online at www.carrowhollycheese.ie

Email: carrowhollycheese@gmail.com

Meet: Andrew will be at Westport's market every Thurs & Sat and at Newport market each Friday.

GPS: N 53 48.808, W 9 36.503





6 Greenway Farm



Greenway Farm was founded in 2010 by Colin & Alison McMullen, to provide quality produce to restaurants and markets in the west Mayo region.

Nourished by pure Atlantic rain and wind sweeping across the bay, Greenway Farm produces fresh, high-quality fruit and vegetables, grown entirely using natural, chemical-free methods. Nestled between the Greenway & Clew Bay, Greenway Farm is also home to a free-range flock of Hens, Ducks and Geese.

Derradda, Newport, Co. Mayo
Tel: Alison 085-1450773, Colin 086-8354732
Email: colinmcmullen@eircom.net
Visit: Open to visitors Tues & Wed 2pm to 4pm
Season: May to September. Feel free to call in!
GPS: N 53 54.186 W 9 35.2

7 An Port Mór



An Port Mór Restaurant, situated in the heart of Westport, is run by Chef-Proprietor Frankie Mallon. An Port Mór's philosophy is to use seasonal, local and artisan produce. House specialities include pot roasted pigs cheeks with black pudding & apple and vanilla sauce and 21 day dry-aged sirloin with red onion marmalade gravy. However, the main emphasis is on local fresh seafood and shellfish, particularly lobster, crab, scallops and langoustines from Clew Bay.

1 Brewery Place, Westport, Co Mayo
Tel: 098 26730
Web: www.anportmor.com
Email: info@anportmor.com
Hours: Nightly from 6pm, EarlyBird menu (2 courses €21.95) from 6-7pm Sun – Fri, & until 6.30pm on Sat.
GPS: N 53 47.950, W 9 31.333

8 Curraun Blue Trout Farm



Curraun Blue is the only organically sea farmed trout in Ireland and is run by father and son team Tom & Tom Dougherty in Mulranny. Curraun Blue Trout farm retains its traditional farming methods including a respect for the environment, a diet of natural or organic ingredients and allowing longer time at sea than a conventional farm.

Due to nature of the business access is restricted but Curraun blue trout regularly appears on the menu of the hotel's Nephin Restaurant.

Doughil, Mulranny, Co. Mayo
Tel: 087 2858758 Email: curraunblue@eircom.net
GPS: N 53 55.172, W 9 47.721



*The Gourmet Greenway
– A feast for the senses*



9 Croagh Patrick Seafoods



For almost a quarter of a century the Gannon family has been supplying their award-winning produce - Clew Bay native oysters, mussels and clams throughout Ireland, the UK and continental Europe. All of the produce at Croagh Patrick Seafoods is home produced from the Gannon family's mari-culture sites that are located adjacent to the family farm in Newport.

A daily harvesting from Grade A oyster beds ensures freshness and a "shore to door" delivery. Croagh Patrick Seafood is available from Supervalu in Westport and Clarkes fish shop, Westport.

Roslaher, Newport, Mayo

Tel: 087 2497570

Web: www.croaghpatrickseafoods.ie

Email: info@croaghpatrickseafoods.ie

Visit: Each Saturday morning 10- 12pm May – Sept, Subject to tides & weather & at Newport market on Fridays.

GPS: N 53 51.459, W 9 33.734

10 Newport House



This historic Georgian House (4 star) provides its guests with a unique opportunity to experience the elegance and hospitality of an historic Irish Country House. The high-ceilinged and elegant dining room, drawing room and sitting room overlook the garden and river.

The award winning menu offered at Newport House reflects our use of local produce only - fresh fish and shell fish sourced daily also including our own home-smoked salmon. Local beef, lamb, poultry and Irish farmhouse cheeses all combine to provide a sophisticated menu beautifully enhanced by our internationally recognised wine cellar.

Newport, Co. Mayo.

Tel: 098 41222 **Web:** www.newporthouse.ie

Email: Info@newporthouse.ie

Hours: 12.30pm – 2.30pm (Lunch) Dinner from 7.00pm

Season: April - October

GPS: N 53 53.090, W 9 32.875

11 The Grainne Uaile



Award Winning Family Pub

Named after the famous Pirate Queen, Grace O'Malley, The Grainne Uaile has been in the McManamon family for over one hundred years, and is currently being run by third generation Harry McManamon.

Our aim is to provide simple, mouth-watering food, made from fresh, local produce, served in a relaxing atmosphere. In winter there is nothing nicer than a pint of Guinness and a hearty meal beside the open fire. In summer watch the world go by over a glass of wine and some local seafood.

Fine food, fine drink and fine company... the perfect place to stop on your Greenway adventure. Locals, visitors and rock stars have all enjoyed the special welcome and good craic The Grainne Uaile has to offer.

Newport, Co. Mayo

Tel: 098 41776

Web: www.grainneuailenewport.ie

Hours: Mon – Thurs 12.30pm to 8.30pm

Fri, Sat & Sun 12.30pm to 9.00pm

GPS: N 53 52.995, W 9 32.753





12 Rua and Café Rua



Having sourced the best of local ingredients for over 10 years in their original Café on New Antrim street, Castlebar, the Mc Mahon family opened RUA in Summer 2008.

The split-level building contains a cafe upstairs overlooking the indoor market downstairs selling delicious locally sourced ingredients. Pop in for a lunch of bacon chop, spinach and champ, pick up some fishcakes for dinner, which you could serve with some Rua tomato and apple chutney and Stephen Gould's leaves, their homemade brown bread and follow up with a selection of local Irish cheeses from the Sheridans-supplied selection or some of their own apple tart. Rua delicatessen was the winner of Good Food Ireland's 'Best local food shop' award for 2011/12.

Rua – Spencer St, Castlebar

Tel: 094 9286072

Café Rua – New Antrim St, Castlebar

Tel: 094 9023376

Web: Caferua.com

Email: info@caferua.com

Hours: Mon - Sat 8.30pm until 6pm.

GPS: N 53 51.567, W 9 17.900

13 Achill Island Turbot



Achill Island Turbot was established in 2008 by Michael Flanagan and has the distinction of being Ireland's only turbot farm. Achill Island Turbot is produced in a sustainable manner on the island of Achill. The fish are reared in pristine Atlantic seawater in a completely sustainable and fully traceable farming system. The turbot are produced using an advanced recirculation aquaculture system that leaves no negative impact on the local environment and the fish feed comes from sustainable sources.

Due to the nature of the business access is restricted but Achill Island Turbot regularly appears on the menu of the hotel's Nephin Restaurant.

Bunacurry Business Park, Achill, Co. Mayo.

Tel: 098 47023

Web: www.achillislandturbot.ie

Email: info@achillislandturbot.ie

GPS: N 53 58.300, W 9 59.012

A Proud Tradition

The vast majority of artisan food producers in the Gourmet Greenway catchment are practising crafts which are steeped in ancient traditions. Like the scenery of the area which was forged in the last ice age these crafts have been in practise since our ancestors roamed these shores. The processes used by the artisans of the Greenway have changed little over time with the exception of the introduction of modern hygiene standards.

When trying these products you are not only experiencing some of the best artisan products in the country but you are also being brought back in history to feel a part of this ancient landscape.

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For Information



GOURMET
Greenway