



2013

## Ard Bia@Nimmo's Back of the Menu, 2013

Ard Bia

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**At Ard Bia we cook everything in-house. When sourcing produce we think Local, think fresh, think forage, think sustainable and we are fortunate to have amazing suppliers who think as passionately about their produce as we do.**

#### **DONALD RUSSELL MEATS**

Donald Russell Meats are international suppliers of premium Irish beef. Based in Ballymahon Co. Longford, their philosophy is to only select the best natural grass-fed beef, to dry mature the traditional way and they are committed to supplying produce that has total traceability.

<http://www.donaldrussell.ie>

#### **GANNET FISHMONGERS**

Gannet's, Stephane Griesbach and his team are dedicated to local fishermen. Most of their produce is sourced in Ireland with the majority from the Galway and Aran Fishermen's Co-op in Ros a Mhíl. Located downstairs in the Eyre Sq Shopping Centre and the Galway Market. Phone 091507019

#### **GREEN EARTH ORGANICS**

From their farm to your door, this is a family run organic farm offering the freshest and best seasonal produce in Galway. Try the scrumptious juices at our café or they provide a wonderful box scheme for homes.

[www.greenearthorganics.ie](http://www.greenearthorganics.ie)

#### **SLOE HILL FARM**

Suppliers of fantastic fresh fruit, veg and herbs to Ard Bia, Sloe Hill are certified organic. Contact Joachim Hees at 093 43515 or email [jeannette.kochen@gmail.com](mailto:jeannette.kochen@gmail.com)

#### **ST TOLA FARMHOUSE**

Made in the townland of Inagh just south of the Burren in County Clare since the early 1980s, St Tola supplies a range of award winning goat cheese. The farm is organic and sustainable and the cheese is delectable. You can even visit the goats. [www.st-tola.ie](http://www.st-tola.ie).

#### **STEVE GOULD**

Organic grower. Headford. Amazing salad leaves and greens

#### **GUBBEEN FARMHOUSE & SMOKEHOUSE**

From grass to cows to milk to cheese to whey to pigs and herbs to cured meat is the Gubbeen Farmhouse food cycle. Family run business in West Cork. [www.gubbeen.com](http://www.gubbeen.com)

#### **GALWAY FREE RANGE**

Home of the happiest hens in Ireland, Galway Free Range is the leading supplier of fresh eggs in the west [www.freerangeeggs.ie](http://www.freerangeeggs.ie)

#### **BURREN SMOKEHOUSE CLARE**

Set up in 1989 by Birgitta & Peter Curtin, the Burren Smokehouse is part of the Burren Ecotourism Network and supplies our wild organic salmon and trout. Lip smackingly good. [www.burrensmokehouse.ie](http://www.burrensmokehouse.ie)

#### **MURPHYS ICECREAM**

Artisan ice cream made from scratch from the milk of Kerry cows with wonderful flavours from Dingle sea salt to brown bread to fresh peppermint. Available at finefood shops. [www.murphysicecream.ie](http://www.murphysicecream.ie)

#### **DONEGAL RAPESEED OIL CO.**

Small, locally owned and operated company in Raphoe, Co. Donegal. The crops are grown by specially selected, individual, small farm holdings dispersed throughout the county. The healthiest oil you can cook with. [www.donegalrapeseedoilco.com](http://www.donegalrapeseedoilco.com)

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Slow Food® Galway

ARD BIA COOKBOOK, now on sale at Ard  
Bia. €39.00



Slow Food® Galway