

Coffees

Americano/decaf	€2.50
Flat white/decaf	€2.60
Latte/decaf	€2.65
Cappuccino/decaf	€2.70
Mocha/decaf	€2.90
Pot of Barry’s tea for 1	€2.00
Pot of Barry’s tea for 3	€4.00

- Green Teas
- Liquorice
 - Yunun
 - Lemon
 - Mango and gun powder

- Decaf
- Cylon
 - Chai latte

- Fruit & Others
- Berry
 - Camomile
 - Peppermint

List of Suppliers: Mark Jennings Meats-Dunmore, PJ’s Fruit and Vegetables-Dunmore, Galway Goat Farmer-Dunmore, Divilly’s Free Range Eggs-Glenamaddy, Galway Bay Seafoods, Pallas Foods-Newcastle West, Musgrave’s Food Excellence-Galway, Arrbawn Dairy-Roscommon, Divilly’s Meats Oranmore, Galway Bay Coffee and Teas (agent for Java Republic).

- Soft Chilled Drinks
- Ballygowan Still
 - Ballygowan Sparkling
 - Vit-hit Citrus
 - Vit-Hit Apple and Elderflower
 - Vit-hit Berry
 - Ribena Blackcurrant
 - Ribena Orange
 - Ribena Strawberry
 - Ribena Apple



Bio of Nigel Parsons

Founder of An Garraí Coffee Shop & Artisan Bakery

My name is Nigel parsons I am from north Wales originally, now living between Dunmore and Glenamaddy in north Galway. I was born in the northern welsh town of Llangollen My farther is English and whilst working in North Wales as a chef he met and married my mother who hailed from Ruthin (about 10 miles from Llangollen). Soon after I was born they bought and opened a small hotel in Llangollen, (famous for its international eisteddfod, which is a celebration of song, dance, entertainment, food and crafts from all nations).

I believe in conjunction with the eisteddfod, I contrived my passion for professional catering and localized use of the freshest ingredients. While I was still in school I developed an interest in surfing, this coupled with my love for catering led me to apply to the Cambourne College of catering in Cornwall where I developed my abilities in both of these skills and began to specialize in fish cookery. Whilst still in college I gained experience in Rick Stein’s seafood restaurant, and to this day I believe this is where I learnt the importance of detail in not only the most complicated but also the simplest cooking procedures.

Since I left Cornwall I have gained experience in France, Austria, Italy and Germany. Over the years I have developed a keen interest in cookery of all kinds and all nationalities. I moved to Ireland in 1999 were I first discovered soda breads, Irish farm cheese, smoked salmon, home produced jams and many more products that were produced with such care and knowledge.

I first met my wife Ellen when I moved to Ireland, we were married in 2002 and now we are lucky enough to have four young children; Mallaigh, Jak, Robert and Samuel. In 2006 we started building our house near glenamaddy on Ellen’s family land, this was our dream. Around the same time I started a BSc honors degree in life sciences, I then completed a degree in the culinary arts, at GMIT; I specialized in advanced bakery, which I found very challenging and rewarding. My love for cooking and my accredited health, safety and hygiene training made me want to pursue the area of artisanal; health orientated product design, although at first I found this challenging I also realized just how much diversity and flavor there is in naturally abundant Irish ingredients. My plans for the future are to keep going as we are now; developing our products, increasing awareness of artisan methods and trying to use as many of the best local ingredients as possible. So now we have opened An garrai coffee shop and artisan bakery in dunmore, in order to try and share our lust and enthusiasm for food, we hope you enjoy.



Lunch Menu

Artisan Bakery & Coffee Shop



Vegetable Soup

A medley of summer vegetables, sautéed, and then gently poached in our vegetable stock, to create a smooth, nourishing and tasty soup, served with a choice of bread. (Without bread, g/f bread is available)



€4.10

Soup Addition

A daily specialized soup, which seasonal, and uses the best local ingredients. Please look at the black board.

€4.10

Croque-monsieur

The ultimate ham and cheese toasty, honey baked ham, Gruyeres cheese, Dijon mustard, Parmesan and thyme béchamel. Served with a peppery herb salad.

€6.95

Coronation Chicken

Lightly curried chicken on toasted sourdough bread,with a dressed rocket salad, toasted almonds and tomato concass.

€6.55

Egg Salad

A light egg, made with egg and Greek yogurt, on toasted healthy wheaten bread, with spinach and cress, garnished with orange segments and micro-herbs.



€5.65

Crab Meat with Chilli

Quenelles of galway bay white crab meat, infused with red chilli and lime, served with crisp rye bread, avocado and dressed rocket.

€7.10

Chicken & Bacon Stuffed Wrap

Soft tortilla bread with garlic mayo, smoked rasher and a herb stuffing, served with side of salad and string fries.

€6.10

Meat Ball Panini

Lamb meat balls in a toasted Panini roll with a harissa based tomato sauce and melted gruyere cheese, served with a side of salad and string fries.

€6.55

Omelette Florentine

4 egg omelette with baby spinach, Irish cheddar cheese and freshly grated nutmeg. Served with salad or string fries.



€6.95

Baked Potatoes

All our baked potatoes are served with a generous salad and sweet tomato relish.

Dry cured rashers and sharp Irish cheddar cheese



€5.45

Tuna, sweet corn/Irish cheddar cheese



€6.50

Spiced red pepper and tomato, with or without cheese.



€5.40



Vegetarian



Gluten Free

Salads

Braeburn Apple pomegranate seeds, blanchedkale, quinoa, Dijon dressing.



€6.50

Mango blackened Cajun chicken and coconut with a cinnamon and lime dressing.



€7.40

Bacon, blue cheese, toasted pine nut, mixed peppery leaf, balsamic dressed.



€7.10

Tuna, egg, Kalamata black olives, rocket, cress and spinach, Greek yogurt dressing.



€7.90

All additions are served from 12 midday to 3pm.

Quiche Addition

A daily specialized quiche, which is seasonal, and uses the best local ingredients. Please look at the black board.

Pasta addition

A daily specialized fresh pasta dish, which is seasonal, and uses the best local ingredients, and is made to order for you. Please look at the black board.

Fish addition

A daily specialized pan-fried fillet of fish, which is seasonal, and uses the best local ingredients. Please look at the black board.

Meat addition

A daily specialized meat dish, which is seasonal, and uses the best local ingredients. Please look at the black board.