

# GOURMET Greenway



## 10 Achill Island Sea Salt

O'Malley Family founded this family business in 2013, inspired by the long tradition of salt production on Achill Island and our passion for the ocean and its surroundings. A combination of modern & traditional techniques allows for the creation of pure white flaky sea salt. We are delighted to have been awarded Food Product of the Year for 2019 in the John & Sally McKennas' Guides Megabites Awards. We are now open to visitors, where you can learn how we harvest our award-winning sea salt. Find out more about salt's place in our history, culture and food. Taste a sample of our sea salt. Watch a demonstration of Achill sea salt as it is crystallising.

Bunacurry, Achill Island, Co. Mayo  
Tel: 098 47856  
E-mail: [info@achillislandseasalt.ie](mailto:info@achillislandseasalt.ie)  
Hours: Visitor Centre available by appointment.  
Web: [www.achillislandseasalt.ie](http://www.achillislandseasalt.ie)  
GPS: 53.97-9.98

## 12 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 Harry McManamon.

Our aim is to provide simple, mouth-watering food, made from fresh, local produce. In winter, enjoy a pint of Guinness and a hearty meal beside the open fire. In summer linger over a glass of wine with 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 Grainne Uaile experience.

Newport, Co. Mayo  
Tel: 098 41776  
Web: [www.grainneuailenewport.ie](http://www.grainneuailenewport.ie)  
Hours: Food daily 12pm-9pm  
Email: [grainneuailenewport@gmail.com](mailto:grainneuailenewport@gmail.com)  
GPS: N 53 52.995, W 9 32.753

## 14 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](http://www.anportmor.com)  
Email: [info@anportmor.com](mailto:info@anportmor.com)  
Hours: Open nightly at 5pm (Tue - Sat off Peak Season)  
GPS: N 53 47.943, W 9 31.318

## 16 Kelly's Kitchen

Kelly's Kitchen is an award-winning café, located in the beautiful town of Newport. A family run business headed by Sean Kelly's daughter Shauna. The menu features plenty of meat from the famous Kelly's Butchers Shop next door. The café prides itself on serving fresh local produce – much of which comes from the Gourmet Greenway producers.

Call in for excellent cooking, home baking & the best breakfast on the Wild Atlantic Way. The cosy café that locals love & visitors dream of. Kellys Kitchen provide a true flavour of the area.

Open Monday to Saturday 9am-6pm  
Main Street, Newport, Co. Mayo, F28VF57  
Tel: 098 41647  
Email: [info@kellyskitchen.ie](mailto:info@kellyskitchen.ie)  
Web: [www.kellyskitchen.ie](http://www.kellyskitchen.ie)

## 18 Marlene's Chocolate Haven

Chocolate lovers will delight in Marlene's Chocolate Haven in Westport. Marlene serves up the best hot chocolate with the finest homemade cakes whilst you decide which of the handmade chocolates you'd like. Marlene makes all the chocolates on the premises using only the finest Belgian chocolate. All Chocolates are gluten free with a wide range of sugarless chocolates.

Limecourt, James Street, Westport  
Tel: 098 24564  
Web: [www.marleneschochaven.com](http://www.marleneschochaven.com)  
Facebook: MarlenesChocolateHaven  
Email: [marlenechochaven@gmail.com](mailto:marlenechochaven@gmail.com)

Opening hours are  
July & August 10.30am-6pm Monday-Saturday  
Tel: 098 41647  
Winter hours Tuesday-Saturday 10.30am-6pm  
GPS: N 53.7999972 W 9.5234051

## 20 Cornrue Bakery

We are a bakery in Westport specialising exclusively in Sourdough Bread. Our bread won gold at Blas na hÉireann in 2019. Sourdough bread is made using only yeasts that are present naturally on the flour. Sourdough bread would typically take 24 hours to make from start to finish, ours takes 6 days. We know of nowhere else that develops their bread for this length of time. During this time the bread is developing structure, taste and complexity. We are open Tuesday to Saturday 8am to 1pm. Also listed with the McKenna Guides 2021.

Cornrue Bakery, Westport, Co Mayo, F28 YD89  
Email: [cornruebakery@gmail.com](mailto:cornruebakery@gmail.com)  
Tel: 087 934 8975

## 22 KREM Gelato & Coffee

Krém Gelateria & Café delivers a gourmet flavour experience with a range of delicious Gelato, savoury and sweet Crepes and locally roasted Bean West Coffee. Founded by a multi award winning, fourth generation gelato and pastry chef, Graham Byrne, who makes all the gelato in store. Krém takes full advantage of local Irish & Mayo ingredients and top quality milk from Connaught, Achill Island Sea Salt, Mescan Beer and it's a must visit while in Westport, for all the family.

Web: [www.krem.ie](http://www.krem.ie)  
Instagram: @kremgelato  
Open Year round.  
For opening hours check us out online

DISCOVER MAYO'S FINEST FOOD TRAIL

# GOURMET Greenway

## Our Story

The Gourmet Greenway group of produces and venues was created with the express aim of sharing our food stories with you and to highlight the range and quality of food that is available in Mayo.

The Gourmet Greenway is a self-guided food trail you can cycle, walk or drive, and is located in one of the most beautiful and rich land and sea scape's in along the Wild Atlantic Way. Our story is steeped in tradition and history brought to life by a dedicated group of skilled crafts people. You choose your favourite, Oysters, Pudding, Beer, Sea salt, Sourdough, Coffee even Gelato and many more.

A visit to one of our members gives you a unique experience to meet the maker, hear their stories, see how their produce is created and best of all, taste their wares. You will find a range of venues where the producers are featured on menus daily. We would encourage you to take some of this wonderful food collection home and have a real taste of Mayo at your kitchen table.

Follow all of our Mayo food action on @Mayogourmetgreenway

We hope you enjoy this guide and all the Gourmet Greenway has to offer.



## 11 The Blue Bicycle Tearooms

The Blue Bicycle Tearooms is located in a charming 17th century, stone-fronted historical house in the centre of Newport. Proprietors Phil & Frank Chambers oversee a menu that favours seasonal and local ingredients – many of which are from Gourmet Greenway producers – that includes: gourmet salads & sandwiches served on homemade breads; homemade soups; in-house salad dressings and pestos and freshly baked scones, cakes and tarts, including the signature Blue Bicycle Orange Cake. The Blue Bicycle Tea rooms is listed in the 2015 Georgina Campbell Best Food Guide & McKennas Guide Best in Ireland 2015. Speciality teas and freshly ground coffee are served in vintage bone china pots alongside charming vintage bone china tea sets. Visitors have the choice of being served indoors or at picnic tables in the Blue Bicycle's Victorian garden.

Main Street, Newport, Co. Mayo  
Tel: 098 41145 Web: [www.bluebicycl tearooms.com](http://www.bluebicycl tearooms.com)  
Facebook: Bluebicycl tearooms  
Email: [phillychambers@eircom.net](mailto:phillychambers@eircom.net)  
Visit: Open 10am-6pm, Closed Mon except July & Aug.  
GPS: N 53 53.139, W 9 32.785

## 13 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 homesmoked 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](http://www.newporthouse.ie)  
Email: [info@newporthouse.ie](mailto: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

## 15 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 is from the family's mari-culture sites in Newport.

Padraic offers a fully guided tour on the shore of Clew Bay. He will tell the story of the history of fishing on Clew Bay, how the oysters are cultivated today, how the oyster seed is grown and what husbandry is involved. You can walk along the shoreline to see how the oysters are grown. As part of the tour you get to sample a Clew Bay oyster fresh from the bay.

Available on the menus of the Gourmet Greenway members.  
Roslaher, Kilmecna, Westport, Co Mayo, F28 AV96  
Tel: 087 2497570  
Email: [croaghpatrickseafoodtours@gmail.com](mailto:croaghpatrickseafoodtours@gmail.com)  
[www.croaghpatrickseafoods.ie](http://www.croaghpatrickseafoods.ie)  
Tours: July & August, Wednesday to Sunday inclusive, 11am & 4pm each day

## 17 Sineads Orchard

Sineads Orchard had its first Crop of apples in 2016 and has been awarded full organic status for 2018 by Organic Trust.

It is situated on the Furnace Road 500m from the Greenway. The Orchard is run by Sinead and Pat Bracken. We have apple juice for sale in Leafy Greens, Kavanaghs Supervalue in Westport, Cafe Rua in Castlebar and Cáit Curran in the Galway market.

We have a variety to suit all tastes whether it is sweet, tart, crunchy or soft. We rely on the bumble bee and our own native honey to pollinate our apples. We also have seasonal produce for sale, root vegetables and a variety of apples.

Email: [sineadnibhreachain@gmail.com](mailto:sineadnibhreachain@gmail.com)  
Pats Phone: 083 4093546  
Eircode F28 EH29  
Visit by appointment.

## 19 The Beehive Café

The Beehive craft and coffee shop, is a family run business established over 30 years, overlooking Keel Beach on Achill Island. The Joyce family offer a range of honest wholesome foods sourced from local suppliers, home cooked sweet and savoury dishes along with a restaurant licence, listed on John and Sally Mc Kenna's Guide and Georgina Campbell Best of Ireland.

Email: [joycesbeehive@msn.com](mailto:joycesbeehive@msn.com)  
Tel: 086 8542009  
Eircode: F28 TN27

## 21 Bean West Coffee

Est. in 2012, Bean West is an award winning, family run, independent Coffee Roasting Company based in Westport. Whether at a 5 Star or under 5 million stars, Bean West Coffee is enjoyed across the Island by wholesale and retail clients alike. Our Coffee bar is a must visit! With a backdrop of the Roasting process, our full collection of retail coffee, coffee brewing equipment and accessories are available to purchase to complement the coffee beverage of your choice straight from the Roastery door.

Bean West Coffee Roasting Company  
18/5B Westport Industrial Park  
Newport Road, Westport, Co. Mayo  
Web: [www.beanwestcoffee.com](http://www.beanwestcoffee.com)  
Email: [beanwestcoffee@gmail.com](mailto:beanwestcoffee@gmail.com)  
Phone: 087 1699577  
Hours: Monday-Friday 10am-12noon  
Closed Public Holidays

## 23 Achill Island Irish American Distillery

Achill Island Distillery, the home of Irish American Whiskey, is the first and only Island Distillery in Ireland. Located at the heart of the Wild Atlantic Way off the West Coast of Mayo. Achill Island's unique microclimate provides the ideal conditions to ensure our whiskey is matured to perfection. Founded by John McKay in 2015, takes the very best of Irish heritage and combines this with American ambition to deliver high quality Whiskey's.

You can visit the Distillery just book on line at the details below to discover how this unique Whiskey is made and developed.

Contact: +353 98 47898  
Email: [achilldistillery@irishamerican.net](mailto:achilldistillery@irishamerican.net)  
Bunacurry, Achill Island.



# GOURMET Greenway

## 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.

Follow all the Mayo Food action on @Mayogourmetgreenway

"The marriage of the Great Western Greenway and the Gourmet Greenway is the most successful alliance of artisan culinary creativity and extraordinary natural beauty ever to have been created in Ireland. The Greenways provide food for the body, and food for the soul, thanks to a cast of world-class food artisans, and thanks also to the elemental and unforgettable beauty of the landscape in which they work. Together, the Gourmet Greenway and the Great Western Greenway create a truly magical symbiosis."

John & Sally McKenna  
Ireland The Best

### A Feast for the Senses ...

**1 Mulranny Park Hotel** 

The Award Winning Nephin Restaurant continues to show case the very best of what Mayo food has to offer. The dinner menu in the Nephin is a celebration of the Gourmet Greenway, with producers appearing daily on the ever changing menu. Head Chef Chamila Manawatta presents a blend of wonderful ingredients offering an experience that is only matched by the wonderful vista of Clew Bay from the Restaurant. The Waterfront Bar offers more informal dining daily, enjoy a snack, drink or coffee while taking advantage of the amazing views from the bay window or on the shaded terrace.

Listed as a Top 100 destination by the McKenna Guide as well as "Best of The Best" by Georgina Campbell and holds two AA Rosettes, which are all wonderful recognition of the hospitality, service and food available at the Mulranny Park Hotel. Mulranny, Westport, Co. Mayo.

Tel: 098 36000 Web: www.mulrannyparkhotel.ie  
Email: info@mulrannyparkhotel.ie  
GPS: N 53 54.340, W 9 47.038

**2 Kelly's Butchers in Newport** 

Established in 1930, Kelly's is a proud artisan family business, with side by side butcher's shop and Kelly's Kitchen café on Newport's main street. The butchers counter display is a true celebration of quality meats, with a strong focus on provenance and local sourcing. Don't miss their award-winning black and white puddings, the traditional Putóg, speciality sausages as well as the the Wild Atlantic Puddings, delicately flavoured with seaweed and the meat-free range.

Kelly's Butchers is run by brothers Sean and Seamus and Sean's two sons, Kenneth and Cormac. Sean Kelly is described by food writer John McKenna as 'one of the most creative charcutiers in the entire country', and was the first Irishman to be crowned a Knight of the Black Pudding.

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 53.149, W 9 32.798

**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 excellent 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 over 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 Curraun Blue Salmon Farm** 

Curraun Blue is organically sea farmed salmon and is run by father and son team Tom & Tom Doherty near Mulranny. Curraun Blue Salmon farm retains it's 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.

Access is restricted but Curraun Blue Salmon Farm is located on the right hand side of the Greenway between Mulranny & Achill. The salmon appears on the menu of the Nephin Restaurant when available.

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

**5 Wild Wood Balsamic's** 

Described by one Michelin star chef as "culinary genius" Fionntan Gogerty. Wildwood produce a range of award winning fruit, herb, berry and blossom infused vinegars that unlock the hidden magic of natures essences so that these unique flavours can be brought to your food. All our ingredients are grown and sourced near the shoreline of Co Mayo and include the flavours of Wild Blackberries, Elderberries, Raspberries, Elderflowers, Mountain Heather, Fuschia, Wild Rose, Wild Garlic, Rosemary, Tarragon, Samphire and Dill. We also produce Balsamic versions of some of these. Wildwood Vinegars are the current holders of the Blas na hÉireann Gold, Silver and Best in Co Mayo Medals and have the two Gold Star award from the UK Great Taste. Produced on the Wild Atlantic Way, used by numerous members and available to purchase in Café Rua.

Tel: 087 9258134 Web: www.wildwoodvinegars.com  
Email: info@wildwoodvinegars.com  
GPS: N 53 47.996, W 9 31.426


**Wild Atlantic Way**  
SÍLIAN ATLANTAIGH FHÁIN

The Mulranny Park Hotel is located on the Wild Atlantic Way - a coastal driving route along Ireland's West Coast. It is wild, rugged, untamed, exciting and it promises to be an experience that will remain in your heart and mind long after you've gone home.



**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.

**6 Mescan Brewery** 

MESCAN BREWERY TOURS: A beautiful drive along the coast brings you to Mescan Brewery sitting in the foothills of Croagh Patrick. Mescan Brewery is owned & run by former vets Bart Adons & Cillian Ó Móraín. It is named after St. Patrick's personal brewer. The beers are inspired by Bart's native Belgium, ranging from their flagship blond beer to the rich & full-bodied Red Tripel. On tours one of the brewers will show you around the brewery, telling their story of going from veterinary medicine to brewing Belgian-style beer, explaining the brewing process and guiding you through the style and flavour profiles of each of their 7 beers. Finger food and questions are encouraged and the ensuing banter is often a highlight. Allow 1 & ½ to 2 hours for your visit.

Tel: 087 4182628  
Web: www.mescanbrewery.com  
Email: mescanbrewery@gmail.com  
Meet: On guided tours by appointment at the Brewery and events. Available to enjoy: In most Bars in Westport area.  
GPS: 53.7477° N, 9.7285° W




**7 This Must Be The Place**

This Must Be The Place is a bustling cafe in the heart of Westport. Perched right behind the Clock Tower, with an unrivalled view of the town, it is the perfect place to dock in on your travels. Since opening in June 2018, owners Susan Timothy and Andrew McGinley, have been working tirelessly alongside the kitchen team to dish up fresh & original dishes in a chilled, but vibrant setting. At the core of their inventive menu is a host of local producers, with the likes of Patrick O'Reilly's famous sourdough bread, Joe Kelly's organic Salads and Kelly's pudding all appearing. Be sure to sample one of Susan's trademark flat-whites!

Tel: (087) 707 4500  
Email: thismustbetheemailaddress@gmail.com

Open: Monday - Saturday : 9am - 5.30pm  
Sunday : 10am - 4.30pm  
GPS: N 53.798281, W 9.523265



**8 Calvey's Achill Mountain Lamb** 

As winners of the prestigious 'Farming for Nature 2018' national award, Calvey's Achill Mountain Lamb is all about nature & high nature value farming! Stress-free blackhead mountain sheep roam & ramble, munch & graze all throughout the natural open wilds of Achill Island, from the hill tops down the cliff faces, along the shores. On the plate Calvey's Achill Mountain Lamb is succulent and juicy bursting with all the flavours of the sweetest heathers, mixed herbs, natural grasses, seaweeds, and abundant wild flowers. Added to this the Calvey family have an on-farm abattoir butchery on Achill Island dedicated to producing Achill Lamb products, products that are pure & sourced from sustainable nature friendly farming benefitting local economic, environmental and social sustainability. Endorsed by Great Taste, Gold Blas na hÉireann, & Winners of Farming for Nature 2018

Calvey's, Keel, Achill Island, Co. Mayo, Ireland.  
Tel Grainne: +353 98 43158  
Email: achillmountainlamb@gmail.com  
Email: martinacalvey@achilllamb.ie  
Web: www.achilllamb.ie



**9 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 2008. The split-level building contains a cafe upstairs overlooking the indoor market and delicatessen 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 apple tart. If you're travelling, visit their website at caferua.com and they can have your groceries ready for collection. Their New Antrim street Cafe is also featured in Mc Kenna's and The Sunday Times '100 Best places to eat in Ireland'.

Rua - Spencer St, Castlebar Tel: 094 9286072  
Café Rua - New Antrim St, Castlebar Tel: 094 9023376  
Web: www.caferua.com Email: info@caferua.com  
Instagram: @ruacaferua Hours: Mon-Sat 8.30am until 6pm. (New Antrim Café now open until 9pm on Friday nights).  
GPS: N 53 51.563, W 9 17.892

