

BURREN FOOD Trail



www.burrenecotourism.com



Diners can enjoy chef-proprietor Aidan McGrath's award winning food, served in a relaxed setting.

Awards include Michelin Bib Gourmand, 2 AA Rosettes and 'Hospitality Awards' national overall winner 'Best Pub with Food' for the past three years.

The food emphasis is on the wild, free-range, seasonal and local, with a modern bistro style twist. Our Signature Dish is Braised Pork Cheek, wild mushrooms, gnocchi, smoked bacon velouté. This is a wholesome dish, full of flavour, prepared using the best of local seasonal produce and available from our à la carte dinner menu.



Wild Honey Inn

Tel: 00353 (0) 65 707 4300
Mobile: 00353 (0) 87 681 4947
www.wildhoneyinn.com



Where: Wild Honey Inn, Lisdoonvarna

When: Lunch 1pm – 3.30pm. Closed Tuesdays. Dinner 5pm – 9pm

Getting there: GPS CO-ORDINATES: N.53.030168, W.-9.29615

Gleninagh Lamb from farm to fork. We pride ourselves in high quality lamb. All our lambs are grass fed in the Heart of the Burren and are free to roam from field to field. The type of sheep we farm are Texel and Suffolk, both are known for their excellent carcass quality and high lean meat content. The lambing season starts in March and lasts for about four weeks. Our goal is to have our Gleninagh Lamb ready for market from August on.



Gleninagh Lamb

Mobile: 00353 (0) 86 812 8129
00353 (0) 86 101 2289
e: farmdirect@ymail.com

Where: Gleninagh, Ballyvaughan, Co. Clare.

When: From April on call mobile.

The Roadside Tavern which was established in 1865 as a pub, then was expanded into a bakery, and now also harbours a micro-brewery under its roof.

Why not sample the taster menu or Burren Microbrewery beers: Burren Gold, a delicious colourful lager; Burren Red, a spicy, slightly sweet ale which even features a hint of smoke; Burren Black, a smooth and full-bodied stout. At the same time, meet the Master Brewer, Peter Curtin, and delve a little deeper into the history of the brewery and the brewing process itself.



Burren Brewery at The Roadside Tavern

Tel: 00353 (0) 65 707 4084
Mobile: 00353 (0) 87 830 0069
www.roadsidepub.ie



Where: Lisdoonvarna, Co. Clare

When: Open year round. Bookings welcomed

Getting there: GPS CO-ORDINATES: N.53.02851, W.9.29082



Burren Free Range Pork

Tel: 00353 (0) 65 708 8931
Mobile: 00353 (0) 86 881 5974
www.burrenfreerangepork.com



Where: Cahirminnaun, Kilfenora, Co. Clare

When: Tuesday afternoons by appointment.

Getting there: GPS CO-ORDINATES: N.52.98623, W.9.150317

Have you ever seen rare breed pigs out in the open air? What is a traditional small sustainable farm like in the Burren? Have you ever experienced what grass fed pig meat tastes like? Here's your chance to see and taste Burren Free Range Pork pigs for an afternoon outside the village of Kilfenora. We will have a wander around the farm so you can see the pigs in action and afterwards get to taste some of our delicious meats from the BBQ. The farm shop is stocked with our meats, if you would like to bring some local delicatessen with you on your journey back.



Fitz's Bar @ Hotel Doolin

Tel: 00353 (0) 65 707 4111
www.hoteldoolin.ie



Where: Fitz's Cross, Doolin, Co. Clare

When: Year-round

Getting there: GPS CO-ORDINATES: N.53.016061, W.9.377281

Fitzpatrick's Eatery is famous for its traditional Irish music and nightly sessions. Home of the Doolin Folk Festival, the Doolin Writers' Weekend and the Doolin Craft Beer Festival, we also serve our own beer, a smooth red ale called Dooliner. A treat at any time of the day for a spot of casual dining – we offer mouth watering local seafood and meats. Our signature dish, 'The Trawler', is fast becoming a thing of local legend, a tower of the freshest local seafood designed for sharing with friends.



Linnane's Lobster Bar

Tel: 00353 (0) 65 707 8120
Mobile: 00353 (0) 87 4188 697
www.linnanesbar.com



Where: New Quay, The Burren.

When: Summer: restaurant open daily at 12.30pm;

Winter: restaurant open Friday-Sunday at 12.30pm

Getting there: GPS CO-ORDINATES: N.53.156196, W.-9.076048

Linnane's Lobster Bar overlooks the Atlantic Ocean to the back and the rocky hills of the Burren to the front. During the summer months, sit outside and enjoy the sea air and wonderful view or, in less favourable weather, stay by the welcoming open fire. While our emphasis is on seafood, we also serve a variety of other dishes – meat and vegetarian. Fittingly, our signature dish is a Seafood Platter of organic smoked salmon, prawns, crab meat, crab claws, mussels & clams, served with traditional home-made brown bread.

The Tea Rooms overlooks Galway bay and is entered through a lovely front garden. This delightful stone restaurant dates back to 1790, when it was built as a residence for 'coast security officers'. A place of great character, it makes the perfect spot for a light bite to eat. In fine weather the beautiful back garden or the conservatory can be idyllic; otherwise the homely dining room offers comfort and shelter, with its informal arrangement of old furniture and a tempting display of home-baked fare.



The Tea & Garden Rooms

Mobile: 00353 (0) 85 7261315
www.tearoomsballyvaughan.com



Where: Coast Road, Ballyvaughan, Co. Clare.
When: Easter to December. 11am – 5pm.

Centrally located in the Burren Region, The Roadside Tavern in Lisdoonvarna has been a central meeting place for locals and visitors for well over a hundred years. Kieran's Kitchen at The Roadside Tavern offers a great place to eat, drink and relax, with traditional music most evenings, our own micro brewery and of course an award-winning food menu. Why not try our signature dish of Burren Smokehouse Hot Smoked Salmon served on a base of spring onion mash, wilted greens and a wholegrain mustard, lemon and cream sauce.



Kieran's Kitchen @ The Roadside Tavern

Tel: 00353 (0) 65 707 4084
Mobile: 00353 (0) 85 270 4686
www.roadsideatavern.ie



Where: Lisdoonvarna, Co. Clare
When: 12pm-4pm; 6pm-9pm. Mid-March to late October
Getting there: GPS CO-ORDINATES: N.53.02851, W.9.29082

In the fertile Burren valley of Ballyvaughan, on the south west shore of Galway Bay Clareville House Kitchen Garden uses organic methods in growing herbs, vegetables and soft fruits, which are used in the, 'Burren Kitchen Garden' range of sweet and savoury preserves. We pick directly from the garden to give you seasonal freshness and nutritional value. We hope you enjoy the taste! Visit us at Ballyvaughan Farmers Market every Saturday, May to October, or take part



Clareville House Kitchen Garden

Mobile: 00353 (0) 86 803 8477
www.burrenkitchengarden.com



Where: Ballyvaughan, Co. Clare
When: Contact Deborah Evers to book your walk or workshop
Getting there: GPS CO-ORDINATES: N.53.72244, W.9.102

MONDAY & FRIDAY EVENTS

Make the most of your visit to us by taking in one of the many special food and activity themed events that take place during the Summer. The **Burren Food Trail Events** are not to be missed – every **Monday** from Easter to October, the members and friends of the Burren Food Trail present a special food-themed event, enjoyed by visitors and locals alike. At the same time, the **Burren Activity & Adventure Events** offer a unique guided outdoor event every single **Friday** from May through to September. Combine the two days, Friday and Monday, and you have the perfect long weekend sewn up!

Any of the Burren Food Trail members can provide you with information on the Monday and Friday events. Full details are on www.burrenecotourism.com/events/



Burren Fine Wine & Food

Mobile: 00353 (0) 87 763 3241
www.burrenwine.ie



Where: Corkscrew Hill, Ballyvaughan
When: May – September 11am – 4.30pm
Getting there: GPS CO-ORDINATES: N.53.0281, W.-9.2922

Relax and enjoy the tranquil atmosphere at Burren Fine Wine and Food on Corkscrew Hill Road, two miles from the village of Ballyvaughan where wild garlic and blue bells grow in profusion early in the season. Our Burren Food Trail signature dish is a good traditional Irish Stew, using slowly cooked Gleninagh lamb and fresh Ballyvaughan herbs and vegetables. A glorious reminder of days gone by when it was probably enjoyed with a glass of milk, still an option BUT a glass of wine from our interesting Wine List is the winning choice. Vegetarian Specials.



Stonecutter's Kitchen

Tel: 00353 (0) 65 707 5962
Mobile: 00353 (0) 283 7118
www.stonecutterskitchen.com



Where: Cliffs of Moher Road, (R478) Doolin, Co. Clare
When: 11am - 9.30pm high season; 12 – 8pm mid season; 12.30 – 6pm low season; open from Easter to end October
Getting there: GPS CO-ORDINATES: N.52.592247, W.9.243426

Situated just 1.5km north of the Cliffs Of Moher we are a family run, bistro style, mid price range, restaurant set in a 100 year old traditionally built stone cottage. We offer a warm welcome to the whole family with our award winning children's menu, toys & playground, outside seating with views of the Atlantic. Our Burren signature dish: Crispy fish cakes with Burren hot smoked & fresh salmon, & prawns with a local green salad and a hot lemon butter sauce. Starter or main course.

Wholesome, quality food from local producers. Established in 2003, it is now recognised and enjoyed by locals and visitors as a premium food market. You are guaranteed a selection of hot food, in-season fruit & vegetables, cheese, fish, meat, bread, cakes, honey, sweet & savoury preserves, juices, dairy, confectionery, seaweed products and local craft. Saturday mornings in Ballyvaughan Village is vibrant and bustling with the market in full swing offering an opportunity for locals to shop and meet while visitors soak up the lively atmosphere.

Ballyvaughan Farmers Market

Mobile: 00353 (0) 87 411 5150
www.ballyvaughanfarmersmarket.ie



Where: St John's Hall, Ballyvaughan Village
When: Every Saturday, May – October, from 10.00am to 2.00pm
Getting there: GPS CO-ORDINATES: N.53.116181, W.-9.147105



We are located at the perfect mid-way point on Ireland's Wild Atlantic Way, the longest coastal touring route in the world. So whether you're travelling northwards or southwards along the west coast of Ireland, the Burren & Cliffs of Moher Geopark is the ideal place to stop and linger. Let us take you on your own journey of discovery to experience the Burren, fondly known as 'The Fertile Rock'. Starting from any of the Wild Atlantic Way Discovery Points along our coastline, we can offer you a chance to get to know award-winning food producers and chefs, and to select from the best of accommodation choices, along with spectacular cycling and walking routes as well as adventure activities in the sea, on the sea and on land.

Our celebrated geological heritage includes many natural wonders, most famously the dramatic Cliffs of Moher and the awe-inspiring limestone landscape of the Burren uplands. We are proud to welcome you to a truly special place. Welcome to the Fertile Rock!



Sheedy's Hotel and Restaurant

Tel: 00353 (0) 65 707 4026
Mobile: 00353 (0) 87 143 4077
www.sheedys.com



Where: Lisdoonvarna, Co Clare
When: Restaurant open 6.30, Last Orders 8.30
Getting there: GPS CO-ORDINATES: N.53.02771, W.9.28909

John Sheedy's cooking has been awarded two Rosettes from AA for the last 11 years. Sheedy's is also recommended by Bridgestone Guide of Ireland, Good Food Guide, Good Hotel Guide, Fodors and Michelin. John's signature dish forms part of his tasting menu: Rack of Burren Lamb with Mount Callan cheese crust on Newquay spinach. John sources as many ingredients as possible from local artisan producers. Sheedy's has received Award of Excellence from TripAdvisor and is included in the 2014 Top 25 small hotels in Ireland.



Burren Smokehouse Experience

Tel: 00353 (0) 65 707 4432
Mobile: 00353 (0) 87 822 4173
www.burrensmokehouse.ie



Where: Kincora Road, Lisdoonvarna, Co Clare
When: March – December 09.00 – 17.00 Daily & Jan – mid March 10.00 – 16.00
Getting there: GPS CO-ORDINATES: N.53.0281, W.9.2922

Experience the Taste of the Burren Smoked Irish Organic Salmon and learn how and why we oak smoke our Irish Salmon, Trout and Mackerel. View our demo kiln with a patented smoking method and educational DVD in English, French, German, Italian and Spanish. We source 100% Irish raw materials and showcase other Clare & Irish produced artisan foods in our Gourmet Shop. Enjoy the signature dish Burren Hot Smoked Irish Salmon on colcannon in our pub The Roadside Tavern accompanied by the Burren Brewery Stout, Ale or Lager. Mail-order available.

L'Arco is an authentic Italian restaurant in the heart of Ballyvaughan. All dishes are prepared by Italian chefs using the finest quality ingredients, sourced locally wherever possible. Everything is prepared from scratch – bread & starters, pasta & pizza right through to dessert. Winner of "Best Casual Dining in Co. Clare" Award (R.A.I.) in 2012 & 2013 and "Best Ethnic Restaurant" Gold Medal (Hotel & Catering Review) Awards in 2012. Try our signature dish, the Crostini St. Tola starter, a delicious bruschetta with caramelised red onion and St. Tola Goat's Cheese.

L'Arco Italian Restaurant

Tel: 00353 (0) 65 708 3900
www.burrenrestaurant.com



Where: Off Main Street, Ballyvaughan Village
When: 5.30pm to 9pm, Check website for off season opening hours
Getting there: GPS CO-ORDINATES: N.53.11543, W.-9.14872



An Fulacht Fia is a family run restaurant in the heart of the Burren. Our reasonably priced menu, extensive wine list and our first class service will make your visit one to remember.

Head Chef Irmantas has hand-crafted our signature dish by carefully selecting the finest ingredients for this main course. The "Tender fillet of Spring Burren Lamb, accompanied by a medley of seasonal vegetables, baby spinach fondue & roast garlic butter" celebrates some of the wonderful tastes available to the Burren.



An Fulacht Fia

Tel: 00353 (0)65 707 7300
www.anfulachtfia.ie



Where: An Fulacht Fia, Coast Road, Ballyvaughan, Co Clare
When: Weekends only in low season & 7 days per week in high season. A la carte served from 5.30pm-9.00pm. Sunday lunch from 1pm
Getting there: GPS CO-ORDINATES: N.53.72244, W.9.10264

Getting Here & Getting Around



The Burren & Cliffs of Moher Geopark App is an up-to-date visitor directory of all activities and services in the region. It includes information on all public and private transport options e.g. bus routes, taxis, bicycle hire, car pooling. It also provides mapping and directions to all locations and premises in the area. Useful information for travelling responsibly to and within the Geopark can also be found on www.burrenecotourism.com/getting-here



This is a hidden gem just five minutes drive from the Cliffs of Moher on the Wild Atlantic Way. It is a family-owned Village Inn, full of character, and is a cosy haven for story-telling, supper theatre and intriguing mixes of Irish and international music. Relax, sway, kick your heels up and even join in. Indulge your senses with our signature dish, Burren Béilíní, made using local produce, wild and homegrown foods to create bite-sized tastes embodied with the heart of the Burren. All served with a smile and a céad míle fáilte.



Kilshanny House Bar & Restaurant

Tel: 00353 (0) 65 707 1660
www.kilshannyhouse.ie



Where: Kilshanny Village in North Clare.
When: Ring Mary for reservations on +353 (0) 65 707 1660
Getting there: GPS CO-ORDINATES: N.52.981850, W.9.298270



St. Tola Goat Farm

Tel: 00353 (0) 65 683 6633
www.st-tola.ie



Where: Maurice's Mills Ennistymon, Co Clare
When: Monday to Friday 11am to 4pm. No weekends of bank holidays. Visitors are welcome. Tours by appointment only.
Getting there: GPS CO-ORDINATES: N.52.90155106, W. -9.17675972

Siobhan Ni Ghairibhith and her team at St Tola make award-winning and critically-acclaimed artisan goats cheese. The selection ranges from young fresh crottin through to beautiful mature ash covered logs. All St Tola cheese is handmade and matured to suit customers' individual requirements. Visitors will get to see our beautiful farm, our lovely animals and learn about sustainable farming practices. Tours include a history and a simple demonstration of cheese-making as well as a full tasting of St Tola cheeses.



Café Linnalla

Tel: 00353 (0) 65 707 8167
Mobile: 00353 (0) 87 785 7569
www.linnalla.ie



Where: New Quay, Burren, Co Clare
When: Cafe open from 11am-7pm daily
Getting there: GPS CO-ORDINATES: N.53.1498179, W.9.1185210

Have a Sundae Any Day at Café Linnalla. Enjoy fresh fruit cocktails and ice cream sundaes at Café Linnalla, located on the spectacular Finnvarra Peninsula. Traditionally a dairy farm since the mid 1800s, Brid & Roger Fahy started making ice cream in 2006 using the milk from their shorthorn cows which are native to the Burren. Made on-site using fresh cream and wonderful fruits and nuts, as many as possible sourced in the surrounding Burren region, Linnalla is a truly beautiful artisan ice cream, free from artificial colouring, flavours, gluten, egg or preservatives.

Fabiola; a French pastry chef, based in Lisdoonvarna, has brought her love for authentic French pastries and other homemade delicacies to Clare and added locally sourced ingredients where possible. Her attention to detail and passion for her field of expertise comes through in every bite. It's the work of a true artist! Fabiola was trained in Burgundy France and has extensive experience from working in Michelin star restaurants.



Fabiola's Patisserie

Mobile: 00353 (0) 86 660 2582
www.fabiolaspatisserie.com

Where: Lisdoonvarna - Meeting with Fabiola by appointment; for information on tastings, contact Fabiola on Phone: 086 6602582 or email: fabiolaspatisserie@gmail.com



Hazel Mountain Chocolates Burren Chocolatier

Mobile: 00353 (0) 87 990 3000
www.hazelmountainchocolates.com



Where: Oughtmama, Bellharbour, Co. Clare
 When: Monday-Sunday, 11am – 6pm.
 Getting there: GPS CO-ORDINATES: N53.12632, W9.04869

Hazel Mountain Chocolates is an interactive boutique chocolate factory in the Burren mountains that gives the visitors opportunity to see how chocolates are made in a traditional way. Burren Chocolatier offers speciality Burren treats such as Juniper Berry filled pralines. Having completed chocolate training with Belgian chocolate masters, Kasha offers unique experience: a blend of the highest quality of chocolate incorporating the Burren's unique ingredients. Burren Chocolatier is the sweetest signature of the Burren. Kasha is also the accomplished author of Burren Wild Baker cookbook.



Leave No Trace Ireland is a network of organisations and individuals with an interest in promoting the responsible recreational use of the outdoors.

We partner with Leave No Trace Ireland to identify and target opportunities for minimising social and environmental impact in recreational activity within the Geopark region.

Practicing a Leave No Trace ethic is simple: Make it hard for others to see or hear you, leave no trace of your visit, take nothing but memories.

www.leavenotraceireland.org



Recipes from
 Ireland's Most Charming Farmhouse

An International Treasure; A Local Way of Life

'Global Geopark' is a UNESCO recognised designation, awarded to regions with outstanding geology and unique cultural heritage. In the Burren and Cliffs of Moher Geopark you will find an internationally acclaimed landscape, forged by nature and humans, where cultural traditions co-exist with contemporary life.

Geoparks are places where people live and work in a protected landscape. We take great pride in working together to balance conservation with the need to support livelihoods.

Geoparks provide not only beautiful and inspirational landscapes to explore, they also give visitors many opportunities to engage with local life. In our Geopark trained and accredited local hosts provide a genuine and entertaining experience of our place and our culture.

Geoparks put great emphasis on learning and education. We give visitors opportunities to learn more about our place through festivals, publications, visitor centres, geosites, guided activities and social media.

We are very proud of the UNESCO recognised Global Geopark designation. To maintain the designation we must continue developing our region in ways that are good for our landscape, good for our community, and good for you, the visitor. We invite you to stay a while, explore, discover and enjoy our special place.

The Geopark Team
 Clare County Council.

www.burrengeopark.ie



The fertile valleys of the Burren have long been known for their quality food produce, particularly for the production of beef and lamb thanks to a unique and ancient system of farming. In recent years, this food tradition has expanded through the emergence of many award-winning chef-led restaurants and high quality artisan food producers, as well as an increase in practising market gardeners and growers.

We invite you to join us and get involved in our Burren food story. We are passionate about our food, growing and producing it locally for you to enjoy. The Burren Food Trail is more than a listing of quality food establishments in the area – it aims to uncover for you the path that your food takes from field to plate. You can decide for yourself how to follow the trail – stop at every point or else dip in and out along the way, according to your taste, interest and location.

The members of the Burren Food Trail are bound by their commitment to building a sustainable future for the region. Each of the featured restaurants offers a Burren Food Trail Signature Dish to savour. Each member has achieved recognised quality awards and standards, and has also signed up to the Burren Food Trail. Customer Promise: you will find staff who are knowledgeable about the regional food story, menus which state the source of local produce, information on local food events and markets as well as a commitment to maximise the use of local ingredients in all prepared food.

THE BURREN FOOD TRAIL is a joint initiative of the Burren & Cliffs of Moher Geopark and the Burren Ecotourism Network. Both organisations are committed to the promotion of responsible tourism that conserves the environment and improves the well being of local people. They work together to promote The Burren & Cliffs of Moher Geopark as a leading sustainable visitor destination, celebrated for high standards in visitor experience, conservation and learning.



www.burren.ie



www.burrenecotourism.com



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Burren Sea Foods

Mobile: 00353 (0) 85 100 0544
00353 (0) 87 611 2945
Burrenseafoods.wordpress.com



Where: New Quay, Burren, Co. Clare
When: Available all year round. We are just a phone call away if our door is not open
Getting there: GPS CO-ORDINATES: N.53.156196, W.-9.076048

Sustenance for the body and soul. Gregans Castle Hotel has received many awards for its food, including 3 rosettes from the AA for 'culinary mastery and excellence', and the National Hospitality Awards Best Hotel Restaurant 2012. Delight in the signature dish of 'Pickled Beetroot & St. Tola Goat's Cheese "Ravioli" with Burren Smokehouse Trout and Avocado". This dish takes two fantastic ingredients from Co. Clare (the cheese and trout!) and pairs them with avocado, which goes really well with the pickled beetroot, to help cut through the richness of the cheese.

Gregans Castle Hotel

Tel: 00353 (0) 65 707 7005
www.gregans.ie



Where: Ballyvaughan, Co. Clare
When: 6.00 to 9.00pm Monday, Tuesday, Thursday, Friday, Saturday.
Getting there: GPS CO-ORDINATES: N.53.076986, W.-9.186287



The Larder Deli

Mobile: 00353 (0)86 733 3454
e: shirleyoconnor42@hotmail.co.uk

Where: Ballyvaughan Farmers Market, St Johns Hall, Ballyvaughan, Co Clare
When: Every Saturday May – October 10am-2pm
Getting there: GPS CO-ORDINATES: N.53.116181, W.9.147105

From Boat to Table.

If it is shellfish you are looking for then we at Burren Seafoods have it at its best. We stock lobsters, brown crab, velvet crab, spider crab and shrimp all of which come directly from our own boat. Our native oysters, gygas oysters, mussels, clams and periwinkles are all locally sourced. We also have a wide variety of fresh fish every Saturday. All of our shellfish is stored live in our shop which means that you can experience Burren Shellfish at its freshest.

Wildkitchen a house and garden 5 mins from the WILD ATLANTIC WAY, where we grow salads, herbs and plants using organic methods of production and use locally sourced wild plants from land and sea to make a range of nutritious, seasonal, dips, sauces and preserves, which are on sale locally. We have a passion for food, and use years of experience to guide wild food walks, sharing plant folklore, recipes and identification tips all the while taking in the beautiful scenery of the Atlantic coast and the unique Burren region. Join us, it's the way to go....

Wild Kitchen

Tel: 00353 (0)65 708 1458
Mobile: 00353 (0)87 687 7890
www.wildkitchen.ie



Where: Wildkitchen, Callura South, Lahinch, Co.Clare.
When: From March through to Oct. Booking by email info@wildkitchen.ie. Or mobile. 087 6877890
Getting there: GPS CO-ORDINATES: N.53.72244 , W.9.10264



The Larder Deli uses as many local ingredients as possible to produce a wide selection of salads to take away, savoury preserves, pesto and dips. There is always a great selection of food to choose from including Bulgar wheat with roasted vegetables and feta or local beetroot, carrot and apple salad. Great care is taken over the ingredients to use, many of which are foraged and seasonal. Visit us at Ballyvaughan Farmer's Market to try our popular Wild Garlic, Nettle or Seabeet pesto. Or tingle your taste buds with the spiced chickpea salad served with herby yoghurt.

