

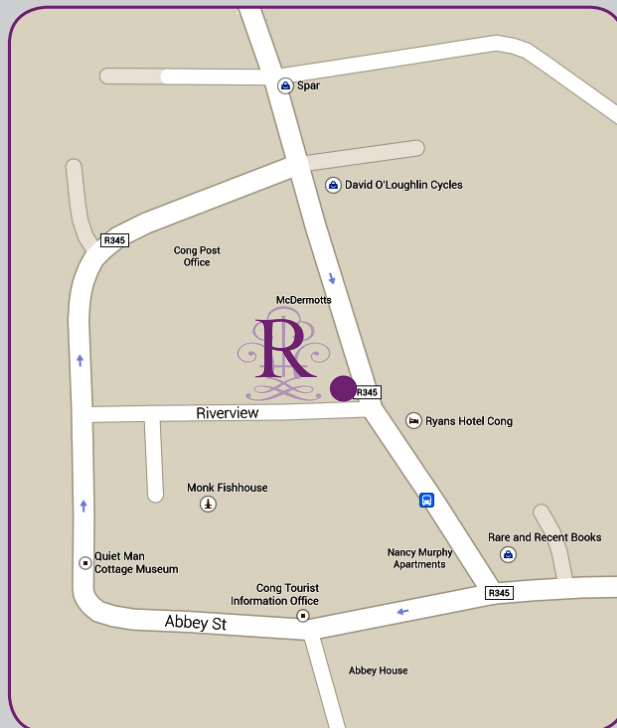
## MAIN FRESH MEATS

Large range of locally sourced  
beef / lamb / pork

Bacon all dry cured on premises

Sausages / rashers / black  
pudding made in shop

Gluten free burgers / sausage



*Gift  
Vouchers*  
available



Ryans was established in 1950s by Tom and Helen Ryan. Their passion for food and locally sourced meats and knowledge has been passed on to us. We are very much a team with an ethos to locally grown, and our range now includes free range pork and bacon, organic chickens to fish, meats & vegetables and gluten free home cooked foods. Any requests can be discussed with any of our team.

# R RYAN'S

• Butchers • Deli •  
• Fine wines • Bakery •

Ph: 094 9546035 

Email: Ryansfoodemporium@gmail.com

Opening Hours: Mon - Sat: 9am-6pm  
Closed Sundays

Main Street Cong



Thomas Ryan  
&  
Michelle Grealish-Ryan  
*Love Irish*



# RYAN'S FOOD EMPORIUM



• Butchers • Deli • Fine Wines • Bakery •

## Meat Dishes: per portion

		Qty
Beef Stroganoff	€7.50 GF	
Thai Chicken Korma	€7.50 GF	
Fish Pie	€7.50 GF	
Lasagne	€6.50	
Cottage Pie	€6.50 GF	
Irish Stew	€7.50	
Chicken Curry	€6.50 GF	
Chicken a la King	€7.50 GF	

## Pies: per portion

Beef + Guinness	€6.50	
Chicken and Mushroom	€6.50	

## Quiches & Vegetarian Dishes: per portion

Vegetable Lasagne	€6.50	
Vegetable Korma	€6.50 GF	
Salmon Quiche	€4.95	
Quiche Lorraine	€3.95	
Vegetarian Quiche	€3.95	
Vegetarian Curry	€6.50	

\*GF - Gluten Free

**ALL OUR PRODUCTS ARE IRISH**  
& we make them up freshly  
on our premises

## Vol-au-Vents

		Qty
Chicken + Bacon	€2.50	
Mushroom	€2.50	
Seafood	€3.50	
Vegetarian	€2.50	

## Side Orders: per portion

Organic Cesar Salad	€2.50	
Coleslaw/potato salad	€2 GF	
Tuna Pasta/Rice Salad	€2	
Sundried tomato pasta	€2	
Boiled rice	€1 GF	
Garlic Bread	€2	
Garlic/Cheese Potatoes	€2.50	

## Cold Platters: per portion

		Qty
Beef/Lamb	€3.95 GF	
Chicken stuffed/Turkey stuffed or plain	€2.95	
Pork	€2.95 GF	
Glazed Back bacon	€2.95 GF	
Honey roast Ham	€2.95 GF	
Poached organic salmon	€4.95 GF	

## Range of soups: per portion

Vegetable	€2.50 GF	
Chicken + vegetable	€2.95 GF	
Chowder/seafood	€4.95 GF	
Winter warmer soup	€2.95 GF	

Home made Chicken/liver pate	€19.25kg	
Salad dressing	€3.95	
BBQ sauce	€3.95	
Jams	€3.95	
Chutney	€4.95	
Butterscotch sauce	€4.95	

**AVAILABLE FOR ANY FUNCTION**  
Communion / Confirmation / Parties / Any Occasion  
We can call to your house and set up for you.

Ban Maries + Crockery / cutlery available.  
Please call and talk to one of our team.

For more information about allergy ingredients  
please ask a member of staff

Full range of foods cooked  
available in individual portions  
2 portions  
4 portions  
in foil microwave & oven proof.  
Containers available for freezer.

