

# FOOD ALLERGIES



## The 14 ALLERGENS



Here at the Tearooms we make everything on the premises  
For those who have food allergies, please inform your  
Waitress, we will be happy to discuss any necessary changes

## COFFEE

Americano	€3.00
Decaffeinated coffee	€3.00
Cappuccino	€3.00
Latte	€3.00
Espresso	€2.80
Mocha	€3.40
Hot chocolate with marshmallows	€3.20

## SOFT DRINKS

Ballygowan still water	€2.70
Pellegrino sparkling water	€2.70
Coke	€2.70
Diet Coke	€2.70
Pellegrino blood orange	€2.70
Pellegrino lemon	€2.70

## Apple juice

Freshly picked & pressed from Attyflin Estate orchard in Limerick	€3.00
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## HERBAL & FRUIT INFUSIONS (Caffeine free)

### Whole Peppermint

Leaves create an incredible fresh, purifying cup.	€3.00
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### Chamomile

Whole Egyptian chamomile flowers which produce a honey-golden cup.	€3.00
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### Rooibos Citrus

South African caffeine free alternative to black tea with a hint of Lemon. Rich in antioxidants.	€3.00
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### Red Berry

Absolutely bursting with fresh taste.	€3.00
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### Apple Loves Mint

Sweetness and acidity of apple, freshness of mint, aromatic whole baby rose buds. A delight for the senses.	€3.00
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At the Tearooms  
pride ourselves in using products that are sourced from  
local suppliers and Irish Companies. We make all our  
cakes from Free Range Eggs

## Starters

**Soup of the Day** €5.60

A bowl of Soup, served with a basket of Brown Bread

**A mug of soup** served with Brown Bread €4.60

**Smoked Mackerel Pate** €9.00

Smoked Mackerel & Cream Cheese Pate Served with Toasted Sourdough Bread Salad Leaves & a Cucumber Pickle Garnish

**Goats cheese Mousse** €9.00

A Goats Cheese Mousse served with Honey & Cinnamon Roasted Tomatoes, Mixed Leaf Salad & Sourdough Bread.

**Smoked Salmon** €9.00

Galway Bay Smoked Salmon, served with Guinness Bread, Salad Leaves & a Creme Fraiche, Horseradish & Dill Dressing.

## Main Courses & Tarts €14.00

### Beef Curry

Local Diced Beef, Onions & Peppers cooked in a Spicy Tomato Coconut Sauce, Served on Basmati Rice, accompanied by A Crunchy Salad & a Cucumber & Yoghurt side.

### Chicken, Bacon & Apricot Filo

Irish Chicken, Smoked Bacon, Celery, Apricots & Spinach, cooked in a Creme Fraiche & White Wine Sauce; wrapped in a crisp Filo Pastry, served with A Crunchy Side Salad.

### Smoked Salmon & Prawn Quiche

Made with our own Hen's Eggs, & fresh Dil, served with A Crunchy Side Salad

### Seafood Salad

Smoked Salmon, Prawns and our own Smoked Mackerel Pate Served with A selection of Salads, Cucumber Pickle, Maire-Rose Sauce Toasted Sour Dough & Guinness Bread.

## Our Open Gourmet Sandwiches on Our Bread of the Day

All served with a Salad Garnish on the side

Irish Cheese' Melt, Dubliner Cheddar, Smoked Gubeen Farmhouse Cheese, with Onions Caramelised in Beer Melted on Sourdough Bread.

Smoked Salmon with a Crème Fraiche, Horseradish & Dill Dressing, Pickled Cucumber & Mixed Leaves on Guinness Bread.

St. Tola's Goats Cheese, Honey & Cinnamon Roasted Tomatoes, Red Onion & Mixed Leaves, (or in a wrap)

Home-Baked Ham, Dubliner Cheddar, Red Onion, Mixed Leaves & Apple Chutney (or in a wrap)

Succulent Irish Chicken Breast, dressed in Curried Greek Yoghurt with Grapes, Red Onion, Toasted Almonds & Mayo (or in a wrap)

All €8.00 each With a Cup of Soup add €2.00

## Cakes & Desserts

Please have a look at our delicious Cake Table to see today's selection €5.60

Two Slices of Brown Bread, Served With Homemade Jam €2..80

Scones Served With Home-Made Jam €2.80

Selection Of Home-Made Cookies €2.60

# HOMEMADE

Fruit Infused Water & Lemonade

## Apple Loves Mint

A Refreshing Homemade Apple & Mint Blend,

Infused in water, served chilled **Jug for Two €4.60**

## Red Berry Paradise

A Homemade Summer Drink of Red Berries

Infused in water served chilled **Jug for Two €4.60**

## Goji Berry & Pomegranate

Tangy Pomegranate accompanied by juicy Goji Berries

Infused in water served chilled **Jug For Two €4.60**

## Pink Lemonade

Our Cloudy Home-Made Still Pink Lemonade

Served chilled, **Jug for Two €4.60**

## SUKI TEA MENU

All Suki Tea is Fairtrade, Organic & Rainforest Alliance Certified.

### Traditional Tearooms Brew

€2.90

A traditional irish breakfast tea blend.

### Earl Grey Blue Flower

€3.00

Premium black leaf tea with natural bergamot oil and vibrant blue cornflowers.

### Darjeeling Bannockburn

€3.00

The first triple certified darjeeling bannockburn in the world. A light and muscatel darjeeling hailing from esteemed bannockburn tea estate.

### Green Tea Luponde

€3.00

A single roll, single green tea from luponde in the livingstonia mountains of tanzania.

### Lemongrass & Ginger

€3.00

Warmth of ginger with a citrus tang. The perfect balance of sweet and minty.

### Dark Cocoa Tea

€3.00

A rich blend of black tea and cocoa kernals .With hints of Mild Cherry and truffle.

# Tea and Garden Rooms

## An Féar Gorta

### “The Hungry Grass”

*An Féar Gorta is a kind of fairy grass supposed to cause hunger and weakness when trodden on, hence a violent hunger. It occurs in the Burren where it is called Féar Gorta, and travellers will not pass unless carrying food.*



*The original building was built in 1790 as a residence for security coast officers. In 1920 the building was vacated and unoccupied until 1974. In 1975 the property was purchased by the O' Donoghue family. The old building was demolished in 1978 and this existing building was built and opened in 1981 as a Tea a*

#### Local Sayings

*Ní Sheasann sac folamh (one can't work on an empty stomach)*

*Ní Beag a bheith go dona ach gan a beith go dona faol (its bad enough being miserable – but being miserable about it.)*

*Ní thig leat ceann crionna a cuir ar chuailnibh oga (you cannot put an old head on a young shoulder.)*

*Da fada an a tig an oldche, act cha tig an oige fa do choidche (though long the day the night comes, but youth never comes twice)*

*Is fear focal sa chuirl na punt sa sparan (A friendly word in the right place is better than money in the purse.)*

#### Local Facts

*In 1834 the Parliamentary Gazette recorded approximately 1,900 people in the parish of Ballyvaughan; there was neither church, chapel, nor school.*

*In 1841 eighty-one children were registered for baptism. In 1886 forty children; in 1981 seven children, and in 2000 six children were registered for baptism.*

#### LEGEND OF THE HAG OF LOUGHRASK BALLYVAUGHAN

*On an August morning in the year 1317 AD. Donnacha O' Brien was marching his army to do battle with Thurlough O' Brien. Passing by the lake of Loughrask approximately half a mile east of Ballyvaughan village, he noticed a strange old lady by the lake. Looking closely he noticed she was a hideous hag with dripping eyes, hair of thatch and stubby beard. Beside her was a cairn of heads and a pile of arms and legs, which she washed and raised many times before throwing them aside in all directions. Donnachadha called on her for her name. She replied "I am thee Dismal of*

*Burren, Thuatha De Danman, and this carnage signifies your army head and your own*

*Donnchadha in the middle. Proudly you go into battle, but soon you and your army will be slain". The chieftains would have killed her on the spot, but she flew into the air and disappeared after prophesying their total destruction. Prince Donnchadha however, treated her words more likely, saying to his frightened officers that "she was surely friendly to the enemy, who had sent her to frighten and dismay them". Donnchadha immediately gave the order to march. The battle, which soon followed on the ridge of the mountain west Corcomroe Abbey, (four miles east of Ballyvaughan) was the bloodiest ever fought in Thomond.*

*"See the sullen hills of Burren bend to meet the moody sea, down below a stone stud valley which is always home to me. Men kindness and of courage sons of centuries of toil, Coaxing out a narrow living from a sparse reluctant soil. Wives and children of the Burren, homes that show the light of love, as they grapple there with nature. They see skies of blue above. When my years have had their living, When at last its time to die bring me back to Ballyvaughan in gods Heaven let me lie."*  
- Sir James Comyn Q.c Ballyvaughan Rip 1998

#### Opening Hours

Open: May to October: Thursday – Monday

Open: April, November, December: Friday, Saturday & Sunday

11.00 am to 5.30pm

An Fear Gorta,  
Ballyvaughan, Co Clare

Phone 353 + (0)65 7077157

<http://tearoomsballyvaughan.com/>

# TEA & GARDEN ROOMS

An Féar Gorta



## FOOD & BEVERAGE MENU

Open: May to October: Thursday - Monday

Open: April, November, December: Friday, Saturday & Sunday

11.00 am to 5.30pm

We now have a take away menu,  
Pantry & fridge range for sale.  
Please, ask a member  
of staff for details.

Tea & Garden Rooms  
An Féar Gorta  
Ballyvaughan, Co Clare

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