

EST. 1947

CAVISTONS

FOOD EMPORIUM

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8th March 2021 – Errors and omissions excepted.

This list is a sample of our products and a snapshot as of the date above.

Prices may vary due to availability or market changes.

Breads From Our Bakery

- Sourdough [White/ Brown / Seeded] €3.99
- Ciabatta €2.99
- White Loaf/ Vienna €1.85
- High Fibre Brown Bread €2.00
- Brown Soda Bread €1.85
- Seeded Spelt €3.75
- Honey and Spelt €3.00
- Sundried Tomato Bread €3.00
- Muesli Bread €3.00
- GI Multigrain €2.85
- Malt Bread €3.00
- White Poppy Seed French Stick €2.00
- Stone Baked French Stick €2.20
- Spelt French Stick €2.85
- Bamboo Ash French Stick €2.50

- Scones [Fruit / Plain / Brown] €0.75
- Plain Croissant €1.00
- Chocolate or Almond Croissant €1.70

Salad Bar

Salad	Small Tub	Medium Tub	Large Tub
Mixed 3 Bean	€1.40	€2.99	€4.60
Apple and Celery	€1.40	€2.80	€3.99
Mixed Beansprout	€1.40	€2.99	€3.99
Beetroot Salad	€1.40	€2.99	€4.60
Coleslaw	€1.40	€2.80	€3.99
Greek Salad	€1.40	€2.99	€4.60
Pasta Salad	€1.40	€2.99	€4.60
Potato Salad	€1.40	€2.80	€3.99
Quinoa Salad	€2.00	€3.99	€7.50
Rice Salad	€1.40	€2.80	€3.99
Rice w/Chorizo	€1.80	€3.50	€4.50
Tabbouleh	€1.40	€2.99	€4.60
Tomato/ Mixed green salad	€1.40	€2.80	€3.99
Chicken Liver Pate	€22.00 per Kg		
Salmon and Dill	€21.00 per Kg		
Seafood Pate	€20.00 per Kg		
Chicken Salad	€17.50 per Kg		
Sundried Tomatoes	€25.00 per Kg		
Olives	€17.00 per Kg		
Salad box with no meat	€5.95		
Salad box with meat	€6.95		

Delicatessen

- Sausage Rolls €0.50 each [Deal 6 for €2.50]
- Cooked Salmon Darns [Chargrilled or Cajun] €6.99

- Sundried Tomato and blue cheese mini quiche €2.99
- Roast red pepper and basil mini quiche €2.99
- Whole Quiches [Salmon and Prawn; Roast Vegetable and Goats Cheese; Quiche Lorraine] €7.49
- Quiche slices €4.95
- Tandoori or Oyster Sauce Chicken Wings €0.45 each
- Tandoori or Oyster Sauce Chicken Drumsticks €0.80 each
- Honey and Mustard Chicken Legs €1.75
- Cooked Chicken breast with wrapped bacon €3.95
- Carrot, Feta and Almond Veggie Burger €2.99
- Brown Rice and Lentil Veggie Burger €2.99

Soups

- Leek & Potato €3.99
- Carrot, Celeriac and Turmeric €3.99
- Tomato, Spiced Lentil and Coriander Soup €3.99
- Seafood Chowder €4.50

Cavistons Main Dishes – Ready to Eat at Home

All dishes are pre-cooked, chilled and ready for reheating.

All dishes are suitable for home freezing.

- Chicken Noodles [Mild or Spicy] €5.95
- Individual Lasagne Portions [Beef; Vegetarian; Seafood; Ham and Chicken] €12/Kg

- Individual Cottage Pies €4.50
- Individual Ocean Pies €4.50
- Individual Luxury Seafood Pies €5.99
- Cavistons Fish Pie [serves two] €9.99
- Chicken Meatballs in a Tomato Sauce €5.95
- Chicken and Mushroom Pie €4.95
- Beef Strogonoff €8.75
- Beef Bourguignon €7.99
- Beef Bolognese €5.99
- BBQ Spare Ribs €14.50/Kg
- Fish Cakes €4.50 each

Cavistons Curries Selection

* 520ml tubs*

- Mango Chicken Curry €8.99
- Chicken Jalfrezi €8.99
- Chicken Tikka Masala €8.99
- Chicken Madras €8.99
- Coconut Chicken Curry €8.99
- Butter Chicken €8.99
- Chicken Saag €8.99
- Beef Curry €8.99
- Channa Masala (Chickpea Curry) €6.99
- Mixed Vegetable Curry €6.99

Side Dishes

- Roast Vegetables €15.00/Kg
- Mashed Potato [Large Tub] €3.99 or [Medium Tub] €2.80
- Cooked Saffron Basmati Rice €2.99
- Garlic or Cajun Potatoes Tub - €3.50 per kg
- Potato Gratin €8.50/Kg

Cavistons Cold Meat Selection

- Slices of Baked Ham €24.50/Kg
- Slices of Turkey €26.99/Kg
- Slices of Roast Beef €30.00/Kg
- Fermented Salamis [Milano; Parmesan; Peppercorn; Spicy] €36.00/Kg
- Soft Garlic Salami €14.99/Kg
- Parma Ham €52.95/Kg
- Morta Della €26.00 /Kg
- Pastrami €32.00 /Kg
- Bresaola €49.00/Kg
- Pancetta €19.50/Kg
- Small Chorizo Sausages €19.00/Kg

With much more available in store!

Cavistons Cheese Selection

- Bandon Vale Cheddar Cheese [Red or White] €19.00/Kg

- Westcombe Dairy €20/Kg
- Cambozola €24.00/Kg
- Durrus €21.00/Kg
- Gubbeen €19.50/Kg
- Cashel Blue €19.50/Kg
- Mossfield €22.50/Kg
- Comte €22.00/Kg
- Manchego €29.00/Kg
- Tallegio €24.00/Kg
- Brie De Meux €20/Kg
- Emmental €22.00/Kg
- Gruyere €26.00/ Kg
- Chevre Log €19.00/Kg
- Macroom Buffalo Mozzarella €2.99
- Tub of Ricotta Cheese €2.95
- Tub of Mascarpone Cheese €3.99
- Yamasi Greek Feta Cheese 200G €3.99
- Yamasi Halloumi 250G €4.50

With much more cheeses available!

Crackers and accompaniments:

- Quince €45.00/Kg
- Peter's Yard Sourdough Crispbread Crackers [Original; Pink Peppercorn; Seeded Wholegrain] €3.99

- Miller's Elements Water Crackers €2.80
- The Fine Cheese Company Chive and Extra Virgin Olive Oil €3.40
- Nairns Fine Milled Oatcakes €1.99

Fruit

Organic and Conventional options available.

Strawberries - Blueberries – Raspberries – Oranges – Pineapple – Apples – Grapes – Cherries

Bananas – Pears – Grapefruit – Melons – Mango – Lemons – Limes – Kiwis – Blackberries -

Plums – Nectarines – Peaches – Apricots – Figs – Rhubarb

With much more fruit available!

Vegetables

Organic and Conventional Options Available.

Broccoli – Carrots – Cauliflower – Sweetcorn – Beetroot – Tomatoes on the Vine – Kale –

Cabbage – Cherry Tomatoes – Lettuce leaves – Rooster Potatoes – Baby potatoes –

Asparagus – Green Beans – Onions – Garlic – Ginger – Fresh Chilli – Peppers – Spinach –

Mushrooms – Chicory

With much more vegetables available!

Cavistons Chilled Essentials

- Organic Highdell Eggs (x6) €3.50
- North Wicklow Free Range Eggs (x6) €1.99
- Organic 1 Litre Milk [Mossfield or Glennisk] €1.99

- 2 Litre Organic Mossfield Milk €3.75
- 1 Litre Glennisk Organic Goats Milk €2.99
- Yeo Valley Butter [Salted or Unsalted] 250g €3.99
- Pure Irish Creamery Butter 454g €3.99
- Glenillen Farmhouse Butter 180g €3.99
- Organic Mossfield Natural Yoghurt - Large Tub 500ml €2.85
- Small Killowen Fruit Yoghurts Pots 140g €1.40 each
- NUSH Almond Yoghurt Pots 120g €2.30
- Glennisk Organic Fresh Cream 500ml €3.99
- Avonmore Whipped Cream 350ml €2.49
- Avonmore Fresh Cream 250ml €2.30
- Avonmore Double Cream 229ml €2.99
- Avonmore Sour Cream €1.50
- Glenisk Crème Fraiche 250G €2.40
- Biona Organic Falafel Balls Pack €5.75
- Fiorentin Sweet Potato Falafel Packs €4.50
- Taifun Fermented Tofu 200g €4.50
- Packet of Levoni Lardons 140g €3.50
- 3 Stone Baked Pizza de Piero Bases €5.99
- Cavistons Chilli Gaucamole €4.50
- Cavistons Classic Chickpea Houmous €3.50
- Cavistons Garlic Butter €2.20
- Cavistons Garlic Aoili €2.75

- Cavistons Tartar Sauce €3.50

Cavistons Cupboard Essentials

Wider Variety of Product Brands Available in Store

- Conventional Strong Flour 1kg €2.99
- Conventional Plain Flour 1kg €2.99
- Doves Organic Self-Raising flour 1kg €2.20
- Le 5 Stagioni Pizza Napoletana 00' Flour 1kg €1.99
- Killbegan Oats 1kg €3.99
- Rude Health Ultimate Organic Granola 500g €6.99
- Rude Health Soft and Fruity Bircher 500g €4.99
- Rude Health Mueseli: Coconut and Seed; Gluten Free 500g €5.99
- Stokes Tomato Ketchup 300g €3.99
- Suma Organic Tomato Purrée 200g €1.80
- Stokes English Mustard 210g €3.99
- Biona Organic Mayonaise 230g €3.99
- Edmond Fallot Dijon Mustard 210g €2.30
- Kikkoman Soy Sauce 1L €5.99
- Kikkoman Soy Sauce 150ml €2.75
- Serracha Hot Chilli Sauce 435ml €3.40
- White Masu [Peanut Rayu; Cashew Rayu; Blackbean] 240g €6.90
- Belazu Rose Harrisa 170g €6.30
- Belazu Pickled Lemons 220g €3.75

- Selection of Kilmurray Fruit Jams 340g [Strawberry; Raspberry; Blackberry, Apricot, Marmalade] €3.75 each
- Selection of Janet's Country Hill Chutneys and Relishes 210g [Mango - €4.10; Cheeseboard Chutney - €4.40; Sweet Pepper - €3.89]
- Tara Hill Honey 227g €7.50
- Thai Gold Coconut Milk 400ml €2.40
- Thai Gold Coconut Milk 160ml €1.90
- Biona Organic Coconut Milk 210g €3.99
- Chaokoh Coconut Milk 400ml €1.85
- White Organic Basmati Rice 1kg 5.30
- Biona Organic Jasmine Rice 500g €3.99
- Organic Brown Basmati Rice 500g €2.90 / 1kg €4.70
- Organic White Coucous 500g €2.99
- Zia Rosa Italian Chopped Tomatoes 400g €1.10
- Organic Suma Tinned Chickpeas 400g €1.60
- Organic Biona Tinned Kidney Beans 400g €1.50
- Organic Suma Tinned Black Beans 400g €1.50
- Organic Suma Tinned Green Lentils 400g €1.40
- Organic Suma Tinned Mixed Beans 400g €1.50
- Biona Organic Tinned Sweetcorn 340g €2.40
- Ouro de Portugal Extra Virgin Olive Oil 0.5L €6.99
- Colvita Extra Virgin Olive Oil 0.7L €13.50
- Vallejo Extra Virgin Olive Oil 0.5L €3.99

- Vallejo Extra Virgin Olive Oil 2.5L €16.95
- Vallejo Organic Extra Virgin Olive Oil 2.5L €19.99
- Vallejo Extra Virgin Olive Oil 5L €29.95
- Casteline S. Extra Virgin Olive Oil 0.5L €20.99
- Belazu Balsamic Vinegar of Modena 0.25L €20.99
- Belazu White Balsamic Vinegar 0.25L €10.50
- Gouseppe Giusti Balsamic Vinegar of Modena (One Medal) 0.25L €10.50
- Gouseppe Giusti Balsamic Vinegar of Modena (Two Medals) 0.25L €13.99
- Gouseppe Giusti Balsamic Vinegar of Modena (Three Medals) 0.25L €19.99
- Emile Noel Fruity Olive Oil 0.5L €9.75

With more available in store!

Pasta and Sauces

- De Cecco Linguine 500g €1.95
- De Cecco Cannelloni 250g €2.99
- De Cecco Spagetti 500G €1.95
- De Cecco Penne 500g €1.95
- De Cecco Fusseli 500g €1.95
- Fresh Lasagne Sheets €2.95
- San Marco Potato Gnocchi 500g €3.45
- Rossi Fresh Pasta Spinach and Ricotta Tortellini 250g €3.99
- Rossi Fresh Pasta Ravioli 250g [Spinach and Ricotta or Beef available] €3.99
- Don Antonio Tomato Pasta Sauces 500g [Traditional; Basilico; a la Vodka or Napolitana available] €3.99-€4.40

- Donna Antonia Tomato Sauce for Pizza 500g €4.40
- Seggiano Organic Tomato Pasta Sauces 350g [Basil; Garlic or Chilli available] €3.30
- Mariangela Prunotto Organic Peeled Tomatoes 550g €3.99
- Cavistons Basil Pesto €3.95
- Cavistons Garganico Pesto €3.99
- Cavistons Piemonte Pesto €4.50

Much more available in store!

Cavistons Fish Selection

These prices are subject to daily change depending on market availability and are solely indicative

- Organic Salmon Fillets €31.95/Kg
- Conventional Salmon Fillets €26.95/Kg
- Cod Fillets €21.95/kg
- Hake €19.95/Kg
- Haddock €16.95/Kg
- Monkfish €39.95/Kg
- Large Black Sole €31.95/Kg
- Lemon Sole €22.95/Kg
- Turbot Fillets 49.95/ Kg
- Brill Fillets 29.95/ Kg
- Halibut Fillets 39.95/Kg
- Whole John Dory 22.95/Kg [Fillets also available]
- Whole Wild Seabass €26.95/Kg [Fillets also available]

- Smoked Haddock €18.95/Kg
- Smoked Coley €11.95/Kg
- Whiting €11.95/Kg
- Seabass Fillets €2.50 each
- Mackerel €11.95/Kg
- Live Lobsters €39.95/Kg
- Cooked Lobsters €49.95/Kg
- Mussels €4.19/Kg
- Seafood Mix €15.00/Kg
- Flemmings Irish Wild Shelled Frozen Prawns 400g €19.95
- Flemmings Irish Wild Shelled Supreme Frozen Prawns 400g €29.95
- Argentinian Frozen Prawns 1kg €25.00
- Organic Smoked Salmon Packets €49.95/Kg
- Conventional Smoked Salmon Packets €39.95/Kg
- Dingle Cooked Crab Meat 454g €26.95
- Dingle Cooked Crab Meat 200g €12.95

With much more fish available!

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Cavistons Butcher Selection

- Crowes Outdoor Reared Back Rashers 200g €4.50
- J. Crowes & Sons Dry Cure Streaky Rashers €3.29
- Crowes Outdoor Reared Jumbo Sausages 400g €4.50

- Jane Russel Original Irish Pork Sausages €3.50
- Jane Russel Gluten Free Bratwurst Pork Sausages €3.50
- Jane Russel Roast Garlic and Red Wine Gluten Free Sausages €4.75
- Inch House Black Pudding 300g €4.50
- Inch House White Pudding 300g €4.50
- Large Carlow Free Range Whole Chicken €14.99
- Medium Carlow Free Range Whole Chicken €12.99
- Small Carlow Free Range Whole Chicken €10.99
- Margaret McDonnell Organic Free Range Whole Chicken €18.99
- Margaret McDonnell Organic Free Range Chicken Fillet in Tray €23.95/Kg
- Conventional Whole Chickens €5.50/Kg
- 4oz Conventional Chicken Fillets €1.50 each
- 7oz Conventional Chicken Fillets €13.50/Kg
- Skeaghanore West Cork Whole Duck €12.99
- Irish Striploin Steak €24.95/Kg
- Irish Hereford Fillet Steak €39.95/Kg
- Irish Rib Eye Steak €29.95/Kg

With more poultry and meat available in store!

Desserts and Treats

- Jam Sponge Cake €9.00
- Chocolate Sponge Cake €10.00
- Coffee Sponge Cake €10.00
- Mini Passionfruit Cheesecake €3.99

- Large Passionfruit Cheesecake €12.99
- Mini Flour Free Chocolate Cakes €3.99
- Large Flour Free Chocolate Cakes €15.99
- Meringues €1.85 each
- Apple Tart €4.95
- Carrot Cake €5.95
- Lemon Drizzle Cake €4.95
- Ginger Cake €4.95
- Chocolate Brownie €2.50
- Flap Jack €2.00
- Pecan Nut Slice €3.00
- Bakewell Slice €2.75

With more cakes and treats available in store!

Cavistons Chocolate and Biscuits Selection

- Anna's Almond Thins €2.20
- Anna's Orange Thins €2.20
- Anna's Cappuccino Thins €2.20
- Anna's Ginger Thins €2.20
- Hadji Bay Turkish Delight Original Rose Gift Pack €9.30
- Hassets Irish Shortbread €3.90
- Hassets Orange & Poppyseed Cookies €3.99
- Mr Stanleys Hot Choc Melts €7.99
- French Butter Shortbread with Guerande Sea Salt €3.50

- Kilbeggan Irish Oat Cookies [Original Oat; Hazelnut Chip; Chocolate Chip; Dulche de Leche] €4.90
- The Lismore Food Company Milk Chocolate Apple Crisp Thins €7.99
- Seggiano Tuscan Handmade Chocolate & Sea Salt Biscuits €6.50
- Skelligs Chocolate Bars [Various Flavours available] €2.99 each
- Seed and Bean Chocolate Bars [Various Flavours available] €3.90 - €4.50
- Tonys Chocoloney Chocolate Bars [Various Flavours available] €4.79 each
- Vivani Chocolate Bars €3.15

With more brands available in store!

Cavistons Hot Beverage Essentials

- Badger & Dodo Roasting Coffee [Ground or Beans available] €9.99
- Cloud Picker Coffee [Ground or Beans available] €8.99
- Cloud Picker Ground Decaf Coffee €10.99
- Grumpy Mule Ground Coffee
- Grump Mule Decaf Coffee €6.99
- FIXX Coffee [Ground or Beans available] €8.90
- Clipper Organic Instant Coffee €6.75
- Clipper Organic Instant Decaf Coffee €7.90
- Pukka Teas [Earl Grey; Chamomile; Turmeric; Cleanse; 3 Cinnamon; Original Chai and more available in store] €3.99
- Taylors Breakfast Leaf Tea €6.99 [More Leaf Teas available in store]
- Green and Black Hot Chocolate €5.99
- Vivani Hot Chocolate €7.75

Cavistons Wine Selection

White Wines

- *Petit Paul* [2018] €13.95 – Medium bodied wine from Languedoc. Light & crisp citrusy.
- *Arbastrum* [2018]: Albarino & Triexadura grapes. Fruity, fresh, & fragrant. Ideal to serve with fresh Irish hake. €16.95
- *Pouilly Fumé* [2018]: €23.99

Red Wines

- *Martinez Lacuestra Rioja* [2018]: Red fruits, oak & sweet spices. Fresh & the perfect wine for chargrilled meats. €15.99
- *El Bonne Homme* [2017]: Delicious organic Spanish red made from equal parts Monstrell & Cabernet Sauvignon from altitude vineyards. Full bodied yet fresh. €17.99

Rosé

- *Domaine Guillaman, Rosé de Pressée* [2019] €13.99
- *Minuty Rosé* [2019] €21.95