

Fit Town – Healthy Food Participants and Options for Customers

Business Name	Healthy Food Initiative	Available From	Continue to promote healthy food choices for customers?
Apple Green (off motorway @ Mackney)	Selection of fresh fruit available daily and also healthy protein bars e.g. Nakd, Nature Valley	1 st February	Yes
Beechlawn Organic Farm	Special Fit Town Offers – 5 for 4 veg boxes (normally €20 each 5 for €80). €20 Box free delivery Ballinasloe area and discount on farm shop sales for 6 weeks. www.beechlawnfarm.org (Also note we are hosting 2 farm walks with nutritional talks with Nutritional Therapist Honor Geraghty scheduled for Saturday 13 th and 27 th February 11am)	1 st February	Yes
Corrib Oil	5 A Day Fruit, Fruit Salads, Berry Pots, Grape Pots, Homemade Muesli	From 1 st February	Yes
Country Market (Friday mornings Town Hall)	Organic Local Honey, Fresh Free Range Eggs, Home Bakes and Preserves available every Friday from 9.30 am @ the Town Hall	From 1 st February	Yes
Crumbs & Cream	Promoting healthy smoothies and offering better variety of vegetarian dishes	Available from 15 February	Yes
Daisys Café			
Dolans Creagh	Providing porridge and soup to take away and also available are protein bars, healthy snacks, sandwiches and salad boxes	From 18 th January	Yes
Downeys Bar	Daily Vegetarian Option, Healthy Stir Fries, Pasta Dishes for children	From 8 th February	Yes
Gannet Fishmongers (Friday Morning Croffys Yd)	Healthy Fresh Fish available all year round @ Croffys Yard Friday mornings	From 1 st February	Yes
Gibbons Pillar House	Poached Catch of the Day with Steamed Vegetable and Baked Potato	From 2 nd February	Yes
Gullanes Hotel	Fit Town Healthy Food lunch option available daily (this will change on a daily basis so please ask for Fit Town Lunch Special. Also available on request (on an ongoing basis) Fish dish and half portions for adults and children.	From 1 st February	Yes
Haydens Hotel	Half portions of main course, Gluten Free soups, sauces and gravies. Healthy menu items include baked fish, fresh fruit	From 1 st February	Yes

	salad, yogurt, freshly made porridge. Occasionally gluten free bread available.		
Jorenas Healthfood Shop	Stock a large range of healthy foods and drinks to suit all dietary needs including dairy free, gluten free products. Offering 10% discount on all Quest Protein Bars for the 6 week period.	From 1 st February	Yes
Karibas Restaurant	Healthy Options on the Specials EVERYDAY e.g. Super Healthy Salad, Toasted wrap with salad, hummus, Feta and balsamic dressing	From 1 st February	Yes
Kevin Reynolds Butchers	Buy Meat from your local butcher and cook it yourself! Healthy Specials – 5 High Protein Turkey Burgers €6.00, 3lbs Round Mince 98% lean €10.00, 10 Chicken fillets €10, Chicken Breast Mexican Stir-fry with mixed veg – 3 Trays for €10	From 1 st February	Yes
Liddys Costcutter	Including Fruit in All meal deals at the Deli area.	From 1 st February	Yes
Millars	Homemade soups and gravies (gluten free), breads and desserts available daily. Other Healthy menu options include Vegetarian stir fry, Fresh Fruit Salad and Pasta option for kids.	From 1 st February	Yes
Missys Deli & Ice Cream	New menu from 1 st February will have healthy salad options including smoked salmon salad and the Protein power salad. Chips will not be served but instead we offer baked potato as an alternative. Also available are salad boxes to take away.	From 1 st February	Yes
Moycarn Hotel Creagh	Vegetarian option, gluten free soups and sauces, half portions available. Allergan index on menu.	From 1 st February	Yes
Mulveys Fruit & Vegetable	Weekly offers on fruit and vegetables. Customers can pick up a copy of our recipe booklet with ideas for introducing more fruit and vegetable into your diet.	From 1 st February	Yes
Noor Tandori	All main now Gluten Free and Coeliac Friendly. Vegetarian option on all main courses and side dishes.	From 1 st February	Yes
O Connors Food Hall Brackernagh	25% off selected Fish	From 2 nd February	Yes
Sean Connolly Butchers Creagh	10 Homemade Turkey Sausages €5.00, 5 Homemade Turkey Burgers €5.00, Turkey Breast mince €7.49 per Kg.	From 2 nd February	Yes
Supervalu (Dunnes)	As the only award winning Seafood Circle Fishmonger in Ballinasloe we will have a Special Fish Friday Offer every Friday	From 1 st February	Yes
Taoyaun Chinese Restaurant			
The Breadbasket	Healthy Breakfast Options including Porridge with seeds, Poached Egg with homemade brown bread. Homemade Vegetable soup and healthy breads (Honey/Spelt and Spelt Soda) throughout the day	From 1 st February	Yes
The Deli Dunlo Street	Low Fat Healthy Option wraps filled with seasonal salads and	From 2 nd February	Yes

	meat of your choice.		
Tony Carroll Butchers	Healthy Special Offers including 10 Steak Burgers €8.50, 5 Chicken Fillets €6.00 and many more offers on selected items in store.	From 1 st February	Yes?
Valeries Aughrim	Breakfast option of scrambled or boiled egg, lunch cold meat salad, gluten free homemade soups and gravies, Homemade brown bread. Half portions of main meal. Fish dish occasionally (depending on demand)	From 1 st February	Yes