

Distinctly Northern Ireland Breakfast (Great Products from our Local Producers)

CEREALS	
Crawfords Foods Just live a little Granola range	Portaferry, Co Down, 07726 263001, info@justlivealittle.co.uk
White's Oats Porridge Oats Toasted Oat Cereals <i>* Great Taste Award Winners 2013</i>	Tandragee, Co Armagh, www.whitesoats.co.uk
Linwoods Health Foods	Armagh www.linwoodshealthfoods.com
BREADS	
Northern Ireland's bakery tradition is a pure delight for most visitors. In contrast to the rest of the British Isles, where local bakeries have all but disappeared, most towns and villages in Northern Ireland still have bustling bakeries that bake the traditional breads as well as some specialty breads	
Irwin's Bakery Nutty Krust Veda Malt Loaf – only baked in NI! Rankin Selection Irish Breads	Portadown, Co Armagh, www.irwinsbakery.com (widely available)
The Heatherlea Bakery Spelt Wheaten Low GI Bread <i>*Great Taste Award winners 2013</i>	Bangor, Co Down www.theheatherlea.com
The Krazi Baker Traditional griddle breads, pancakes and farls	Dromore, Co Down, Mark Douglas, 07753181065, mark.douglas009@gmail.com
Corn Dolly Foods Ltd Spelt & Honey Bread	Newry, Co Down www.corndollyfoods.com
Ann's Pantry	Larne, Co Antrim
Genesis Crafty	Magherafelt, Co. Londonderry www.genescrafty.com
Yellow Door Deli & Patisserie Artisan bakery and specialty breads	Portadown Co Armagh

	www.yellowdoordeli.co.uk
<p>Ditty's Home Bakery Artisan bakery Traditional Oatcakes Boxty—a traditional potato pancake indigenous to the border counties</p>	<p>Castledawson Co Londonderry www.dittysbakery.com</p>
<p>Graydons Sweet Temptations</p>	<p>Fermanagh, ericgraydon@btinternet.com</p>
<p>MEAT Traditional butcher shops are numerous in Northern Ireland, and many of our butchers work closely with local farmers, if not their own family farms, buying whole carcasses and dry-aging the meat themselves. Ask your local butcher if their pork is from local Irish pigs and look out for the red tractor quality assured mark. Some butcher of note</p>	
<p>Hannan Meats Range of hand-tied sausages Moyallon Dry Cured Back Bacon *Great Taste Award Winners 2013</p>	<p>The Meat Merchant Moirá www.hannanmeats.com</p>
<p>McCartney's of Moira award winning sausages—a huge variety of flavours Award winning Black & White Puddings</p>	<p>Moirá www.mccartneysofmoira.com</p>
<p>Kettyle Irish Foods Dry-aged Fermanagh Bacon</p>	<p>Lisnaskea Co Fermanagh www.kettyleirishfoods.com</p>
<p>O'Doherty's Butchers Fermanagh Black Bacon</p>	<p>Enniskillen Co fermanagh, www.blackbacon.com</p>
<p>Carnbrooke Meat and Poultry Speciality pork products</p>	<p>Dromara Co Down, www.carnbrookemeats.co.uk</p>
<p>Kees Outdoor Saddlebacks Speciality sausages Dry cured back bacon</p>	<p>Strabane Co Tyrone 028 8166 1172</p>
<p>Forthill Farm Free range heritage pork products</p>	<p>Tandragee Co Armagh www.forthillfarm.co.uk</p>
<p>Gracehill Find Foods Award winning Black & White Puddings</p>	<p>Ballymena Co Antrim www.sabp-web.co.uk/gracehill</p>

Pheasants Hill Farm Free range pork	Downpatrick Co Down, http://pheasantshillfarm.com/
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DAIRY – YOGURT, CHEESE, EGGS AND BUTTER

The Northern Ireland Dairy Industry is a multi-million pound business and milk will nearly always be locally supplied. Here are some other ideas:

Clandeboye Estate Yoghurt	Bangor Co Down, www.clandeboye.co.uk/yoghurt/
Abernethy Butter Traditional Hand Churned Butter	Dromara Co Down www.abernethybuttercompany.com
Dale Farm Dromona Butter	Belfast www.dalefarm.co.uk/pages/dromona/Products widely available,
Kearney Blue Cheese at Farmview Diaries	Belfast www.farmviewdairies.com
Leggygowan Goats Cheese	Saintfield Co Down www.leggygowanfarm.co.uk
Clements Free Range Eggs	Carrowdore Co Down www.clementseggs.co.uk
Skea Free Range Eggs	Dungannon Co Tyrone (widely available)

FISH

Ewings Seafood Glenarm Organic Smoked Salmon Smoked Kippers	Belfast www.ewingseafoods.com
S&P Milligan Smoked Kippers	Ardglass, Co Down

BEVERAGES

Tea and the quality of tea is synonymous to Northern Ireland and many establishments are often judged on how good the tea they serve is!

Punjana Irish Breakfast Tea Titanic Tea (Special Edition) <i>*Great Taste award Winners 2013</i>	Belfast http://www.punjana.com/
Sd Bells Specialty Tea Coffee	Belfast www.sdbellsteacoffee.com
Suki Tea Belfast Black Tea <i>*Great Taste award Winners 2013</i>	Belfast www.suki-tea.com
Bailies Handroasted Coffee	Belfast www.bailiescoffee.com
Armagh Cider Company Apple Juice	Armagh www.armaghcider.com
Dj's Apple Juice	Lisburn Co Antrim, www.temptedcider.com
PJ Mccann	Armagh www.mccannapples.co.uk

JAMES PRESERVES & OILS

Northern Ireland has a proud heritage of jam making, scour your local bakery or fruit and veg shop for the freshest locally made preserves.

Mourne Heather Honey - Bees working Heather on the Mourne Mountains in Northern Ireland produce a very dark almost black honey. Find it in local deli's, bakeries, farm shops and fruit and veg shops

Erin Grove Preserves Preserves, chutneys and marmalades <i>*Great Taste award Winners 2013</i>	Enniskillen Co Fermanagh www.eringrove.co.uk
The Good Food and Wine Company Marmalade with 24 Carat Gold Leaf Marmalade with Irish Whiskey Blackberry and Irish Stout Jam	Belfast/Coleraine
Keen Nut Butters Nut Butters (almond)	North Down http://keennutbutter.com/
Harnett Oils Range of food oils	Waringstown Co Down http://harnettoils.co.uk/
Broighter Gold Rapeseed Oil Award winning rapeseed oil	Limavady, Co Londonderry, http://www.broightergold.co.uk/