

Take experience and creative flair and blend it with an unwavering interest in good health, the result of which is, an artisan bakery, which specialises in dietary restriction. (gluten, wheat, dairy and egg free produce.) Whether you are health conscious or seeking indulgence, the philosophy in Nibbles is to produce real food as nature intended, without any additives & preservatives using best quality, locally sourced ingredients. Visit us in the various Farmers Markets around Cork or in Millstreet for our award- winning gold medal desserts. Contact Eleanor Leahy of Nibbles Food Emporium, West End, Millstreet, Co. Cork at 087 9187184 or 029 70717

Eleanor Leahy is the enthusiastic, young, proprietor of Nibbles Food Emporium, based in Millstreet, Co.Cork. Eleanor has worked in the catering industry since she was sixteen, graduating from CIT as Student of the Year in 1999 and going on to specialise as a Pastry Chef, before changing direction to start up her own business in 2004.

She has taken her experience, skill and creative flair and blended it with an unwavering interest in nutrition and good health, the result of which is, an artisan bakery, which specialises in dietary restriction, in particular, gluten, wheat, dairy and egg free produce. This love of good food and good health has resulted in breads and cakes, which are a delicious alternative to the long life gluten free products currently available. The philosophy in Nibbles is to produce real food as nature intended, without any additives, preservatives or improvers, using the best quality and locally sourced ingredients. Whether you are health conscious or seeking indulgence, Nibbles uses the finest ingredients; Macroom brown flour, milled locally on a two hundred year old mill, Macroom oatmeal, fresh creamery butter, fresh cream and rich Belgian chocolate. Nibbles stone ground brown bread, although not marketed as a health loaf, has all of the criteria, stone ground brown flour using all of the grain, enriched with oatmeal resulting in a fibre rich, low GI (glycemic index) loaf.

So whether you are seduced by the smells wafting from Nibbles Food Emporium in the early morning or the aromas of fresh baking in the many Farmers Markets in Douglas, Blackpool, Mallow, Macroom or Rathmore, Nibbles is guaranteed the only after taste remaining is a taste for more.