

TASTE



Double bedroom at The Stop B&B (below)



Shakshuka with bread (above) and chocolate brownies (right) at Urban Grind



Lovage and strawberry shortcake with buttermilk sherbet at Kai Café + Restaurant



Galway's Michelin-starred Aniar (above) serves ham hock, scallop, and seaweed broth (left)



THE NEIGHBOURHOOD

The West End, Galway

Plane: London Luton to Knock from £30 return	Time: One hour and 40 minutes	Drive: One hour and 20 minutes from Knock (45 miles)
--	---	--

Having snapped up the European Region Of Gastronomy title for 2018 and with the continent's Capital Of Culture crown coming two years later, there's a lot going for Galway right now. Among its picture-perfect streets is a lively food scene characterised by top-class local produce – especially in the West End, where, across the River Corrib from the tourist-heavy Latin Quarter, a tightknit creative community is busy putting the City Of Tribes on the map.



BASE yourself at sleek, design-led B&B

(1) The Stop (38

Father Griffin Road.

+353 91 586 736. thestopbandb.com), a sophisticated option near the city's sweep of beaches that makes the perfect jumping off point for exploring Galway's West End. A short morning walk will take you to **(2) Urban Grind** (8 William Street West. +353 91 375 000. urbangrind.ie), the area's go-to coffee shop that, since 2014, has elevated the city's café scene with high-end brews, just-baked pastries and hearty brunches that

include a punchy, paprika-spiked shakshuka.

One of the flag bearers for Galway's forward-thinking cuisine and a first-class choice for lunch is **(3) Kai Café + Restaurant** (20 Sea Road. +353 91 526 003. kaicaferestaurant.com). Here, amid chic, upcycled décor and a laid-back atmosphere,

powerhouse West End couple David and Jessica Murphy showcase locally sourced organic ingredients through their changing daily menus – including west coast crab, river-fresh wild trout and edible flowers.

Walk it off among the West End's independent shops in preparation for an evening trip to the Michelin-starred **(4) Aniar** (53 Lower Dominick Street. +353 91 535 947. aniarrestaurant.ie) and its six-, eight- or ten- course tasting menus. Ireland's answer to René Redzepi, head chef JP McMahon, champions foraged produce, letting local ingredients

steal the show in his clean-lined, Scandi-esque space that – despite the high-calibre cuisine – has a typically Galway casual-dining feel. With McMahon claiming the concept behind Aniar is the French idea of *terroir*, the wine list's impeccable, too.

With the West End one of Galway's liveliest neighbourhoods after dark, there are plenty of options to prolong the evening, one of the best of which is **(5) Bierhaus** (2 Henry Street. +353 91 376 944. bierhausgalway.com).

Its young owners, Jack Considine and Conor Lynam, have cornered the craft beer market in the area with more than 60 available – including 20 on tap – while an inventive cocktail menu, including the bourbon-based Bierhaus Boulevardier, is worthy of full exploration. Bánh mì and grilled cheese sandwiches will help soak it up, while an on-point roster of DJs keeps it busy until late. For something a little more traditional, head to the rustic **(6) Crane Bar** (2 Sea Road. +353 91 587 419. thecranebar.com) or locals' favourite **(7) Roisín Dubh** (9 Dominick Street Upper. +353 91 586 540. roisindubh.net), well-known as a “deadly” spot for trad music and comedy, which – in local speak – is a good thing. Ben Olsen



Bánh mì (above) and a Bloody Mary and Martini (left) at Bierhaus

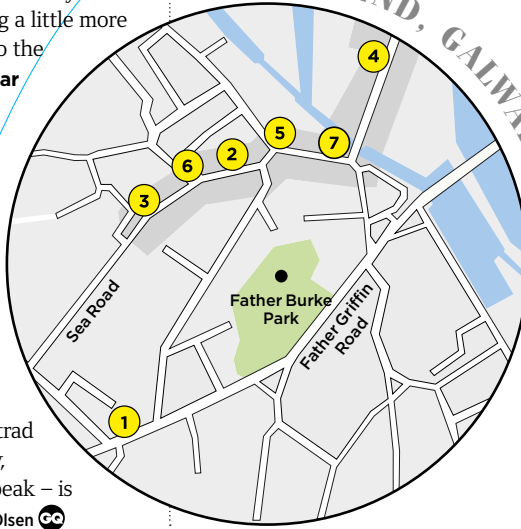


Traditional Irish entertainment at The Crane Bar (above) goes on late



Father John Misty and Jape (inset) perform at Róisín Dubh

WEST END, GALWAY



Photographs: Julia Dumin; Sean McCormack