

Aoife Carrigy's non and low alcohol drink choices

BEERS

- ***Pure Brew, 0.5%, €5.90, 4 x 33cl, from Diageo,*** widely available including Supervalu.
- ***Brewdog Nanny State, 0.5%, €2–2.50, 33cl, independents + Supervalu***
- ***Kinnegar 'Low Tide' Low Alcohol Pale Ale, 0.5%, €2.65, 44cl,*** independents including Redmonds of Ranelagh
- ***Brewmaster Non Alcoholic IPA, Dundalk Bay Brewing €2.99 (440ml), 0.5pc, Supervalu, Centra, thevirginmarybar.com***
- ***Carlsberg 0.0, €6.90, 4 x 33cl, widely available***
- ***Heineken 0.0, €5.90, 4 x 33cl, widely available***
- ***Peroni Liberra 0.0, widely available***
- ***White Hag Puca sour***
- ***Whiplash Northern Lights Micro IPA = 2.5%***

SPIRITS

- ***Lyre's 'Italian Orange' Non-Alcoholic Spirit, €23.50, 70cl,*** Supervalu & online at lyres.eu - This makes a great base for a non-alcoholic negroni with Lyre's Dry London Spirit (ie n/a gin, also from Supervalu) and their Aperitif Rosso (at lyres.eu) – or with a splash of red vermouth for a low-alcohol option.
- ***Silk Tree n/a 'gin', €34.95,*** selected independents including Redmonds of Ranelagh
- ***Ceder's Crisp n/a 'gin', €20, 50cl,*** widely available including Supervalu

SPARKLING WINES

- ***Leitz 'Eins Zwei Zero' Sparkling Rosé, Rheingau, Germany € 14.99, 0pc,*** from Baggot Street Wines, World Wide Wines, Mortons Galway, 1601 Kinsale, Ardkeen Waterford, Quintessential Wines, WineOnline.ie etc
- ***Stippl Sparkling Rosé Alcohol Free Sparking Wine,*** 20cl bottles, online only

- ***Freixenet Legero Sparkling 0%, €6.89, widely available including Supervalu***

WINES

- ***Leitz 'Eins Zwei Zero' indies only*** - Leitz 'Eins Zwei Zero' Alcohol Free Riesling, Rheingau, Germany, €12, 0.0pc, selected independents (Redmonds, JJ O'Driscolls, World Wide Wines); WineOnline.ie:
- ***Torres Natureo De-alcoholised White, 0.5%, €6.89, widely available including Supervalu***
- ***Fritz Müller Müller-Thurgau Alkoholfrei, 0.3%, €11.50, selected independents including Redmonds of Ranelagh***

OTHERS DRINKS TO TRY

- ***The Vintner's Companion, €22.50***, a monthly release, this is only available online or click and collect at omos.co/store
- ***Mariko 'Luxury Sencha' Original Sparkling Green Tea***, Co Mayo, €2.50 (250ml can) or €3.99 (750ml bottle), 0pc, select Centra, Supervalu
- ***Copenhagen Sparkling Tea, 0%, €20***, harder to get hold of, selected independents
- ***Aldi's Zero Point Zero Alcohol Free Sparkling Wine, €2.99***