



# Bennys *deli*

## Bakery – Café – Deli

Delicious Foods Made On The Premises Since 1981

### NOW STOCKING GLUTEN FREE PRODUCTS:

- Brown & White Bread
- Fruitcake
- Muffins
- Sponges
- Roulades



ALL MADE ON THE PREMISES

Also a range of **No Added Sugar** Bakery Products Available

Why not check out our new website at [www.bennysdeli.com](http://www.bennysdeli.com)

**MAIN STREET, CASTLERA, CO. ROSCOMMON**

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# New range of gluten-free products at Benny's Deli

Benny's Deli in Castlerea recently announced the launch of a wide range of gluten-free bakery products.

The range of products, now available from Benny's Deli, Main Street, Castlerea, includes brown and white bread, fruit cakes, muffins, chocolate cakes, sponge cakes and apple tarts. Benny's Deli also offers a range of wheat-free bakery products and a selection of products with no added sugar.

All products are made fresh on the premises using

the finest ingredients and baked by members of staff at Benny's Deli, who have undergone specialised training.

The new products offer consumers a fresh alternative to mass-produced packaged food. "We feel that these products will not only be enjoyed by people who suffer from coeliac disease, but their entire family," said Benny.

"Now we can also give customers the choice of gluten-free celebration cakes that everybody will be able to en-

joy, with no compromise on taste," said Mr. O'Connell.

Gluten is a protein in wheat, rye, barley and other related grains. Many people cannot tolerate gluten in the small intestine. This condition is known as coeliac disease. In patients with coeliac disease, gluten injures the lining of the small intestine. Eliminating gluten totally from the diet allows the lining of the intestine an opportunity to heal.

Benny O'Connell and the staff of Benny's Deli have no-

ticed an increase in demand for gluten-free products in recent months and decided to invest in training staff in the gluten-free process.

Ever popular in the Castlerea area, the increased range of gluten-free products is just another reason to visit Benny's Deli. In recent years Benny's Deli has built up a reputation for fresh, tasty products, including fresh bread and cakes, mouth-watering ham and scones and fresh meats such as ham and chickens.

## Citizens' information

County Roscommon Citizens Information Service is holding a weekly clinic at the offices of Roscommon Women's Network, The Old Mill, Castlerea, every Wednesday from 2 to 5 pm. Free and confidential. Contact (094) 96 21690.

RIGHT: Supporters pictured at Hyde Park on Sunday.  
Pic: Michael McCormack.



## Spectacular results from new Vichy LiftActiv

### Now available at McGuinness Pharmacy

See for yourself the spectacular results from the new LiftActiv CxP Total, from Vichy Laboratories, now available at McGuinness Pharmacy, Main Street, Roscommon.

The daily serum offers anti-wrinkle and firming properties as well as spectacular radiance. The Vitamin C contained in the new LiftActiv CxP Total is more than twice as efficient as Vitamin C alone and has a next generation targeted release that directly hits fibre-creating cells (fibroblasts) and transforms skin radiance after one minute, with instant lifting effect. LiftActive CxP Total is designed with be used

alongside your day care moisturiser or used alone.

Objective evaluation on 52 women showed an increase of one third in firmness in four hours, while clinical tests on 40 women showed 18 percent reduction in wrinkles in one month. Clinical tests on 39 women showed that the LiftActive offers total hydration for up to 24 hours.

The 30ml pump-action bottle retails at €31.50. For further information see in-store at McGuinness Pharmacy, Main Street, Roscommon.

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1Mbps Annual	10Mbps	1Mbps	2GB	€11	€0	€0	€10	€288	€288
2Mbps Monthly	20Mbps	2Mbps	4GB	€11	€0	€0	€10	€34	€34
2Mbps Annual	20Mbps	2Mbps	4GB	€11	€0	€0	€10	€408	€408

**BriskNet Ltd.**

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