

43 SWEET BEAT CAFÉ

Type: Café / Take-away
Country: Ireland



Why it is a good practice?

Sweet Beat is a plant-based wholefoods cafe located on the banks of the Garavogue River in Sligo town. It is Sligo's first vegan café, serving delicious food along with an extensive drink menu, including freshly made smoothies, juices and of course coffee. The founder shows her innovation and passion in her simple philosophy: "We take great pride in our commitment to producing our award-winning plant-based menu; sourcing ingredients from and working with a network of organic farms, growers and producers across the Northwest of Ireland." When the Corona virus pandemic hit, Sweet Beat were the first Sligo café offering a take-away service. They adapted so quickly with an online shop so customers could order and pay for food and collect it from the newly built serving hatch. Sweet Beat also teamed up with the 'Feed the Heroes' campaign and delivered nourishing food to frontline health care workers.

About

The café is the brainchild of Carolanne Rushe, who is a trailblazer when it comes to plant-based food. Travelling the world gave her the opportunity to explore food and she began a blog, to document her recipes and the cuisine of the various places that she lived in. Carolanne started her food career as The Green Warrior and following a year of trading at markets in South Africa, she moved back home to Sligo. Here she joined the Strandhill People's Market in May 2014 and has been busy ever since, launching her popular Super Salads, Organic Kale Pesto, Chili Coriander Hummus and Raw Bars. Her market stall was so successful, Carolanne saw a need for a plant-based cafe, so in 2015 Sweet Beat Café was born. This has been a recipe for success, winning the "Best vegetarian restaurant" from the Irish Times December 2016, best "Free from" from the Irish Restaurants Association 2018 among many other awards.

Healthy

Carolanne has been featured in national media on many occasions and is a real inspiration when it comes to plant-based food in Ireland. She is educating the community and further afield in healthy food and the benefits of a plant-based diet. Now Sweet Beat offers a weekly delivery service to various locations outside Sligo town. Deliveries include Dinner Kits, Plant-based Meals, Organic Produce, Organic Selection Boxes, Super Salads, Cold Pressed Juices + More.

Sustainable

Sweet Beat's kitchen staff have also adopted a zero-waste approach to food waste and use compostable packaging from Down2Earth Materials in Cork.

Ethical

The Organic Selection Boxes are full of what is in season in Ireland right this minute, so each week customers can enjoy new seasonal products that travel less than thirty minutes from farm to shop as they aim to reduce human impact on the environment and our carbon footprint. All produce is grown organically, chemical free + harvested to order. They are delighted to be working with such exceptional local growers, Croghan Organic Garden and Knockvicar Organic Garden.

Follow Sweet Beat's story

