

# Shop Talk

**Announcement**

## Kilkenny House Restaurant and Pub

**112 South Ave. east  
Cranford, NJ 07016  
(908) 276-3414  
www.thekilkennyhouse.com**

CRANFORD — Kilkenny House is a little bit of Ireland in Cranford.

From the moment you walk through the door, you are greeted with Irish hospitality. The owner, Barry O'Donovan, and the general manager, Damian Owens — both Irish born and bred — are sure to greet you.

The comfortable bar offers 16 beers on tap, from Irish favorites to local brews. But this is a restaurant that has a bar, rather than a bar that serves food. Because, most of all, Kilkenny House is a family place.

The restaurant is open from 11:30 a.m. to 10 p.m. daily. The bar stays open later. Kilkenny is the perfect place for a family dinner, a business lunch or even a working afternoon using one's laptop with the free Wi-Fi.

The menu includes Irish favorites such as fish and chips (fresh cod deep fried in beer batter), shepherds pie (a blend of ground sirloin with carrots, onions, peas and onions, baked until brown), Harkin Curry Pie (chicken breast chunks simmered with onions, peas and carrots in a curry sauce, topped with a puff pastry), O'Donovan Delight (Irish sausages with mashed potatoes and Irish beans) plus the best hamburg-

ers in Union County.

Kilkenny House's beef is from the Brooklyn meat market. The hamburgers are served on what the restaurant calls an "Irish muffin."

"Our motto is more meat, less bun," O'Donovan said. "No one around here asks: 'Where's the beef?' Each burger starts out at a hulking half-pound."

The restaurant's most popular appetizer is Baked Artichoke Brie Dip. It's a blend of artichoke hearts and brie baked in a crock. The Star-Ledger called it "grownup comfort food, and you'll be glad you ordered it. This dip is comforting, salty and addictive."

Other popular appetizers include fresh tomato and mozzarella, hot (spicy) garlic shrimp, cajun blackened shrimp and fried calamari. There's also Dungarvan Mussels — a pot of fresh, plump mussels steamed with white wine, garlic, fresh basil, carrots, onions, tomatoes and peppers.

The salads include the best-selling Corrig Spinach Salad with baby spinach, cranberries, goat cheese, caramelized walnuts, carrots, roasted peppers, onions and



Offering a full menu of Irish fare in addition to 16 beers on tap, Kilkenny House Restaurant and Pub is a family friendly establishment that offers free Wi-Fi and, on Sunday evenings, Irish music.

honey balsamic vinaigrette.

For sandwich lovers, there is the cajun chicken and the reuben, created with corned beef made at Kilkenny House. In fact, on and around St. Patrick's Day, the restaurant goes through an entire ton of its special corned beef.

The restaurant's party room, which holds up to 40 people, is perfect for birthdays, anniversaries, business meetings, baptisms or funeral repasts. But the room is not available on Friday and Saturday evenings because the place is already packed.

"This is a family place," O'Donovan said. "Every child who finishes his dinner, as long as mom and dad tell me it's OK, will get a free ice cream." Every Sunday there's

Irish music from 5 to 9 p.m.

Visitors to Kilkenny House are treated as if they've entered O'Donovan's living room. O'Donovan or Owens walk to every table in the place to ask what customers think of the food and how they're doing.

"It's the only way to do business," O'Donovan said. "You have to know your customers. The place is always full of families."

In fact, at least once a week, O'Donovan brings his wife, Peggy, and their two boys, Kevin and Tim, to the restaurant to have dinner as a family.

"Our goal is to serve a good product that is reasonably priced in a comfortable atmosphere," O'Donovan said. "We do all that with a very special flavor of Irish hospitality." ♦

**Awards**

## Downtown Westfield Corp.

**105 Elm St.  
Westfield, NJ 07090  
(908) 789-9444  
s.cronin@westfieldtoday.com  
www.westfieldtoday.com**

WESTFIELD — Westfield was honored to receive the top prize for towns its size in the 2010 America in Bloom competition (locally known as "Westfield in Bloom"). The town also won the Landscaped Areas Award for all entrants nationwide. Westfield, which competed in 2009 and 2010, is the only town in the state to compete both years.

Each of the 28 towns nationwide that participated was judged on eight criteria: community involvement, floral displays, environmental awareness, heritage, urban forestry, landscape, tidiness and turf and ground covers across three sectors — municipal, residential and commercial. Judges Bruce Riggs and Marlborough Packard toured Westfield July 11-13 and met town officials, members of the Westfield in Bloom committee, and other residents and volunteers.

The awards go to only one community among all the America in Bloom entrants across all population categories. Westfield won the Landscaped Areas Award sponsored by OFA — an Association of Horticultural Professionals.

America in Bloom is an independent, non-profit 501(c)(3) organization dedicated to promoting nationwide beautification programs and personal and community involvement through the use of flowers, plants, trees, and other environmental and lifestyle enhancements. America in Bloom provides educational programs, resources, and the challenge of a friendly competition between



Photo courtesy of David Williams

Celebrating Westfield's two awards and four-bloom rating at the recent America in Bloom symposium and awards program are, from left, Barbara Vincentsen, Westfield resident and 2011 America in Bloom judge; Sherry Cronin, co-leader of Westfield in Bloom and executive director of Downtown Westfield Corp. (DWC); Joe Lamp'l, executive producer and host of PBS' "Growing a Greener World" series; Beth Brenner, assistant executive director of the DWC; David Williams, co-leader of Westfield in Bloom, owner of Williams Nursery and president of Garden Centers of America; and Katy Moss Warner, on the volunteer board of directors of America in Bloom and president emeritus, American Horticultural Society.

participating communities across the country.

For more information, visit [www.americainbloom.org](http://www.americainbloom.org) or [www.westfield-inbloom.com](http://www.westfield-inbloom.com). ♦

**Grand Opening**

## Training Today's Athlete

**223 Stirling Road  
Warren, NJ 07059  
(908) 604-2332  
www.trainingtodaysathlete.com**

WARREN — Athletes seeking to achieve their ultimate athletic ability and to improve their competitive edge will want to visit Training Today's Athlete (TTA). The training facility is celebrating its grand opening.

Becoming a successful athlete is the result of hard work, desire and a well-designed training program. TTA is a one-stop facility that can accomplish all of its clients' goals. The knowledgeable staff tailors its specialized services to each client, who can range from an individual looking to maximize his or her performance, to an entire team looking for a stronger competitive edge. TTA

is becoming the premier provider of athletic training for high school, collegiate and professional athletes.

Training Today's Athlete developed from the creative minds of Ahmed Ismail, Malik Jackson and Jeffery Humzah Thomas. Each of them has extensive backgrounds in the sports industry, having been both players and coaches for Pop Warner, high school, college and professional teams.

TTA focuses on all aspects of servicing an athlete and offers a detailed training program that combines strength, speed, power, agility and conditioning.



Training Today's Athlete, a one-stop training facility in Warren that serves both individuals and teams, was developed by, from left, Malik Jackson, Jeffery Humzah Thomas and Ahmed Ismail, who each have extensive backgrounds in the sports industry.

The TTA staff advises prospective clients not only to train hard, but also to train smart. TTA will get those interested in maximizing their athletic ability to the next level and help them

reach their goals.

For more information on TTA's camps, tournaments and services, call (908) 604-2332 or visit [www.trainingtodaysathlete.com](http://www.trainingtodaysathlete.com). ♦

If you would like to list your upcoming grand opening, anniversary or special event in a future issue of Shop Talk, please call Ana S. Gonzalez at (973) 392-5946, fax her at (973) 565-0422 or e-mail [agonzalez@starledger.com](mailto:agonzalez@starledger.com).

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