



REUBEN EGG ROLL



FISH & CHIPS

# Frank O'Dowd's (Irish) Food Truck

By Bryce Parks

In late spring of this year, the Frank O'Dowd's food truck quietly debuted in the Tri-States. We at *365ink* didn't even know it was out there when we did our huge local food truck cover story in early summer. Our bad. But we definitely got there eventually, a couple of times. And as fall weather sets in, it feels like the perfect time of the year to talk about the hearty Irish offerings of Frank O'Dowd's now that it's on wheels.

For decades now, Frank O'Dowd's restaurant and bar at the Irish Cottage Inn & Suites has long been a regional destination for great traditional Irish fare, often with a twist. And even though

Galena is just a hop, skip, and a jump from Dubuque for dinner, it's still a bit of a destination drive. So how great is it that some of the best dishes are now available at many of the region's favorite festivals and special events?

The decision to add a food truck to the offerings coming from the Irish Cottage sprung from their desire to build onto their existing on-site banquets and catering program according to Joshua Roberts, director of food and beverage for the venue. "A lot of the couples that we were talking to were also looking at outside venues, and we didn't have the capacity to offer quality off-site catering. So, we started looking at the possibility where we'd be cooking on-site so that meals are fresh as opposed to, you know, hauling from long distances where food sits in hot boxes."

And so the truck was born. Uniquely, it allows them to offer completely different menus depending on the purpose of the event, from more refined buffets and plated meals for receptions and private events to festival food fare, which we will focus on here.

"The food truck would also help us get involved in more of the local community events because we're not right on Main Street like a lot of the other restaurants in Galena," explains Roberts. Yep, and it lets them come to Main Street Dubuque, too—and they have!

They also really liked the idea of participating in festivals, especially Irish festivals and beer events, to introduce themselves to a new part of the public.

"It's been a lot of fun already," notes Roberts. "We've done everything so far from a five-course plated dinner that was outside at Orchard Landing in Galena to the Dubuque Irish Hooley and even to the Iowa Irish Fest in Waterloo."

With ovens, range burners, grills, fryers, and the whole nine yards on the truck, they can accomplish anything that they need to right from the truck. And it's all made from scratch, fresh for every event.

Picking the items to feature for public events was a little bit going with sure-fire hits and also taking in public input.

"We gauge what exactly the customer is looking for. So, we have some refined options but with some of that pub familiarity," explains Roberts.

A best seller, Reuben egg rolls were something that they were offering already at the restaurant in Galena.

"We were looking for fun street-style food that we were able to put an Irish flair on," notes Roberts. "What do you want when you go to a festival, and how can we incorporate those onto our truck using some of the same ingredients that we use in the Irish pub? We make all those in-house ourselves, everything that's on the truck."

He adds, "Having the brick-and-mortar restaurant and the prep kitchen at the hotel is a big help. Being able to brine our fish ahead of time in the restaurant so they maintain their flavor and moisture in the frying process, the Reuben egg rolls, we roll in house, the scotch eggs, we make those in-house as well."

And when they fry them up fresh on the truck, you know it's all going to be nice and crispy.

When they are at a real, traditional Irish Fest, you will see them hunker down with more true-and-traditional, pure Irish fare and likely a lot of options, while at a normal festival or event set up, you can see more creativity like the fish tacos.

Oh, hey. How about I actually run down a typical mobile menu offering while I'm torturing you by not talking about the actual food yet?

Look for Irish-style fish tacos, scotch eggs (hard-boiled eggs wrapped in pork sausage, coated in breadcrumbs, and deep-fried), fried cheese curds (because, duh!), Reuben egg rolls, stick ribs, poutine (curds and gravy over fries), curry chips, and side fries. You can also choose actual entrees including traditional fish and chips, corned beef and hash, and bangers and mash (sausages with an onion gravy over potatoes).

It's warm, filling, stick-to-your ribs kind of food that pairs so well with a

cold beer and cool weather. That said, when they do a lot of summer winery events, they will pull out a very different menu that is more warm-weather friendly like open-faced French bread sandwiches, charcuterie, and marinated vegetables.

“We kind of play around with the catering based on where we’re gonna be and what we’re doing, but to the best of our ability, we try to maintain that brand standard of Frank O’Dowd’s Pub,” adds Roberts.

They want to be active throughout the entire year and are currently developing some Christmas party offerings for those who don’t want to rent out ballrooms but instead want to host the event at their business or a bar with Frank O’Dowd’s catering unique, fresh-cooked food from right outside. Not just a bunch of pizzas.

“The main focus of the truck for us is really to just be able to interject ourselves into the community and let people get to know us,” notes Roberts. “We’re excited to do everything from a 300-person plated wedding down to a 30-person graduation party at someone’s house.”

So far, they don’t have regular spots where you can find them, but they hit a lot of festivals and have been fairly regularly out at Galena Cellars and Fergedaboutit Vineyard when they have live music throughout the season. And as the Irish Cottage is currently rebuilding their entire website where the food truck will have its own home, for now, you can keep up with where they will be next or, of course, book them for your next big event through their Facebook page at [facebook.com/frankodowds](https://www.facebook.com/frankodowds). ■



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# Achieving Better Health with GLP-1

## The Role of Nutrition and Weight Loss in Diabetes Management

By Hy-Vee Nutritionist Megan Dalsing

Diabetes treatment is improving; one big change is using GLP-1 receptor agonists. These medicines help control blood sugar and weight management, essential for people with type 2 diabetes. GLP-1 therapy works best when combined with changes in behavior and lifestyle, especially with nutrition and weight management.

This article examines how GLP-1 receptor agonists, nutrition, and weight loss work together to improve the health of people with diabetes. It shows how combining these medicines with lifestyle changes can help people manage their diabetes better and improve their overall quality of life.

GLP-1 is a hormone produced in the small intestine that has several functions. It helps release insulin from the pancreas and stops the hormone glucagon, which raises blood sugar levels. By doing this, GLP-1 helps prevent too much glucose from getting into the blood. It also slows down how quickly the stomach empties and makes you feel full by affecting the brain’s hunger signals. GLP-1 agonist medicines act like this hormone.

GLP-1 can help with weight loss by reducing appetite, making you feel full longer and decreasing cravings. However, it can also cause, side effects like nausea, reflux, constipation and possible muscle loss or dehydration.

To get the most out of GLP-1 receptor agonists, follow good nutrition strategies such as practicing mindful eating, consuming adequate protein, focusing on fiber intake,

consuming smaller, balanced meals more frequently, ensuring adequate hydration, and finding an exercise routine you enjoy. An important strategy for implementing balanced nutrition is to include wholesome snacks. One great option is Good Food dips with whole grain crackers and veggie dippers. This combination can promote fullness and help bridge nutritional gaps between meals.

Your Hy-Vee registered dietitian can offer personalized guidance to effectively assist you in managing your diet while taking a GLP-1 medication to optimize treatment outcomes, address potential side effects, and support long-term weight loss and diabetes management.

Remember, dessert isn’t off limits! One way to manage a sweet tooth and control blood sugar is to enjoy desserts mindfully. Pick desserts you like and aim to have them five times a week or less. For healthy treat ideas, check out [Hy-Vee.com](http://Hy-Vee.com). For example, try a chocolate peanut butter fruit pizza that uses dates for sweetness and is packed with fruit to help you feel full and satisfied. ■



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