

Ruth Gallagher

Wild Beans



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Eager to fill the gap in the local market for a consistently good cup of coffee, Ruth Gallagher opened Wild Beans café in her adopted hometown of Kinvara, Co. Galway, in 2021.

The Ennis native has spent the three years since burnishing the reputation of the café, with quality and reliability always top of mind.

“We only close four days a year and we’re open at 7:30am serving healthy breakfasts, so consistency is our hallmark and people appreciate that,” says Ruth, who runs the business with husband Philip and their four children.

While Ruth was optimistic about local community’s support for the café prior to its launch, she admits to being somewhat surprised by its success.

“When we went to the bank with our business plan, we never thought we’d do half as well as we have been. The community have supported us from the very start, and we love providing a consistent service in Kinvara. Our local community is very important to us and are at the forefront of our minds when planning to make any changes,” she says.

Ruth has been balancing the running of the café with her full-time job with School Completion Programme, an initiative run by Tusla, the Child and Family Agency. However, she plans to soon depart her role to concentrate her efforts on developing the café.

She continues: “It’s a big leap but I am looking into new ideas and you need headspace to do that. The important thing is that whatever we do, it will be something different.”

Ruth credits the peer-to-peer support at the ACORNS roundtables with validating the image of herself as an entrepreneur. “Everyone has imposter syndrome at the start, but the group is all about positive reinforcement. We’re always messaging each other with questions or potential collaborations. The ACORNS network is invaluable in that sense.”

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



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