

KINSALE including the Guide to **WHAT'S ON** in Kinsale & District

Volume 35 #01/24 Thurs 11th January Thurs 18th Ianuary 2024

Tel: 021 477 4313 :: Web: www.kinsaleadvertiser.com :: Email: info@kinsaleadvertiser.com







Winter

January 8th - 20th

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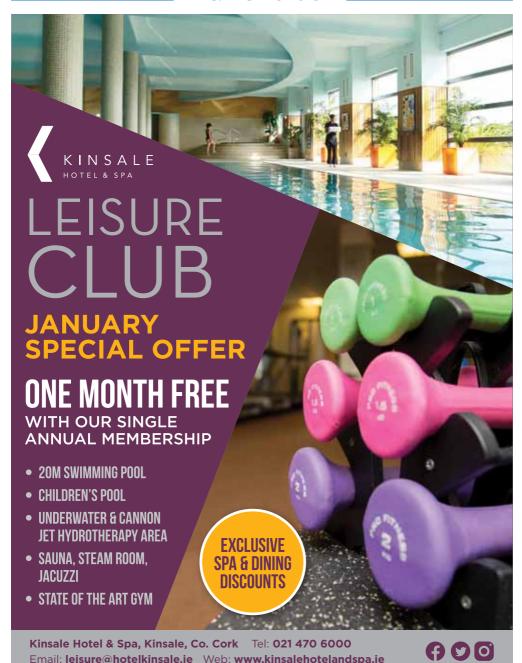
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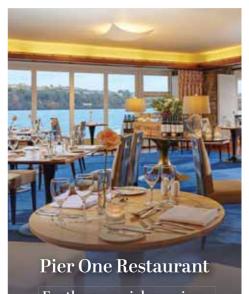
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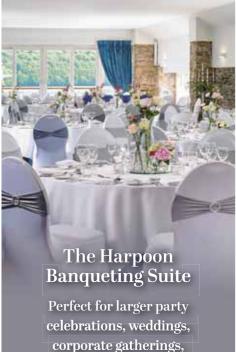
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POP UP INDIAN NIGHTS

January 11th, 18th & 24th | 6.00-9.00pm

Dine in & takeaway limited slots available. Book early to avoid disappointment

> To make a reservation please contact bookings@bluehavenkinsale.com

To place a takeaway order contact 021 4774075 or visit www.oldbankhousekinsale.com







HIGH TIDE

RESTAURANT

Breakfast 10am-12pm SATURDAY & SUNDA

High Tide Full Irish €9.70 Two sausages, bacon, Clonakilty black and white pudding, mushrooms, tomato, sautéed potatoes, fried free range eggs, beans, 1 toast, butter & homemade raspberry jam.

Granola with Yogurt €7.10

With berry compôte and Irish honey. Add mixed seeds: +€1.

High Tide Mini €6.80

One sausage, bacon, black and white Clonakilty pudding, fried free range egg, beans, 1 toast.

€8.80 Eggs Benedict

Two free range poached eggs, streaky bacon on an English muffin topped with zesty hollandaise sauce.

Eggs Royal €8.80

Two free range poached eggs, local organic smoked salmon on an English muffin topped with zesty hollandaise sauce.

Eggs Florentine

Two free range poached eggs, wilted spinach on an English muffin topped with zesty hollandaise sauce.

Smoked Salmon Scrambled Eggs

Organic smoked salmon and chive scrambled eggs with a side of rustic sourdough toast and butter.

Chorizo Rosti Hash €8.90

Toonsbridge chorizo and onion potato Rosti on a smoked tomato sauce topped with free range egg.

Veggie €8.50

Free range eggs, grilled halloumi, wilted spinach, tomato, mushrooms and beans.

Mushrooms on Sourdough Toast €5.00

Breakfast Bap €8.20 Two sausages, bacon, relish on a brioche bun. Add a fried egg: +€1.

American Style Pancakes €6.90

With a choice of topping: Nutella, Maple Syrup, Berry Compôte. Add banana with cream: +€1.50.

Scrambled Eggs on Sourdough €5.00

Dinner served from 5.30pm

Friday & Saturday

Lunch 12pm-3pm SATURDAY & SUNDAY

Fish and Chips €16.50

Local hake in crispy beer batter with chips.

High Tide Chowder €8.50 Chef's unique creamy chowder recipe loaded with locally sourced

seafood, served with High Tide brown soda bread.

€10.50 Bacon, lettuce and tomato, toasted, served with salad or chips.

Soup of the Day €5.50

Served with our own brown soda bread.

Deep Fried Goat's Cheese €12.50

Panko crumbed goat's cheese, Toonsbridge chorizo, roasted beetroot and local organic leaves.

Jamie's Smoked Salmon €11.50 Served on our homemade soda bread with organic leaf salad,

pickled cucumber and mary rose sauce. £10.50

Toasted Special Ham, red onion, beef tomato and mature Irish cheddar cheese, toasted on bread and served with chips or salad.

8oz Beef Burger €15.50

Served with chips, and topped with cheese and bacon.

Caprese Salad €12.50

Mozzarella, beef tomato, organic leaves, homemade pesto and balsamic reduction.

Coronation Chicken Wrap

Marinated chicken in a in spicy mayonnaise sauce with spring onion and mango chutney served in a wrap with chips or organic salad.

€11.50 Mussels

Local mussels cooked in a white wine and cream sauce.

Thai Mussels €11.50

Local mussels cooked in a Thai cream sauce.

Sticky Asian Wings €10.00 Soy and honey glazed wings with sesame seeds.

SWEET TOOTH

Mixed Berry Crumble G V €6.50 Flourless Chocolate Cake G €6.50 Millionaire's Slice €4.00 Fresh Cream Pavlova £6.50 Sticky Toffee Pudding €6.50 Chocolate Brownie €6.50 Salted Caramel Cheesecake €6.50

RESERVATIONS 083 0445676

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Some conditions treated in the clinic:

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/ Problems
- Elbow/Wrist Problems
- Carpal Tunnel Syndrome
- Postural Distortions

- Hip Pain/Discomfort/ Soft Tissue Repair
- Problems
- Knee Pain/Problems Ankle/Foot Problems
 Muscular Disorders/
- Sciatica
- Nerve Entrapment
- Joint Pain/ Discomfort
- Strains/Sprains
- Sports Injuries/ Recovery

- Connective Tissue
- Repair
 - Conditions
 - Coordination Development
 - · Loss of Balance
 - Stiffness
 - Impaired Mobility
 - Functional Exercise

By appointment: Sabine Graef (BEd., SMT, NMPT)

Mobile 087 9872783

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2nd Prize 2 Tickets to F1 in Barcelona.

4 Nights Hotel & Flight Voucher.

3rd Prize Carabao Cup Final:

2 Tickets and 1 Night Hotel.

4th Prize Family Trip to Legoland.

(2 adults, 2 kids, flights & accommodation).

5th Prize €1000 Center Parcs Voucher

BONUS PRIZES

6th Prize 4 Ball at the Old Head.

Night for 2 in The Trident Hotel 7th Prize

& Dinner in The White House.

Hotel Voucher. 8th Prize

9th Prize Family Pass to Fota.

10th Prize Family Pass to a Cork City Game. €20 per ticket €50 for 3

Draw Date: 19th January

To purchase tickets:

- 1: Scan OR code.
- 2: www.kinsaleafc.net
 - Clubshon.
- 3: Contact Trina on 085 140 3847.







WINTER OPENING HOURS

MONDAY AND TUESDAY

Kitchen closed. Bar open from 4pm.

WEDNESDAY TO SATURDAY

Open at 12.30pm. Serving lunch and dinner.

SUNDAY

Lunch only. Kitchen closed at 4pm.

Bookings for the restaurant can be made via our website www.thebulman.ie

LIVE MUSIC

Sunday 14th January, 7pm-9pm

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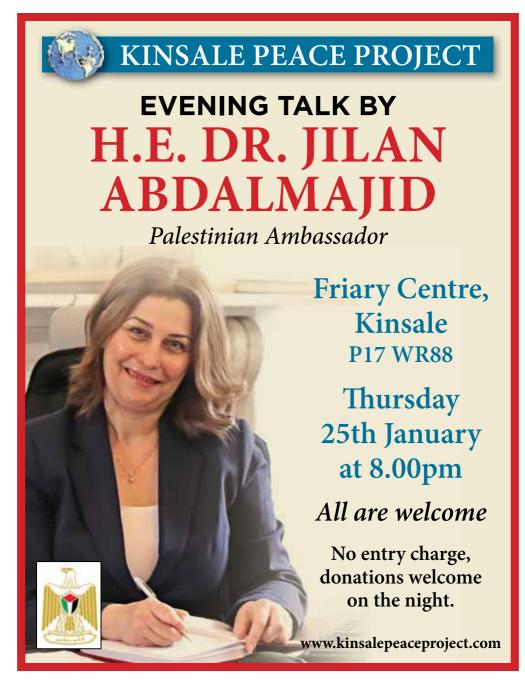








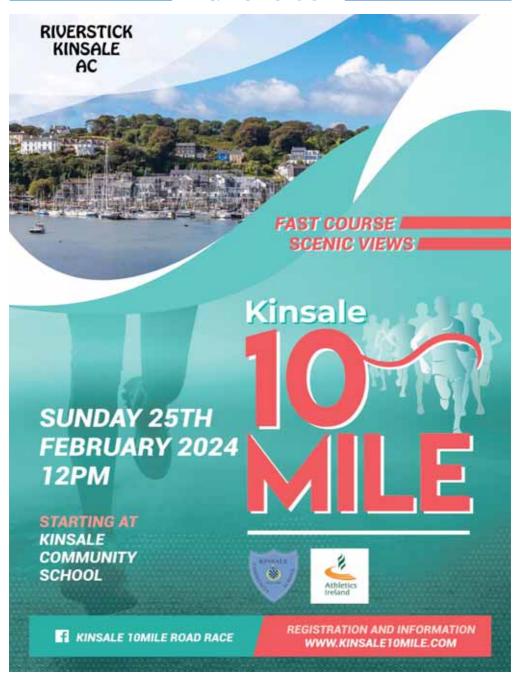














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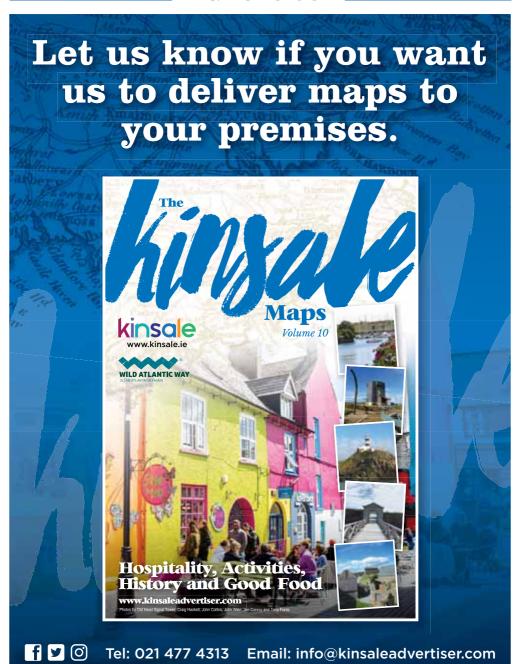
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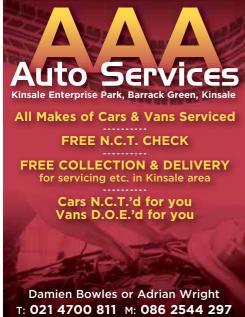
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TUESDAY 16th JANUARY TEMPERANCE HALL, 2PM

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Light exercise before all activities/speakers.



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WHAT'S ON in Kinsale & District

THURS 11th JANUARY

BANDON CO-OP. **HOMEVALUE & EURONICS:** Winter Sale runs until 20th January. In-store and online. www.bandoncoop.ie HAMLETS: Trad Duo, 7pm. LINDA'S OF KINSALE: January Sale: 20% off selected items until 14th January. www.lindasofkinsale.ie **OLD BANK TOWNHOUSE:** Pop-Up Indian Night. 6pm - 9pm. Dine-in or takeaway.

bookings@bluehavenkinsale.com Take away orders call 021 4774075 or www.oldbankhousekinsale.com

Reservations at

SONAS: Pop-up Meditation Studio, Kinsale.

6.30am - 7.00am. Booking at sonas.studio/meditate

FRI 12th IANUARY

BLUE HAVEN: Paul & Laura, 9pm. HAMLETS: Live Music, 9pm.

SAT 13th NOVEMBER

BLUE HAVEN: Mike O'Riordan Trio. 10pm. HAMLETS: DJ, 9.30pm. KINSALE AFC SUPERDRAW 2024: Tickets on sale today at SuperValu. Kinsale. €20 per ticket or 3 for €50. 085 1403847. STRONGER WITH SIOBHAN: New Beginner's Circuits Class. 8.45am at Madden Park.

SUN 14th IANUARY

BLUE HAVEN: Bought n Sold, 8pm. **BULMAN:** Live music with Paul O'Donnell & Cliodhna Octigan, 7pm-9pm. KINSALE BAPTIST CHURCH: Temperance Hall, 11am.

MON 15th IANUARY **BLUE HAVEN:**

Bought n Sold, 8pm.

SENATOR TIM LOMBARD: Clinic in Salvi's. Kinsale, 5pm-6pm. SONAS: Pop-up Meditation Studio, Kinsale.

7.15pm - 8.00pm. Booking at sonas.studio/meditate

TUES 16th JANUARY BLUE HAVEN:

Jorge Kachmari. 8.30pm. **CROSSFIT TEENS:** For ages 15+. 4 week course starts today. 2 classes per week. €120, limited spaces. 4.30pm. KINSALE ACTIVE RETIREMENT **ASSOCIATION:** Temperance Hall, 2pm. Bingo! SONAS: Pop-up Meditation Studio, Kinsale, 6.30am - 7.00am. Booking at sonas.studio/meditate

WEDS 17th JANUARY **BLUE HAVEN:**

Mike O'Riordan, 8.30pm.

JUNIOR TENNIS COACHING PROGRAMME: 3.30pm-4.30pm at Sáile. **Enrolment at** 3.15pm. €70 for 6 sessions. Call Pat on 083 0060139. SONAS: Pop-up Meditation Studio, Kinsale. 7.15pm - 8.00pm. Booking at sonas.studio/meditate

THURS 18th JANUARY

CROSSFIT TEENS: For ages 15+. 4 week course continues, 5.30pm. HAMLETS: Trad Duo, 7pm. OLD BANK TOWNHOUSE: Pop-Up Indian Night, 6pm - 9pm. Dine-in or takeaway. Reservations at bookings@bluehavenkinsale.com

Take away orders call 021 4774075 or www.oldbankhousekinsale.com

SONAS:

Pop-up Meditation Studio, Kinsale. 6.30am - 7.00am. Booking at sonas.studio/meditate



