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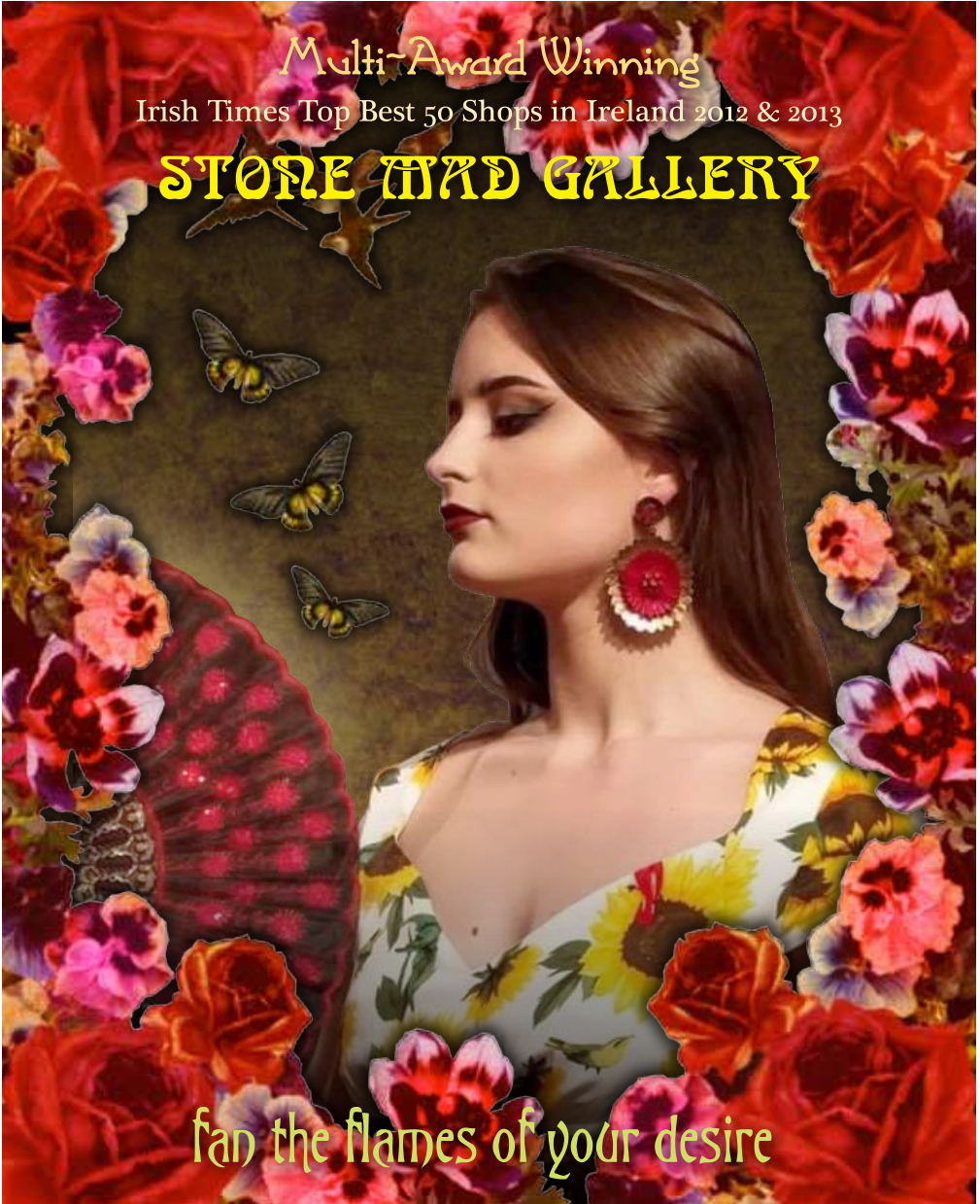


Volume 31
#26/20

*Thurs 1st
October
TO
Wed 7th
October
2020*

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

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<i>Mocha (7)</i>	€3.50
<i>Espresso</i>	€2.60
<i>Double Espresso</i>	€3.20
<i>Tea</i>	€2.40
<i>Herbal Tea</i>	€3.00
<i>Hot Chocolate (7)</i>	€3.50

Allergy information:

- 1: Cereals (Gluten). 2: Crustaceans. 3: Eggs.
4: Fish. 5: Peanuts. 6: Soybeans. 7: Milk.
8: Nuts. 9: Celery. 10: Mustard. 11: Sesame.
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BASKET OF FRESH PASTRIES	€2.50
<i>Pastries including croissants, pain au chocolate & pain au raisin. (1, 3, 7)</i>	
PORRIDGE	€4.50
<i>Hot creamy Irish porridge oats. (1, 7). Gluten free option available on request.</i>	
GRILLED SMOKED KIPPERS	€12.50
<i>With hollandaise sauce & lemon wedge. (3, 4, 6, 7)</i>	
ACTONS FULL IRISH BREAKFAST	€12.50
<i>Eggs any style, black & white pudding, pork sausages, bacon, grilled tomato, mushrooms & hash brown. (1, 3, 6, 7)</i>	
VEGETARIAN BREAKFAST	€9.50
<i>Eggs any style, sautéed spinach, grilled tomato, mushrooms & hash brown. (1, 3, 6, 7)</i>	
EGGS BENEDICT / FLORENTINE	€9.50
<i>Poached eggs served with bacon or spinach on a toasted breakfast muffin with hollandaise sauce. (1, 3, 6, 7)</i>	
SCRAMBLED EGG	€7.50
<i>Served on a breakfast muffin. (1, 3, 7)</i>	
SEASONAL 'HARBOUR FISH' OF THE DAY	€12.50
<i>With hollandaise sauce & lemon wedge. (3, 4, 6, 7)</i>	
FRENCH TOAST	€7.50
<i>Served with a berry compote. (1, 3, 6, 7)</i>	
ACTONS HOMEMADE PANCAKES	€7.50
<i>Served with a berry compote, syrup & whipped cream. (1, 3, 7)</i>	
SIDE ORDERS	€1.50
<i>Bacon, Sausages (1), Pudding (1), Hash Brown (1), Mushrooms, Grilled Tomato, Smoked Salmon (4).</i>	

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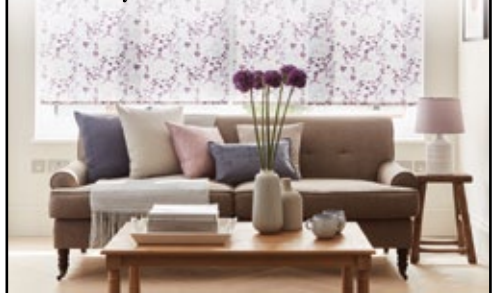
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Emmet Place, Kinsale

Situations Vacant

Salt HAIR
BY GILLIAN SALTER

Previously Aoife's Hair Creations
The Glen, Kinsale
Phone: 021 4772030

**12 WEEK KERATIN SMOOTHENING
TREATMENT NOW AVAILABLE**

ELEVEN™ We stock Australian brand
AUSTRALIA Eleven Hair Products
Vegan friendly and cruelty free



**SCHOOL BUS
DRIVER
REQUIRED**

for Bandon / Kinsale area
Must have D Licence
Tel: 087 717 4398

THE ARMADA BAR
BAR STAFF REQUIRED
P/T or F/T, some experience preferable
Call in with your CV
or email armadabar@eircom.net

WHAT'S ON *in Kinsale & District*

THUR 1st OCTOBER

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

FRI 2nd OCTOBER

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

SAT 3rd OCTOBER

BLUE HAVEN:

Billy Crosbie, 8pm.

HAMLETS:

Conor Galvin (Violin), 8pm.

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

SUN 4th OCTOBER

HEAD TO TOE THERAPIES:

Baby Reflexology Classes start today.
Kinsale Health and Wellbeing Centre.
087 0577013.

KINSALE BAPTIST CHURCH:

Service in Sáille Community Centre at 11am.

087 4174201 or www.kinsaleabc.ie for more details.

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

MON 5th OCTOBER

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

TUES 6th OCTOBER

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

WED 7th OCTOBER

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.

SLIMMING WORLD KINSALE:

Contact Anna
087 4695680.

THUR 8th OCTOBER

KINSALE HERITAGE TOWN WALK:

Tourist Office, 10.30am.
Call 086 8267656.



Are you concerned about the well-being of any young person?

FOR FREE & CONFIDENTIAL ADVICE & SUPPORT CONTACT GER ON 085 872 5789

Pets

CONTENTS OF HOUSE FOR SALE

Phone: 087 743 0697



KITTY COVE BOARDING CATTERY
I.B.K.C.A. APPROVED MEMBER
"Ensuring quality animal care"
Roberts Cove, Minane Bridge Tel. Lillian: 087 2188291

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. AOL

Notices

MATURE, RELIABLE, QUALIFIED SOCIAL CARE WORKER AVAILABLE FOR PRIVATE HOME CARE

Over 10 years experience working with the elderly.

For more information please contact Elayne: 086 1000672

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

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Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. MOC

KINSALE HERITAGE TOWN WALK

TOURIST OFFICE, 10.30am

"Best tour guide in Ireland"

Irish Independent

Phone: 086 8267656

PJ FITZGERALD INSURANCES

27 Pearse Street, Kinsale, Co. Cork

Phone: 021 4772332

Email: info@pjfitzgeraldinsurance.com

Web: www.pjfitzgeraldinsurance.com

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We are not a call centre or an online website, where the emphasis is on sales & sales only. You speak directly to a fully qualified insurance professional, who has years of experience & expertise. We are here to help all year round, not just when you take out an insurance policy.

COMFORTABLE WITH COMPLEXITY

Each business & policy holder has their own unique qualities. We get to know how your business works & we help navigate you through the "storms" in business life, however complex your needs are. After all as an owner-run Insurance Brokerage we deal with over 75 insurers & we take the time to give you the best advice on insurance needs.

WE WELCOME ENQUIRIES ON :

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Property Insurance • SME Insurance • Professional Indemnity Insurance
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Claire O'Donoghue, CIP | Padraig Fitzgerald, Managing Director | Jeremy Healy, CIP



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