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

Volume 34
#29/23
Thurs 20th
July
TO
Thurs 27th
July
2023

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





Custom fabricated crown & veneer treatment in Kinsale.

• Improve tooth health and function.

- Support following root canal treatment.
- Darkened tooth? Cosmetic enhancement.
- Custom fabricated same day crowns available.

Pearse Street, Kinsale Tel: 021 4772788 www.kinsaledental.ie

Like us on **f** Facebook









INDA'S

of KINSALE

BAFTA Award Family Run Jewellers on your doorstep

Collections of vintage gold and diamond jewellery, wedding rings, gold bangles and more.

Open Mon to Sat Ilam-5pm, Sun 2pm-5pm



MAIN ST, KINSALE 021 4774754 www.lindasofkinsale.ie

Follow us on **f** O **y**













BLINDS • CURTAINS PLANTATION SHUTTERS

WILLOW & WEAVE

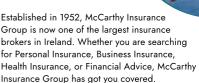
Our showroom is currently closed, but we're only a phone call away...

(021) 4320111 www.willowandweave.ie

FREE HOME CONSULTATION

5 McCarthy Insurance Group

Supporting The **Community For** Over 70 Years

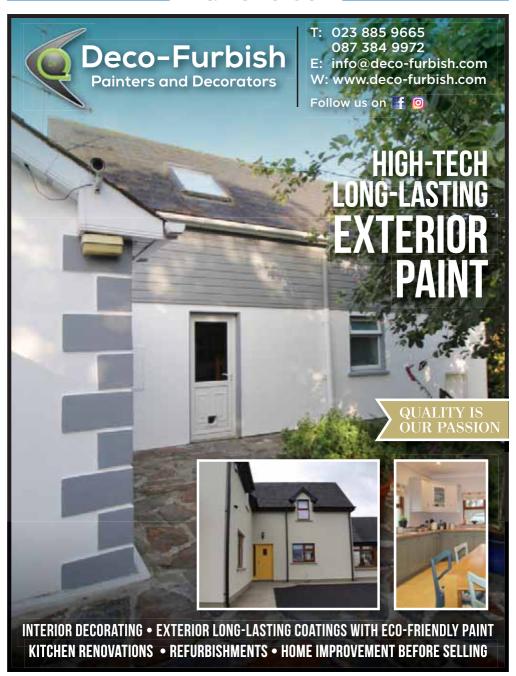


- **Business Insurance**
- Health Insurance
- Motor Insurance
- Life Assurance
- Home Insurance
- Savings & Investments

10 Market Quay, Kinsale, Co. Cork P17 E091



Charles McCarthy Insurances Ltd t/a McCarthy Insurance Group and McCarthy Financial Services are regulated by the Central Bank of Ireland













Automated Gates/Barriers, CCTV, Access Control Systems, Intruder Alarms and Fire Alarms.

Contact: Denis Cronin 086-8283121 denis@croninelectrical.com

Office 023-8849233 chloe@croninelectrical.com

CRONIN solar

WE ARE INSTALLERS OF SOLAR PV AND EV CHARGERS FOR DOMESTIC, NON-DOMESTIC AND AGRICULTURAL ACROSS CORK COUNTY.

> Contact: Denis Cronin 086-8283121 denis@croninelectrical.com

> Office: 023-8849233 daryn@croninelectrical.com

www.croninsolar.com









Advertiser ____











BLINDS | SHUTTERS | AWNINGS

We offer a full warranty on all of our products which are all made with quality components & fabrics, ensuring our customers receive the best in the blinds industry.

We work closely with Engineers, Architects & Interior Designers to find the solution to match your needs.

FREE MEASURING, CONSULTATION & FITTING

VISIT OUR SHOWROOM AT
Kilnaglery, Carrigaline, Co. Cork P43 HF59
Email: pkelleher@fastnetblinds.ie Call: 083 084 9271
www.fastnetblinds.ie Follow us on



Served Friday to Sunday, 10.30am to 12.30pm

Special Porridge apple & cinnamon or nutella €8.00 €13.00 Stacked Pancakes €11.50 bacon & maple syrup or mascarpone chantilly & berries

Eggs Benedict

French Toast

€11.50

two poached eggs, panfried ham hock terrine, hollandaise sauce

brioche, berries, honey or maple syrup Shakshuka

€12.50

€14.50

Eggs Florentine two poached eggs, wilted spinach, hollandaise sauce

£12.00 eggs poached in aromatic tomato & vegetable sauce,

Eggs Rovale €15.00

Chicken Teriyaki Waffles belgian waffles, crispy chicken, homemade

naan bread, baby potatoes

two poached eggs, smoked salmon, hollandaise sauce

sweet & sour teriyaki sauce

Pancake Tray (to share) €19.50 bacon, maple syrup, mascarpone chantilly & berries

Avocado Toast scrambled eggs, crushed avocado, tomato salsa, sourdough

BUBBLES & BRUNCH

Combine one of our delicious brunch dishes* with a bottle of prosecco & jug of refreshing orange juice - €25pp Based on two adults, one bottle prosecco to share *does not include sharing platter



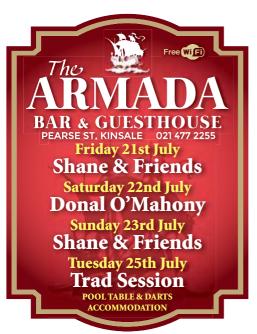






- 90 acres of mature wooded parkland and Oysterhaven bay-side walks.
- Panoramic views of Kinsale's countryside and rugged coastline from the restaurant. · Children's Playground.

www.kinsalehotelandspa.ie Tel: 021 4706000











W: www.tantalusplantnursery.ie E: info@tantalusplantnursery.ie T: +353 87 223 2739 💿







Is anxiety or depression making your life a misery?
Would it help to talk to someone?
Oualified & Accredited Counsellor

available for in-person or online sessions.

John McDonnell BSc (Hons) • MIACP COUNSELLOR & PSYCHOTHERAPIST

T: 086 8119001

E: jmcdonnellcounselling@gmail.com

W: www.jmcdonnellcounselling.com
Helping you find your way to change and growth.



Individual

Family

Children

Maria Burke

Co-Creative Psychotherapy of Relationship Mentoring

The Co-Creative Approach

- Creates a safe, compassionate and non-judgemental environment.
 It helps us to deepen our relationship
- with self and others.
- By understanding our own behaviour, we can fully emerge and thrive in life.

of Relationship Mentoring

086-3028831 mariaashview@yahoo.ie KINSALE HEALTH & WELLBEING CENTRE, Emmet Place, Kinsale



KINSALE HEALTH HUB

KINSALE COMMERCIAL PARK www.kinsalehealthhub.com info@kinsalehealthhub.com

RECEPTION OPEN MONDAY TO FRIDAY FOR BOOKINGS AND INFORMATION.

Welcome to call in.



MINI TREATMENTS AVAILABLE

€20 for 20 minutes: Facial, Head or Foot Massage

Bookings through www.headtotoetherapies.ie

www.naturallybalanced.ie

f o

THE GOOD HEALTH CIRCLE

Your directory of practitioners in the community

Email: info@thegoodhealthcircle.ie



LOULA NATURAL

Louise Kane Buckley (ND. NTP) Naturopath & Nutritional Therapist



Find support with natural health including Nutrition, Herbs, Reiki, EFT and Mindfulness.

Email to book: louise@loulanatural.com 087 7095277



www.loulanatural.com



HEAD TO TOE THERAPIES

PHYSICAL & HOLISTIC THERAPIES

Kinsale Health Hub Massage / Reflexology / Pregnancy / Facials **Sports Massage / Combination Treatments**

Contact Tracy: 087 0577013 Email: receptionheadtotoe@gmail.com

Book appointments online at www.headtotoetherapies.ie





Lorraine O'Hanlon

Osteopath / Injury Therapist

NECK PAIN, BACK PAIN, SHOULDER PAIN, KNEE PAIN? Restore your movement and gain relief using:

• Deep Tissue Massage • Sports Cupping • Dry Needling • PRRT (Primal Reflex Release Technology)

Kinsale Health & Wellbeing Centre Mobile: 087 227 5500 Email: lorraineohanlon@yahoo.com



Counsellor / Therapist

Michael Walsh 087 7934475

mw.counsellor.therapist@gmail.com



Depression • Or just not sure how you are feeling H. Dip Co-Creational Counsellor / Relationship Mentor Post Grad Hdin. UCC

There is no health without mental health



Fitness Classes

Be Stronger Than Your Excuses

BOOTCAMP IS BACK AT THE DOCK BEACH! TUESDAYS: 9.30am SATURDAYS: 8am Hardcore

9am Beginners

BODY SCULPT AT MADDEN PARK

TUESDAYS:

Future proof your body with Strength Training Contact Siobhán 087 277 1899





Boost your energy, metabolism, nervous system and mood with

> BOOK A SAUNA www.myhaven.ie +353 86 772 1444



Reiki **Shamanic Healing Intuitive Counselling** Land & House Healing

Tel: 086 3150145 Email: paddoy@gmail.com 71 Lower O'Connell St, Kinsale

Alto Holistics

Sarah Tubridy • 087 9127271

Deep Tissue • Massage • Reflexology Indian Head Massage • TFH Kinesiology Facials • Reiki • Aromatherapy

sarahtubridy@gmail.com www.altoholistics.com relax. your. way. to. health.









Celebrate WITH US



CONTACT US

f 🔘 +353 214772209 | bookings@bluehavenkinsale.com WWW.HAMLETSOFKINSALE.COM



OUR NEW TERM STARTS ON MONDAY 4th SEPTEMBER

Limited spaces available. Please contact us to reserve a place. All current student places have been kept. We look forward to seeing you all then. The LFSOD Team!

MONDAY: Studio 1 Miss Sa

3.15-4.15 **RAD Grade 3 Ballet** 4.15-5.15 **RAD Grade 2 Ballet** 5.15-6.15 RAD Grade 4 Ballet (Group 6.15-7.00 **RAD Grade 5 Ballet**

7.00-8.15 Hip Hop (Secondary School)

Contemporary (Inter)
(Must also do ballet) 8.15-9.30

Studio 2 Miss French

3.30-4.15 **RAD Grade 1** (Beginners Boys Ballet Class age 4.15-5.15 RAD Grade 1 (Beginners Ballet Class age 5.15-6.15 **RAD Grad**

TUESDAY: Stu

3.15-4.00 RAD G 4.00-4.45 RAD G 4.45-5.45 RAD Gra 5.45-6.30 RAD Grad 6.30-7.15 **RAD Grade** 7.15-8.15 Post Grade 8 B 8.15-9.30 Contemporary (Ad

WEDNESDAY: Studio

1.30-2.30 RAD Grade 8 Balle 2.30-4.00 RAD Advanced 1 B RAD Grade 4 Balle 5.30-6.30 6.30-7.30 **RAD Pre Vocational E** RAD Grade 6 Ballet (Miss 7.30-8.30 8.30-9.30 **Beginner Contemporary** (Must also do ballet) (Miss Sarah) Studio 2 Miss Sarah

2.45-4.15 **RAD Intermediate Ballet** 4.30-5.30 Teenager Beginner Ballet **NEW CLASS**

5.30-6.30 RAD Grade 4 Ballet Group 6.30-7.15 Adult Commercial Jazz (6 week blocks) NEW CLASS

URSDAY: Studio 1 Miss Alesha

3.30-4.15 4.15-5.00 5.00-5.45 Jazz A (Senior Infants - 2nd Class) Jazz B (3rd - 4th Class) ZZ C (5th - 6th Class) 5,45-6.45 enior Jazz Group 1 (1st Year) 6.45-7.45 Senior Jazz Group 2 (2nd-3rd Year) 7.45-9.00 Jazz Repertoire (4th - 6th Year)

FRIDAY: Studio 1 Miss Sarah

3.15-4.15 RAD Grade 1B Ballet 4.15-5.00 5.00-5.45 RAD Primary B Ballet **RAD Primary A Ballet** RAD Grade 5 Ballet 5.45-6.4**5 RAD Grade 6 Ballet RAD Intermediate Foundation Ballet** 7.30 RAD Grade 7 Ballet 8.30-9.30

Y: Studio 1 Miss French

RAD Inter Foundation Ballet 10.00-11.00 RAD Advanced 1 Ballet
(Miss French and Miss Sarah) 11.00-11.30 11.30-12.00 Pre-School Ballet Group 1 Pre-School Ballet Group 2
(Miss Sarah) **RAD Pre-Primary Ballet New Group 1** 12.45-1.30 1.30-2.15 **RAD Pre-Primary Ballet New Group 2** RAD Pre-Primary Ballet A 2.15-3.00 **RAD Pre-Primary Ballet B** 3.15-3.45 3.45-4.45 Hip Hop (3rd-6th Class) NEW CLASS **Past Students Class NEW CLASS** (PAYG, different styles, just for fun) Miss French 12.15-1.15 **RAD Intermediate Ballet**

Private Coaching available on request

To book a place or to be added to the waiting list please contact the team at 087 9521463

www.lucyfrendhschoolofdance.com info@lucyfrenchschoolofdance.com 087 9521463



T: 021 491 9466 E: carrigalinefurniture@gmail.com

W: www.carrigalinefurnitureandcarpets.ie Follow us on **f** Facebook

Located next to the Carrigaline Court Hotel



Cork's Largest Display of RESPA Mattresses & Beds























NEW KINSALE MAP AVAILABLE NOW!

Let us know if you want us to deliver maps to your premises.

f 💆 🧿

Tel: 021 477 4313

Email: info@kinsaleadvertiser.com

Advertiser Advertiser

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

Book your ad space now for our Kinsale Regatta Festival Issue

Publishing date: Thursday 3rd August Deadline for inclusion: Monday 31st July, 5pm

T: 021 4774313

E: info@kinsaleadvertiser.com

W: www.kinsaleadvertiser.com



AUDIT • TAX • ADVISORY

Do you have clear achievable strategic business goals in place?

Would you and your management team benefit from guidance and advice on delivering your business strategy?

Get an outside view of your business strategy to instigate growth. We can help drive your business forward, implementing growth strategies and thus increasing the profitability of your business. We can guide you by looking beyond the financial

Contact our team to discuss how we can add value to your business & arrange an initial consultation

criteria to assess your business' performance.

9 Pearse St, Kinsale, Co. Cork, P17 AH66 Tel: 021 4774500

Email: info@fitzgeraldandpartners.com

Follow us on f [[] [] for regular updates.

- **Management Accounts & Reporting**
- **Bank & Funding Applications**
- **Strategic Development & Business Planning**
- **Grant Applications**
- **Independent Business Reviews**
- **Budgeting, Cash Flow Planning** & Forecasting
- Risk Management
- Utilising technology to help make your business more efficient.
- SWOT Analysis & Growth Strategies
- **Cost Reduction & Restructuring**

Fitzgerald & Partners Accountants are a successful accountancy practice based in Kinsale, Co. Cork and has over 25 years of experience in providing professional advice to clients from all business sectors.

www.fitzgeraldandpartners.com

Registered to carry out audit work and authorised to carry out investment business by the Institute of Certified Public Accountants in Ireland

Sergeant Con Kearney -The family of the late Sergeant Con Kearney (17 July, 2022) would like to thank most sincerely all those who sympathised with them on the passing of their beloved father, father in law and grandfather. We were so touched by all the kind words and messages of condolence and felt so proud and consoled to see in what great esteem our late father was held. Our heartfelt thanks to the funeral home who provided such a sensitive and professional service. Our sincere thanks also to the priest and choir, who could not have been more helpful or compassionate, the staff of Haven Bay Care Centre, and his wonderful home helps, Carmel Dillon and Anne White. We would especially like to thank the Gardai who organised a splendid Guard of Honour and gave dad the send off he deserved. We still miss him terribly. A Mass shall be celebrated for all your intentions. Majella Lordan, Rena Kearney





Classifieds Services

TAKE THE NEXT STEP! **CALL JAMES ON 086 1799263**

FOR PATIOS, BRICK PAVING, STONEWORK, GARDENING, WELDING, ETC.

Small lorry loads of rubbish removed.

O'CONNOR'S **CLEANING SERVICES**



WINDOW CLEANING **FASCIA • SOFFIT • GUTTERS** Please call 086 3020431



BELGOOLY WROUGHT **IRON GATES**

Tel: 021 477 0621 Mob: 086 854 9300

Beautiful Hand Crafted Gates (Manual & Automatic) Railings, Balconies, etc. Clothes Lines, Mobile Welding

See our Facebook page.

mirrors, glass tops, single & double glazing, glass films, safety glass, emergency glass repairs, window & door servicing, hinges, locks, handles, repair & replacement

Micheal O'Connor 086 815 1967



LAZ PAINTING SERVICES

Interior / Exterior Wall Papering / Power Washing

Call 089 24 22 848





1 Ton Bags of Top Soil Available

Call 087 8352635 www.kmclawnturf.ie



Carpenter • Interior Plastering • Painting Call Diarmuid: 087 120 5025 TOP QUALITY WORK C2 & VAT REGISTERED

WASHING MACHINE **SERVICES**

FIXING OVENS, COOKERS, TUMBLE DRYERS. FRIDGES, DISHWASHERS, ETC...

CONTACT: JODY DRENNAN OF ABC DOMESTIC APPLIANCE REPAIRS LTD.

> M: 087 779 0804 T: 021 483 3032



Equestrian

Lessons - Trekking - Livery Call Zoë on 086 8530894

www.kinsale-equestrian.ie

► OPERATING SINCE 2008

Full Domestic & Commercial Service Very Reasonable Rates Call Noel: 087 9885638

Soul Mates

"Don't be alone".

Meet that Special Person for Friendship & Romance with like-minded people.

SAFE, SECURE & CONFIDENTIAL - Long established -

Phone: 087-9216302 • 087-7720250

PAT O'MAHONY

• Courier • Furniture Removals



Contact me on 087 278 2442

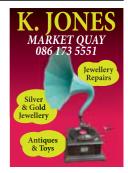




GREG RYBAK FURNITURE RESTORATION

Structural & Cosmetic Repairs French Polishing

Greg: 086 084 9405 www.rybakrestoration.ie





& Decorator Call: 086 129 4356

Exteriors & interiors Hand painted kitchens Plasterboard taping & jointing Power washing Wallpaper hanging

POWER WASHING



Contact Steve Twomey 087 703 8733





Services

KINSALE TRAILER REPAIRS

KINSALE AND THE SURROUNDING AREAS

Servicing and parts available for all brands and types of trailers.

IFOR WILLIAMS, INDESPENSION, BRIAN JAMES, DOOLEY, ETC.



General purpose, flat body, horse box, boat trailers & car transporters catered for, from fabrication to brakes, lights, suspensions, etc. TRAILERS CAN BE REPAIRED ON SITE OR IN WORKSHOP.

FREE INSPECTION & QUOTE ON ANY TRAILER.
CONTACT GER ON 086 8200673

VMC CARPENTRY SERVICES

- 1st & 2nd Fixing Roofing Timber Flooring
 Property Maintenance Concrete Shuttering
 FULLY INSURED C2 REGISTERED
 - Contact Vincent 087 1344114

MARTIN CONLON

Electrical Shower Repair Specialists
Plumbing & Heating

M: 087 254 3434 T: 021 477 1443

DG EXTERIOR CLEANING

- WINDOW CLEANING
- FASCIA, SOFFITS, PATIOS etc.
- GUTTER CLEARING
- SOFTWASHING

(ie: Red/Green Algae & Mould Treatment)

Professional, Insured & Registered
CALL DARREN

085 705 3243



Any heavy work done, pain free!

Call 087 2726640

<u>Anto's fuels</u>

Serving Kinsole & District
MAIN CALOR GAS SUPPLIERS
Home Deliveries: 11kg, 34kg, 47kg Gas
COAL - SMOKELESS - BLOCKS
BRIQUETTES - KINDLING - TURF, ETC.

Every Thursday & Friday Morning

CALOR Call 087 856 3246

25 YEARS EXPERIENCE



FULLY INSURED

THE ROOF DOCTOR

ALL TYPES OF ROOFS REPAIRED & REPLACED Flat Roofs, Slates, Tiles, Lead Valleys,

Chimneys, Gutters, PVC Fascia & Soffit Roofs Power-Washed.

Mobile: 087 8248 064

Martin Holohan
Professional Painter & Decorator
INTERIORS & EXTERIORS
Belgooly, Kinsale, Co. Cork.

Call: 087 132 1792

CARPET & UPHOLSTERY CLEANING SERVICE

FLOOR TILES CLEANED & POLISHED

COMMERCIAL & DOMESTIC

Chimney Cleaning Service Also Available Denis O'Sullivan **437 7315** • **086 207 0086**











BALLINAMONA PLANT HIRE LTD

- DIGGER HIRE (with or without driver)
- SFLE HIRE
- SITE CLEARED
- ROCK BREAKER
- DIGGER HIRE from 14 Tonne up
- DRIVER ALSO AVAILABLE FOR HIRE

Phone Alan: 087 6914534 Email: ballinamonaplanthire@live.ie





Tel: 021 4777746 Mob: 087 6441575





Services

Why Replace When You Can Repair?

EazyClear EazyFix

Repair damaged plasterwork.
(damaged by door handles, etc.)
Repair/replace damaged kitchen hinges/closers.
Replace broken switch/socket facias.

And much more inside and out.

- Kinsale based -Call Kevin 087 747 2200



CHIMNEY CLEANING

Also Carpet & Upholstery Cleaning Service.

Denis O'Sullivan

021 4377315 - 086 2070086

GARRY EGAN CRASH REPAIRS

Ph: 087 7553984 / 021 4709554 KINSALE ENTERPRISE PARK - BARRACK GREEN - KINSALE - CORK

EOIN IRWIN PAINTING & DECORATING

Call for a Quote! 085 1462710

Health, Hair & Beauty

www.ellenhealingholistic the rapy.com



Get relief from anxiety, stress, trauma, fears, low self-esteem & other emotional issues. Contact: ellenwaylett@gmail.com 087 700 6368 Kinsale Health & Wellbeing Centre & Zoom

Pets

Diana's Dog Grooming Salon



Catering for all your grooming needs

Please contact Diana to make an appointment



0831599619

Odianas_doggroomingsalon



Whilst every care and attention is given to all advertisements published, we cannot take responsibility for the content or validity of these advertisements.

If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors.



Beautiful Studio Apartment

Luxury studio apartment less than a mile from Kinsale Town centre.

Private entrance; fully equipped kitchen; lounge area with fitted cupboards: double bed: separate bathroom with shower cubicle: washer and drver. Ideal for one professional person. Private car parking. €1000 pcm. One month's deposit and one month's rent payable in advance. References essential.

AVAILABLE IMMEDIATELY FOR 6 MONTHS MAX. Phone 087 6573999 for further information.

Situations Vacant



CLEANING STAFF REQUIRED

Office cleaning staff required.

Part-time, evening and summer work. Fixed term contracts available. Weekend work also available.

Location of work: Eli Lilly, Dunderrow, Kinsale Experience an advantage but full training will be given.

- BENEFITS INCLUDE:-

- Flexible Working Hours
- Free 24/7 GP Access
- Employee Assistance Program
- · Sodexo Retailer Discounts Scheme
- Subsidised Meals
- · Access to Onsite Modern Gvm

PAY RATES €11.90 PER HOUR

Contact: Ewelina Janik - 021 470 2396 or email CV ewelina.janik@sodexo.com



CATERING ASSISTANTS & KITCHEN PORTER **POSITIONS AVAILABLE**

Full-time, part-time, weekend and summer work.

Fixed term contracts available.

Location of work: Eli Lillv. Dunderrow. Kinsale Experience an advantage but full training will be given.

BENEFITS INCLUDE:-

- Weekend Allowance
- Flexible Working Hours
- Free 24/7 GP Access
- Employee Assistance Program
- · Sodexo Retailer Discounts Scheme
- Subsidised Meals
- · Access to Onsite Modern Gvm

PAY RATES €11.90 PER HOUR

Please apply with CV to Noel Kenny noel.kenny@sodexo.com Call: 021 4702378

WANTED

Fully qualified & experienced hairdresser for part-time position in a well established hair salon.

Reply in confidence to Box No: 07/23 Kinsale Advertiser, Milk Market, Kinsale, or email info@kinsaleadvertiser.com



KINSALE BAPTIST CHURCH

Sundays, 11am **Temperance Hall**

All welcome www.kinsaleabc.ie





Motices

DON & BARRY'S Historic Stroll

DAILY TOURS AT 11.15am 7 DAYS A WEEK FROM THE TOURIST OFFICE

Also at 9.15am, Monday - Saturday

"Excellent... Kinsale's single best attraction... A joy... Be sure to take it" Rick Steves

#1 Kinsale Tour
Tripadvisor

Over 1000 Reviews!

Twice voted Ireland's Best Walking Tour Chosen Guides by National Geographic





www.HistoricStrollKinsale.com **Tel: 087 2500731**



Meeting every Thursday at Church Square Car Park at 7pm.

New volunteers welcome.

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. KOS



Tired of being alone?

Two Hearts Meet

Matchmaking Agency will help you find your Special Someone!

Call: 085 77 42 444

www.twoheartsdating.com

HARBOUR CRUISES

Departure beyond Actons Hotel on board 'Spirit of Kinsale'

Every day in July 12pm, 1pm, 2pm, 3pm, 4pm, 5pm

No booking required. Arrive early to secure your seal See sandwich board at Tourist Office & Pier Rd. for updates. Schedule subject to change depending on demand.

T: 086 250 5456

www.kinsaleharbourcruises.com

WANTED ALL SCRAP CARS, LORRIES, ETC TOP PRICES PAID

Call 085 232 8519



FOR FREE & CONFIDENTIAL ADVICE & SUPPORT

JAMES O'MAHONY 085 8552638 EMILY WADE 087 2722629 GER RICE 085-8725789

WHAT'S ON in Kinsale & District

THURS 20th JULY

DON & BARRY'S HISTORIC STROLL: Tourist Office, 9.15am & 11.15am. **HAMLETS:** Old No. 7, 8.30pm. KINSALE HARBOUR **CRUISES:** Opposite Actons, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. KINSALE TIDY

TOWNS: Meet at Church Square Carpark at 7pm. All welcome.

FRI 21st JULY

ARMADA BAR: Shane & friends. **BLUE HAVEN:** Trad Duo, 9.30pm. CORK COUNTY COUNCIL: Deadline for receipt of applications for **Community Groups** & Sports Clubs Small Grant Scheme 2023. bandonkinsalemd@ corkcoco.ie **DON & BARRY'S** HISTORIC STROLL: Tourist Office, 9.15am & 11.15am. KINSALE HARBOUR **CRUISES:** Opposite Actons, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. KINSALE POTTERY: Summer Schools for Adults & Teens - runs until July 24th. www.kinsaleceramics.com

SAT 22nd JULY **ARMADA BAR:**

Donal O'Mahony. **BLUE HAVEN:** King K, 10.30pm. **DON & BARRY'S** HISTORIC STROLL: Tourist Office, 9.15am & 11.15am. **HAMLETS:** DJ Billy, 9.30pm. KINSALE HARBOUR **CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm, 4pm, 5pm.

STRONGER WITH SIOBHAN: Bootcamp (Hardcore), 8am, Dock Beach. Bootcamp (Beginners), 9am, Dock Beach. Tel: 087 2771899.

SUN 23rd JULY **ACTONS HOTEL:** Fr. Stan Hession Diamond Jubilee. 2 Course Lunch and Music. 2.00pm Tickets €35. ARMADA BAR: Shane & friends. **BLUE HAVEN:** Bought & Sold, 8pm. **BULMAN:** Live music, 7pm. **DON & BARRY'S** HISTORIC STROLL: Tourist Office, 11.15am. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. KINSALE HARBOUR **CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm, 4pm, 5pm, WELL INSTITUTE: **Own Your Own** Wellbeing -A One Day Wellness Retreat For Rest and Recovery. 10am - 4pm.

MON 24th JULY ATLANTIC OFFSHORE **ADVENTURES:** Camps running all summer. www.atlanticoffshoreadventures.com **BLUE HAVEN:** Ben & Clem, 8.30pm. **DON & BARRY'S** HISTORIC STROLL: Tourist Office, 9.15am & 11.15am. KINSALE HARBOUR CRUISES: Opposite Actons, 12pm, 1pm, 2pm, 3pm,

4pm, 5pm.

www.thewellinstitute.com

KINSALE OUTDOOR **EDUCATION CENTRE:** Junior Explore Kinsale, ages 8-10 yrs. Explore Kinsale Outdoor Learning Expedition Course, ages 12-15 yrs. Non camping option, ages 10-12 yrs. Summer Sailing Courses. Courses run weekly. www.kinsaleoec.com **OYSTERHAVEN ACTIVITY CENTRE:** Sailing & Windsurfing 9.30am - 3.30pm Monday to Friday, Pre-booking essential. www.oysterhaven.com **SENATOR TIM** LOMBARD: Clinic at Salvi's Café, 5.00pm-6.00pm. **SUPER STARS** SUMMER CAMP: Acro Gym. Kinsale. 087 7933505.

TUES 25th JULY ARMADA BAR: Trad session.

BLUE HAVEN:

Trad Duo, 8.30pm.

DON & BARRY'S HISTORIC STROLL: Tourist Office. 9.15am & 11.15am **HAMLETS:** Jorge Kachamari. 8.30pm. KINSALE HARBOUR CRUISES: Opposite Actons. 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. STRONGER WITH SIOBHAN: Bootcamp, 9.30am. Dock Beach. Body Sculpt, 8pm, Madden Park. Tel: 087 2771899.

WEDS 26th JULY **DON & BARRY'S** HISTORIC STROLL: Tourist Office, 9.15am & 11.15am. HAMLETS: Mike O'Riordan, 8.30pm. KINSALE HARBOUR **CRUISES:** Opposite Actons, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. KINSALE POTTERY: Half Day Drop In Sessions For adults, teens and families. 2pm - 5pm. www.kinsaleceramics.com

THURS 27th JULY **DON & BARRY'S HISTORIC STROLL:** Tourist Office. 9.15am & 11.15am. **HAMLETS:** Old No. 7, 8.30pm. KINSALE HARBOUR **CRUISES:** Opposite Actons, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. KINSALE TIDY TOWNS: Meet at Church Square Carpark at 7pm. All welcome.











THE WHITE HOUSE

GUESTHOUSE, RESTAURANT & BAR

BREAKFAST MENU

Served daily from 8am-11am

	THE WHITE HOUSE FULL IRISH Locally sourced bacon, two pork sausages, Clonakilty black & white	€11.70	
	puddings, grilled tomato, mushroom, seasoned crispy potato cubes, toast, and choice of fried, scrambled or poached eggs. MINI BREAKFAST Locally sourced bacon, two pork sausages, toast and a choice of fried, scrambled or poached eggs.	€8.90	
	NEWPORT SCRAMBLER Scrambled eggs, grilled tomato, smoked salmon on homemade brown bread.	€11.00	
4/6	POACHED EGG BENEDICT Buttered English muffin, grilled smoked streaky bacon and hollandaise sauce.	€10.50	
M	POACHED EGG ROYAL Buttered English muffin, smoked salmon and hollandaise sauce.	€11.50	
No.	AVOCADO ON TOAST Toasted homemade brown bread, covered in fresh avocado purée, topped with two poached eggs and rocket leaves.	€10.50	
	BREAKFAST SANDWICH Grilled smoked streaky bacon, two pork sausages, fried egg and homemade country relish served on bloomer.	€9.00	
	MAPLE SYRUP FRENCH TOAST Eggie brioche bread dusted with cinnamon icing sugar with a side of maple syru Add grilled smoked streaky bacon €2.50	€7.50 ap.	
	PORRIDGE Load with fruit compote €1.00 / Honey & banana chips €2.00	€3.50	
k	WHITE HOUSE CHEESE & CHARCUTERIE BOARD A selection of cold and smoked meats, Irish Artisan cheeses and fruit served with homemade brown bread and toast.	€15.00	
LUN	CH 12pm - 5pm / DINNER 5pm - 9pm / 7 DA	YS A WE	ΕK

2 Pearse St, Kinsale Tel: 021 4772125 Web: www.whitehouse-kinsale.ie