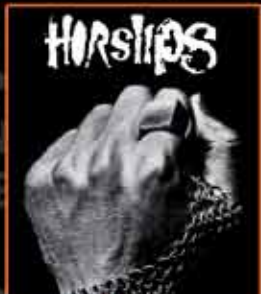
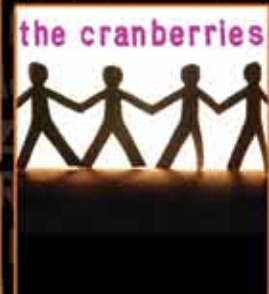
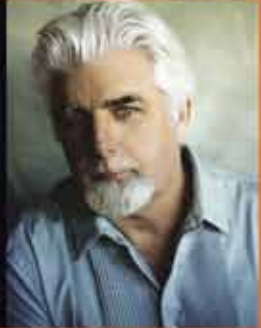
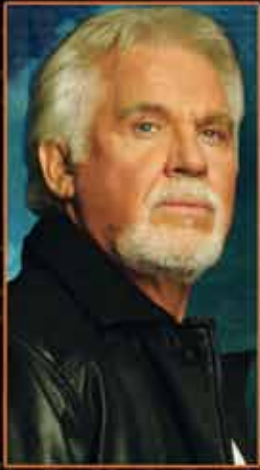
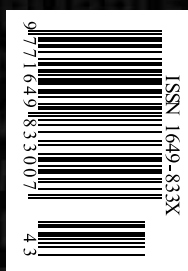


CORK *Life*

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Editor's note ...

There seems to be no escaping our new NAMA Ireland and everything that goes with it. "Our grandchildren's children will be paying for our generations mistakes ..." I'm sure you've heard this line and similar many times now. We certainly are paying a heavy price for the huge risk-taking and greed of a small few. Well, one thing is for sure, we can't change the past but we certainly shouldn't let it get us down anymore. Lets make the most of the spring / summer, which is lining up to be a cracker with plenty of festivals and events. You can find details of these throughout the magazine including features on some of the great attractions of Cork, great for all the family to enjoy. It will be a bonus if the weather holds up and after three bad summers, its got to be a good one, hasn't it?! Take care.

Keith

Winners from our last issue:

Opera House tickets for the National Dance

Company: Laura Adomaityte, Watercourse Road, Cork. Mary Dunne, Turners Cross, Cork

Everyman Tickets: Life After Santa Ponza - Eimear O'Driscoll, Bandon, Co. Cork. Stones in his Pockets: Carol Boylan, Moneygourney, Douglas, Cork. Victor Barry, Ballincollig, Co. Cork

Nokia illuvial 6700 Phone: Joe Smith, Skerries, Co. Dublin

Set of Libertie Press Books: Norah E. Hogan, Kinsale, Co. Cork

Yes to Carrots C Sets: Betty Timmins, Newbridge, Co Kildare. Kathleen Hyde, Kilbrittain, Co. Cork. Marion Bruton, Athlone, Co. Westmeath, Alison O'Brien, Middleton, Co. Cork

La Roche Posay Goodybag: Joanne Keane, Upper Rochestown, Co. Cork

Hard Times Cookbook: Mary Dunne, Turners Cross, Cork. Anna O'Sullivan-Rouse, Killarney, Co. Kerry. Miranda Daly, Skibbereen, Co. Cork. Mary Murphy, Ladysbridge, Co. Cork. Lucinda Sweetnam, Dunmanway, Co. Cork.

*Congratulations to all our winners.
See inside for more great prizes!*

Contents

4 Corklife Likes important stuff that you should know about!

8 Live at the Marquee Check out the lineup this year and enter our competition to WIN! lots of tickets

9 Gig Guide Dates and venues for live bands over the coming months

10 PROC PeoplesRepublicOfCork.Com asks publicans, "Is your pub shit?"

12 Box Office Previews of some great upcoming shows at the Everyman Palace and Opera House.

14 Breffney Morgan Interview

15 Xposé Live Details of this fab event with a chance to WIN! lots of entry tickets

16 Get Active! Five top adventure events which will really get your blood pumping

18 Fun Days out in Cork Lots of ideas for family days out which won't cost the earth.

19 Festival Nation Southern Ireland is bursting with festivals and heres our pick of the bunch

20 A Taste of Cork Reflections on some very well-known restaurants throughout city and county

25 Picture Directory The Best Businesses and services in Cork City & County



Breffney Morgan interview on page 14



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Vote and Win: Are we a nation of Dunkers or Crunchers?

McVities take on the biscuit dunking debate!

When you enjoy a tasty McVitie's biscuit, do you Dunk or Crunch? As one of Irelands favourite biscuit brands, McVities are taking on the nations great debate! Pick up a promotional pack of popular McVities brands such as Digestives, Rich Tea,

Hob Nobs or minis in store and vote at www.mcvitiesdunkornot.com to find out if we are a nation of McVitie's biscuit Dunkers or Crunchers.

This fun and interactive website will also allow Irelands biscuit lovers to vote for which iconic McVities biscuit the nation loves to dunk or crunch. All entrants will be in with a chance of winning daily tea break treats. Prizes on offer include the latest gadgets such as Nintendo DSi's, iPods and e-book readers...

AND TO BE IN WITH A CHANCE TO WIN A NICE BIG HAMPER OF MCVITIES BISCUITS ...

Just send us an email with your details to: info@corklife.ie. Alternatively, you can send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Rd, Douglas, Cork.

Closing Date: 30 May. Just one entry person. Good luck!

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Gardener's Question Time

Anticipating every question and covering a wide range of topics, *Gardeners' Question Time: Technique & Tips* can advise you on how to build ponds, hang baskets, garden under glass and control pests and weeds. With helpful chapters on planning and landscaping your garden, pruning and propagating your prize flora, and how to get the most from your container shrubs, this is much more than just an instruction manual; GQT: Technique and Tips offers a personal, lively and often rather opinionated conversation with four of Britain's best-loved and most respected gardening authorities. So if you are looking to rejuvenate a wilting garden, protect against climate changes or create an urban paradise, this almanac of gardening knowledge provides a fun, friendly yet comprehensive guide to horticulture, and with helpful step-by-step photography, you too can become an expert and fulfill your garden's potential all year round. Available now in bookshops.

Gardeners' Question Time: Technique and Tips for gardeners by Matthew Biggs, John Cushnie, Bob Flowerdew and Anne Swithinbank. Photography: Mark Winwood, Jonathan Buckley, Naturepl/Bernard Castelein

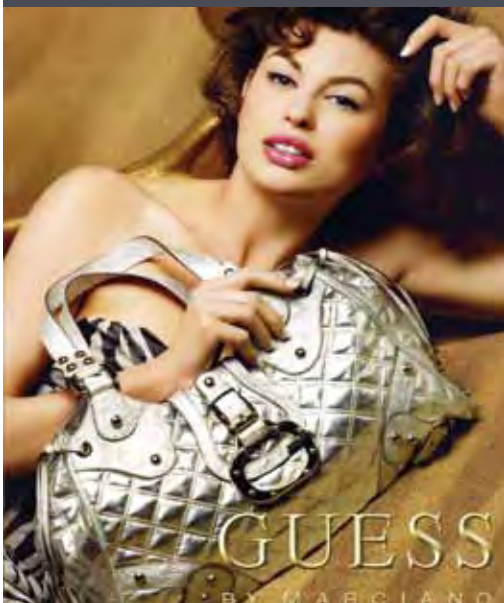
The New Collection of Spring/Summer GUESS Handbags is out now

Unless you live in a cave or a deserted island, you are familiar with GUESS designer handbags, renowned the world over for quality and beauty . . . not to mention some of the most memorable and stunning ad campaigns, ever!

The glitzy GUESS keeps dazzling the fashion world with its adorable brand. GUESS clothing exudes an aura of audacity, sexiness and all-American.

You will find a huge range of GUESS HANDBAGS at **Therapy**, Market Green Shopping Centre, Midleton.

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Get the celeb look with

Motel



Lulu Cardigan - €50

Celebs like Lily Allen, Florence and the Machine, Duffy, Little Boots, Peaches Geldof, Fearné Cotton, The Saturdays and Alexandra Burke have been in on the act for some time now, and have all been snapped wearing super flattering and instantly recognizable pieces from cult label, Motel.

Cork girls can now get their hands on the fantastic Spring Collection from Motel, the brand that has rapidly established itself as the go-to brand for fashionistas, musicians and celebrities alike and has taken the world by storm in recent months.

Motel's eclectic mix of punk, left-field, retro and fun-filled 'killer-style' clothing is driven by uniqueness and diversity. Vintage-inspired prints and well crafted pieces celebrate, not alienate, the feminine silhouette, making any girl feel invincible.

You will find Motel at **Therapy**, Market Green Shopping Centre, Midleton.

For further information on stockists call (01) 866 5280.



Aztec jocie top - €25



Quality Resort Family Room

Muckross House in Killarney National Park



Competition

WIN! A Fantastic Family Break in Killarney in association with The Quality Resort Killarney

Quality Resort Killarney's brand new website is dedicated to providing their customers with excellent value for money, including a mix of wonderful deals; early bird benefits, use of promo codes, and even exclusivity. All you have to do is sign up!

To celebrate the launch, the Quality Resort Killarney is offering One Lucky Family a Fabulous Weekend Break with 2 Nights B&B. It's the perfect family getaway - with Kids & Teens Entertainment Clubs throughout the Easter & summer break, Club Vitae Leisure Centre for Dad and Wellness Therapy Suites for Mum, and lots of all weather activities and fun for everyone.

The family will also go on a fabulous Walking tour through Killarney National Park, one of Killarney's most historic and beautiful locations.

The excellent hotel team provides the standard of service you can expect from one of Ireland's leading family resorts in a fun and friendly atmosphere. For further information call (064) 6626200 or visit www.qualitykillarney.com.

The Prize Includes:

- 2 Nights B&B in a Superior Family Suite at the Quality Resort Killarney for 2 adults and 2 kids (18th & 19th June 2010)
- Guided walk through Killarney National Park (19th June 2010)

For your chance to WIN, simply answer the following question: Quality Resort Killarney is located in which county? A. Cork B. Kerry C. Limerick

Send your answer with your name and details on a postcard to: Corklife, Douglas Buiness Centre, Old Carrigaline Road, Douglas, Cork OR you can email us at: info@corklife.ie Closing date: 30 May 2010. One entry per person. Good Luck!



Terms & Conditions:

- Hotel accommodation for 18th & 19th June 2010 only.
- Guided walk through Killarney National Park 19th June 2010 only.
- No cash alternative
- Prize is non transferable

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'Apa khabar'

I am the Karma Chef and my name is Rudolph Felix Boyou.



I have been in food industry for 16 years and have been living in Ireland for the past 7 years. In this time I have learnt a lot about Irish and Western cuisine. For me the best way to cook and present the food is a mixture of Asian and Western food or 'Food Fusion' as it is known. This involves mixing Asian spices and fresh herbs that you can get in most supermarkets. You can experience this Food Fusion right here in Karma. This combination of East and West means a celebration for your taste buds and one of the best eating experiences you'll ever have. For me cooking has no boundaries.

Introducing the Karma Sushi menu

Rudolph F B

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Heatons Store Locations:
 Riverview Centre, Bandon, Co Cork
 Ballincollig Town Centre, Cork
 Blackpool Retail Park, Cork
 William O'Brien Street, Mallow, Cork
 Market Green SC, Middleton, Cork

Is your wardrobe exhausted?

heatons add flirty fun and electric energy at the launch of summer 2010 ...

It's time to get excited about your summer wardrobe! Clashing prints and pretty florals dominated the 2010 summer catwalks. heatons are bang on trend, whatever the look!

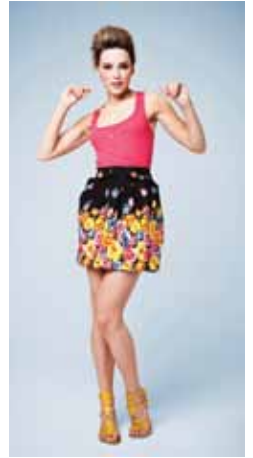
Bringing a feminine feel is the notable addition of pastels and floral prints to the summer wardrobe. Chiffon, cotton and lace compliment this fresh look. When your mood calls for something subtle and pretty, heatons summer collection showcases an extensive range of easy to wear tops. Team up with black, pink or white crop trousers for a wearable, fun summer look.

Offering a loud alternative to the pretty pastel and florals, heatons collection of tulip print skirts brings the real news! The hot topic dominating the catwalk for 2010 was "it's good to clash". This energetic, loud look means there are NO LIMITS! Mix and match with heatons range of block coloured vests-pink, black, green, purple for a more toned down look whilst still remaining on trend.

Sticking around for another season is the much-loved maxi dress, heatons sequin and flower maxi dress is a great statement piece at €25.00. Teamed with flip flops or sandals, it can be worn to the beach or wear with heels and glamorous jewellery for a night out. Conquering the fashion industry for a second year is the gladiator sandal, perfect with dresses, shorts, skirts – just about anything! Enjoy a comfortable, stylish summer stroll with budget friendly gladiators starting at €13.00.



heatons summer collection will definitely make for a brighter, affordable summer ... Walk away smiling!



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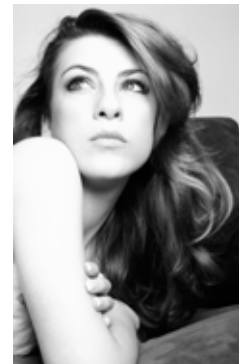
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JLS €33.60	16 JUNE
JLS €33.60	17 JUNE
AL GREEN & MICHAEL McDONALD €40 / €45 / €55 / €60	19 JUNE
KENNY ROGERS €40.00 / €54.80 / €65.70	20 JUNE
JACKSON BROWNE WITH DAVID LINDLEY €35.00 / €44.20 / €54.80	23 JUNE
HARMONIC (FEATURING GRIZZLY BEAR & MIDLAKE) €35.00	25 JUNE
HORSLIPS €50.00 / €54.80	26 JUNE
PAUL WELLER €40.00 / €52.80	27 JUNE
THE CRANBERRIES €54.80	29 JUNE
DEEP PURPLE €50.00 / €65.70	30 JUNE
DARA O'BRIAIN €33.60	1 JULY
DARA O'BRIAIN €33.60	2 JULY
CHRISTY MOORE WITH DECLAN SINNOTT €35.00 / €40.00 / €45.00	3 JULY
WESTLIFE €54.80	6 JULY
WESTLIFE €54.80	7 JULY
TONY BENNETT €65.70	8 JULY
MADNESS €59.80	9 JULY

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Corklife in association with Aiken Promotions are delighted to offer readers a chance to win tickets to see:
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DEEP PURPLE - TONY BENNETT - MADNESS

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Gig Guide

© Jim Morrish 2010, email info to: jcomic@indigo.ie

www.myspace.com/jimcomic

APRIL 2010

SAT 10TH - SETMAKER can be seen in De Barras... Christy's young one, **HERMIONE HENNESSY**, plays the Half Moon in support of her recent album release... those splendid noiseniks **SAFE** can be seen at Triskel's latest Loading Bay event, 4pm... **BOOTIE** promises a smorgasbord of bootlegs and mashes at the Savoy... **BUTTERFLY EXPLOSION** launch their album at the Crane Lane... **MAMPI SWIFT** headlines at the Liquid Lounge, with MC Rhymes, Versall, Gamma Project and more all on the bill...

SUN 11TH - THE SHOWER SCENE play an all ages afternoon show at Cyprus Avenue... **ANTI-POP CONSORTIUM** play a 9pm show at the same venue...

MON 12TH - The Savoy has **ONEREPUBLIC** appearing there tonight... **JOHN SMITH** is the man in motion at the Old Oak...

TUES 13TH - YNGVE & THE INNOCENT are at the Old Oak, admission is free... Cyprus Avenue is the venue for **GHETTO AMARETTO** tonight...

WED 14TH - THE JIM JONES REVUE are at Cyprus Avenue... **KVX** launch their 'Dinner' ep at the Quad, Funeral Suits support... **WOODEN SHJIPS** can be seen at the Crane Lane Theatre... **ALAMO BANDIT** are at the Crane Lane in a late show...

THURS 15TH - BURN US BOTH headline at Cyprus Avenue... **ALAN O'ROURKE**, Carrie Tree and The Good Rain all play the Roundy... banjo player extraordinaire **GERRY O'CONNOR** can be experienced at the Pavilion...

FRI 16TH - HYPNOTIC BRASS ENSEMBLE return to the Pavilion... **MICK FLANNERY** heads to Kinsale to play at the White Lady, Barry Tierney supports... **DJ HYPE** returns to Cork to appear at the Savoy... Belfast's **THE CONTINUOUS BATTLE OF ORDER** play the Quad... **THE CORONAS** are at the Brog this evening with Slow Club supporting...

SAT 17TH - FREDDIE WHITE plays a show at the Pavilion... Cobh's Heritage Centre hosts **MICK FLANNERY** tonight... **SLOW CLUB** head west where they appear at the Jolly Roger on Sherkin Island... **XEROSUN** do their thang at Fred Zeppelins... **DAVID HOPE & THE HENCHMEN** are at Mitchelstown Bodhran venue... **DAVID McSAVAGE** and guests appear at City Limits... experimental sounds from **VINDACATRIX** at Triskel... **LISA LASHES** returns to the Savoy... **JACASZEK** makes his debut in cork, adm is free at the Trinity Presbyterian Church, Little William St, off York St, McCurtain St



Citizen Fish

Sun 18TH - Oxford's **STORNOWAY** are at the Savoy...

MON 19TH - KLEZMOLOGY are at the Roundy... **SCOUTING FOR GIRLS** headline at the Savoy...

WED 21ST - BLOOD RED SHOES play a 14+ gig at Cyprus Avenue... **DIRTY FIXX** can be seen at the Brog... **DAN LE SAC VS SCROOBIUS PIP** provide the soundz du jour at the Pavilion... **THE ALTERED HOURS** play the Quad and Trumpets of Jericho support... **DROPKICK MURPHYS** are at the Savoy... **NIWEL TSUMBU** can be seen at the Crane Lane...

THURS 22ND - Clonakilty's De Barras venue has

TXÜTXÜKAN to entertain the masses tonight... **CATHY DAVEY** plays Cobh's Sirius Arts Centre... (formerly of Turn) plays Cyprus Avenue... **A BAND CALLED WANDA** appear at the Roundy... dj set from **CALVIN HARRIS** at the Savoy...

FRI 23RD - single launch event at the Pavilion from **EXIT: PURSUED BY A BEAR**... **SLOW MOTION HEROES** play the Quad... The Cruiscin Lan has **DESECRATION** headlining this evening... there's another **EQ Showcase** at the Crane Lane, this time featuring **FLATLINE**, Atrix Mantis and Wound Upon Wound... **NDUBZ** play the Savoy, followed by **FRESH**'s 90's night...

SAT 24TH - comedian **JOHN COLLEARY** (of TJ & TJ) is at City Limits... one of Sheffield's finest, **RICHARD HAWLEY**, should sell out the Pavilion tonight... as if by magic, **THREAD PULLS** appear at Triskel... **O' EMPEROR** play the Crane Lane...

SUN 25TH - GO DEEP e.p. launch party at the Pavilion...

MON 26TH - free midnight show from Virginia's **PAUL CURRERI** at the Crane Lane tonight, Don't Move! make up the support... **SLARAFFENLAND** are at the Old Oak...

TUES 27TH - The Pavilion has **DICK GAUGHAN** onstage tonight...

WED 28TH - OTTO VON SCHIRACH plays a free show at the Crane Lane, with the Locust's Gabe Serbian also performing on the splendid bill of fare... **ROESY** is at Cyprus Avenue... tonight's Quad Showcase features **HEYMAKER** launching their e.p.... free gig from **REVEREND DEADEYE** at the Crane Lane...

THURS 29TH - CRYSTAL ANTLERS return to Cork to play Cyprus Avenue... **SHAKESPEARE'S SISTER** reform and play the Pavilion... **ZOMBINA & THE SKELETONES** can be seen at the Crane Lane... The Roundy has **NOVELLA HERMOSA** entertaining this evening... Earache Record's Singapore signings **WORMROT** are at the Quad...

FRI 30TH - HOPE IS NOISE play a **FREE** show at the Quad with Frangilla also appearing... the resurgent **PAUL BRADY** appears at the Opera House... head to the Crane Lane for free music from **CRIPPLED BLACK PHOENIX**...

MAY 2010

SAT 1ST - JOSH RITTER returns to the Pavilion... **NEGURA BUNGET** are at the Cruiscin, Fen support... local alt heroes

BOA MORTE launch their long awaited second l.p. 'The Dial Waltz' with a gig at the Crane Lane'...

SUN 2ND - The Pavilion has **CANDI STATON** in the house... **THE FUREYS AND DAVY ARTHUR** appear at Skibbereen's West Cork Hotel...

MON 3RD - NIK KERSHAW performs at the Opera House...

FRI 7TH - JIM TAVARE can be seen and, yes, laughed at in City Limits this evening, and again tomorrow night...

SAT 8TH - head to Cyprus Avenue if you fancy a bit of **BEARDYMAN**...

SUN 9TH - LA FARO play Cyprus Avenue... **UNA & THE BALKAN BEARS** can be experienced at the Pavilion...

TUES 11TH - The Crane Lane is the only place



Altan

you'll get to see kiwi songwriter **DELANEY DAVIDSON** tonight... **THOMAS LEEB** appears at the Old Oak...

WED 12TH - GRADA are onstage at the Pavilion... Dublin's **ACTION PAUSE REACTION** headline the Quad Showcase, I Phoenix support...

FRI 14TH - a rare Ping Pong Ding Dong tonight at the Quad where you can see both **MARVIN** and **I'll Eat Your Face**... **ALTAN** celebrate their 25th anniversary at the Opera House... the excellent **CITIZEN FISH** play the Crane Lane... if you fancy some reggae tonight then Cyprus Avenue is where you need to be in order to see and hear the **REVELATION SOUND SYSTEM**...

SAT 15TH - Charlies Bar on Union Quay hosts **DAVID HOPE & THE HENCHMEN**... **CATHY DAVEY** plays the Pavilion... Pine Lodge in Myrtleville has **CITIZEN FISH** onstage this very day... Bloc Party's **KELE** play's a intimate show at Cyprus Avenue...

SUN 16TH - the fantastic **65 DAYS OF STATIC** pay a return visit to Cyprus Avenue... Hippies and punks take note that **SANDI THOM** appears at the Pavilion...

WED 19TH - Fleetwood Mac's **PETER GREEN** plays the Pavilion... Galway's **KA TET** play the Quad, Heymaker support...

THURS 20TH - Domino's first Irish signing **VILLAGERS** can be seen at Cyprus Avenue... **JAHCOOZI**, and the Optimist, are at the Pavilion...

FRI 21ST - THE WAILING SOULS perform at the Pavilion... **GORATH** can be seen at the Cruiscin...

SAT 22ND - DAN SARTAIN performs at Pine Lodge...

THURS 27TH - get your tickets pronto, as the wonderful **CHIC** bring their disco/funk extravaganza to the Savoy... if "primal epic grunge rock à la The Breeders, Arcade Fire and Yeah Yeah Yeahs" is to your taste then Cyprus Avenue is the place to be tonight as **THE JOY FORMIDABLE** play their first Cork show...

FRI 28TH - NEW YOUNG PONY CLUB appear at Cyprus Avenue tonight... **TOTAL SCIENCE** bring drum's' bass to the Savoy...

SAT 29TH - DJ CASH MONEY is on the decks at the Savoy...

SUN 30TH - Cyprus Avenue has **FRANK TURNER** onstage tonight ...

MON 31ST - BOOKER T JONES at the Opera House... **CLIVE BARNES** brings his slide guitar wizardry to the Pavilion, Luan Parle supports...

FUTURE HIGHLIGHTS:

Megadeth, The Marquee, June 14th
Grizzly Bear, Midlake, Camera Obscura, Villagers, The Marquee - June 25th
Deep Purple, The Marquee - June 30th
Tony Bennett, The Marquee, July 8th
Reverend & The Makers, Independence Festival
Bonnie Prince Billy, Skibbereen, July 31st
Field Music, Cyprus Avenue, Sept 8th



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CARVERY

Please take this awful blight on our island's culinary reputation outside your bar and set it on fire.

Serve proper food - not dehydrated rat skin leather, mash that looks like it may have been collected from used

are desperately trying to hype up with multiple streams of text flying in all directions around a bored-looking presenter that we can't really hear anyway.

Pubs perpetuating over-hyped foreign sport is boring and erodes the global

With the waiter system on the continent, bar staff can take forever to come around but Cork bar staff seem to be able to remember huge orders from several people at once while simultaneously loading a dishwasher and changing a keg. We all appreciate friendly and efficient bar staff so let's keep it that way.

Is your pub shit?

If your pub business is struggling in the recession you may have to consider the fact that it might be shit. i.e. bland, uninteresting and soulless. Particularly as we now have our Lonely Planet reputation to live up to, tourists who come here this year will be searching for that unique Irish pub buzz. Here are a few tips for bar owners from a group of well experienced Cork born-and-bred gatters to help you recognise if your pub is shit.

condoms and glasses of water dripping in condensation. Carvery is about as Irish as Margaret Thatcher eating Shepherd's Pie on the back of HMS Victory.

reputation of the traditional Irish pub. Big matches: yes. Giant Las Vegas style always-on distractions: bollocks.

BIG SCREENS

The gat and the conversation are flowing nicely. It's 8pm on a Saturday evening and most punters are in for a few quiet early ones before they ramp it up.

In all honesty, who gives a shit about Burnley and Wigan's badly attended relegation "dog fight" that Sky Sports

BAR STAFF WHO REMEMBER LONG ORDERS

Barely able to remember the first drink from your order and likely to give it to the old fat guy standing at the other side of the bar when you do leads us to believe that British bar staff have a capacity for storing information that would be out performed by a Commodore 64.

LANGERS AT THE BAR

They're usually washed-up musicians or mockeyeah 'sound engineers' who haven't done a gig, or paid tax in years and sniff a lot after coming back from the toilets. They sit at the bar on their own because, after years of acting the langer, they've lost all their friends.

They try to join conversations when they're not welcome, knock over tables of gat on their way back from the jacks, regularly produce farts of Kinsale-Road-dump-on-a-summers-day intensity and usually have a vague grasp of some conspiracy theory about Neil Prendeville and 9/11 that they insist on slurring to everyone ordering at the bar.

The next time they conk out please place them in your pub's wheelie bin.



WIN! a Pizza Party *Domino's delivers a Great Party!*

Calling all pizza lovers – this is the ultimate competition for you! We've teamed up with Domino's Pizza, the pizza delivery experts, to give one lucky reader the chance to win a pizza party for you and four friends. This mouth-watering competition will give you the chance to enjoy a stack of piping hot and truly delicious Domino's pizzas. The winner can hold the perfect pizza party with family and friends.

Making and delivering piping hot, tasty pizza is what the team at your local **Douglas Village, Washington Street and Blackpool** stores do best. Every Domino's pizza is made to order using only high quality, fresh ingredients; our freshly made dough is topped with vine-ripened tomato sauce and real mozzarella, then customised with fresh toppings from around the world to create the tastiest pizza. From the juicy Chicken Tikka and lip-smacking Veggie Supreme to the indulgent Pepperoni Passion and fiery Texas BBQ, Domino's has a pizza to suit everyone's tastes and this competition could be a great chance for you to try them all!

Order from your local Domino's Store in Douglas, (021 4890900) Washington Street, (021 4222288) Blackpool, (021 4215555) or online at www.dominos.ie.

"Every day is a Domino's Day with the Mega Meal Deal for only €19.99 or Two for Tuesday!"

So if you fancy a pizza party with your friends, simply answer the following question:

Q) How many Domino's Pizza stores are in Cork? Just send us an email with your answer & details to: info@corklife.ie. Alternatively, you can send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Rd, Douglas, Cork. Closing Date: 30 May. Good luck!

Competition terms and conditions • Prize is pizza and drinks for five people. • Please note if the winner lives outside a delivery area, they will be asked to collect their pizzas from their nearest store. • No cash alternative • Just one entry per person



Take a Fresh Look™

BRIGHT LIGHTS

In Cork we're by far the best looking of the Gaelic tribe but we need to be honest with ourselves - beer goggles only work in dimly lit venues.

Paisty Majella or spotty Jaysin standing under a large pointy florescent tube are never going to get the ride.

Dim the lights and put candles on the tables. Now we all look like flahs - and we can call it 'atmosphere'. Without this, as a nation, we will have trouble reproducing.

MUSIC

Unless you have a crush on a particular sales assistant at a hearing aid shop or hate the people you socialise with then a pub sound system turned up to the 'ear bleeding' setting is not conducive to good conversation - one of the essential traits of good Corkonianism.

At the end of the night, we're only talking tripe anyway so it's probably best that the music gets louder. But before 11 we want to yap so pipe it down please. Bars who give airtime to quality local artists or better still employ them to play live endear themselves to their city no end.

STOUT & SECURITY

If you absolutely must serve Guinness please keep it below the radar lest it offend extremist Corkonians. Since the Beamish brewery closed some of these people, like the Ballyphehane based Saadiq Al-Gatty sect can be very touchy about the placing of Guinness taps in the centre of a bar.

For security reasons, bar staff should also know that an order cited as "one of each please" means a Murphy's and a Beamish. Presenting the wrong Corkonian with the deadly Dublin liquorish could



Dublin has lost it by pandering to British stag and hen parties with some of the most awfully cringing dignity-sumps imaginable but thankfully Cork is blessed with publicans who have stuck with what we'd like to call 'the proper pub'.



result in your license being revoked - with hurleys.

TOASTED SPECIALS

This simple but heavenly traditional pub feast should be included in the next alcohol licensing legislation as compulsory in all bars. Even for a keep-it-simple culinary safe house like Ireland, it's impossible to mess up and can be knocked together in seconds by a toaster-and-human tag team. Sell them.

DRESS CODE

Whilst nobody wants flecky-tracksuited whackers with gold chains and broken bottles hanging from their necks joining them at the bar, the door policy in most Cork pubs is generally very relaxed compared to

Dublin and other UK cities.

In the Pale, a fashionable hoodie or an expensive pair of trainers could see some oversized dimbo stepping between you and the pub doorway. Down here though, the non-wanky attitude contributes to the easy-going nature of the city's finer pubs so don't operate a dress code. Any pub that refuses to allow Cork jerseys on the night of a big match or a homecoming are unpatriotic.

RIGHT FOLKS PLEASE!

We all know it's not easy to clear a bar at closing time but if a bar manager gets his bouncers to R.F.P. punters ten seconds after they were served full pints at the bar, it really grates their nipples.

In addition, opening the doors in the depths of winter to 'freeze out' your

patrons is the antithesis of customer service. It's effectively saying "thanks for the business, now get the fuck out into the cold you drunk feckers". Be patient and be nice.

'BLACKS IN THE JACKS'

This weird and unsettling practice of providing unnecessary assistance to punters in toilets was a common Dublin pub feature until a few impressionable publicans tried it on here in Cork.

As well as all the uncomfortable prejudicial connotations of being a white person having tissue paper handed to you by a black man in a toilet hoping for a tip, the fact that somebody is watching you from behind whilst you do business is also unsettling. Maybe they get off on that weird shit up in Dublin but let us not have this underhanded racist practice here in Cork.



The River Lee Hotel
CORK

(Formerly Jurys Cork Hotel)

New Name
Same Stunning Location!

Enjoy our superb dining options

The River Lee Hotel
CORK

Western Road, Cork
Tel +353 (0) 21 425 2700
www.doylecollection.com



Cork Opera House

Emmet Place, Cork

Tel: 021 427 0022

www.corkoperahouse.ie

CONCERT - Saturday 10 April, 8.30pm - Half Moon Theatre

HERMIONE HENNESSY

Songs My Father Christie Taught Me

Tickets: €20 (booking fee may apply)

CINEMA - Sundays beginning on 21 Feb, 6.30pm and 9.00 pm - Half Moon Theatre

THE CORK CINE CLUB

Cork Cine Club presents a ten week season of independent films ...

Sun 11 April: Katyn

Sun 18 Apr: Chéri

Sun 25 Apr: The Girl Cut in Two

Sun 2 May: The White Ribbon

Membership 1: €100 for ten tickets; all to be pre-booked at time of purchase

Membership 2: €50 for five tickets; all to be pre-booked at time of purchase

Membership 3: €12 for a single ticket

CONCERT - Sunday 11 April, 8.00pm

THE SPIRIT OF PINK FLOYD

Tickets: €26, €28.50, €33.50 (booking fee may apply)

THEATRE - Wednesday 14 – Saturday 17 April, 8.00pm

THE GOOD SISTERS

Set in the north side in 1965, Geraldine Lawlor has won a million with Green Shield stamps – the 60s equivalent of striking it rich in the Lotto. From that mixed blessing, a friends and family drama unfolds with wild and raucous action and an homage to that greatest of working class passions: bingo!

Tickets: €21, €23.50, €26 (booking fee may apply)

CONCERT - Sunday 18 April, 8.00pm

NIGHTS ON BROADWAY

The Bee Gees Story

Tickets: €28.50, €33.50, €38.50 (booking fee may apply)

DRAMA - Tuesday 20 April, 8.00pm

KING OF THE CASTLE

Rural Ireland, 1958. From the humblest of beginnings by dint of hard work and scheming, an ageing Scober Mac Adam has become 'King of the Castle'. Married to the youthful and beautiful Tressa, he is the subject of unending local jealousy, constantly goaded with regard to his sexual inadequacies. Will he stoop to an 'indecent proposal' to ensure an heir? Can even he control or accept the consequences which will follow?

Tickets: €16, €19 (booking fee may apply)



Corklife has two pairs of tickets for The Shawshank Redemption on Fri 23 April to give away. Simply email info@corklife.ie with your name and contact details and you could WIN! Closing date: 17 April

DRAMA - Thursday 22 April, 5.45pm
NT LIVE: THE HABIT OF ART

Broadcast live by satellite from the National Theatre London. Alan Bennett's witty and wistful new play looks at the unsettling desires of two difficult men, and at the ethics of biography. It reflects on growing old, on creativity and inspiration, and on persisting when all passion's spent: ultimately, on the habit of art.

Tickets: €20 (booking fee may apply)

DRAMA - Friday 23 – Thur 29 April, 8.00pm
SHAWSHANK REDEMPTION

Based on the novel by Stephen King Following its hugely successful season in The Gaiety Theatre in 2009 where it received an unbroken run of standing ovations, and a West End premiere, The Shawshank Redemption comes to Cork Opera House for seven performances only. This unforgettable story of courage, friendship and hope is based on the novel by Stephen King that inspired the award-winning film. From the producers of I, Keano and Alone It Stands.

Tickets: Opening night all tickets €26 booking fee may apply

Evenings: €31 (limited), €36, €41, €44 booking fee may apply

Matinee: €28, €31, €34 booking fee may apply

DRAMA - From Wednesday 28th April at the Half Moon Theatre

AFTER JULIET & ROMEO & JULIET

The evening begins with a 45-minute adaptation of Romeo and Juliet that concentrates on the central relationship of the young lovers, and serves as an extended prologue for the second part of the evening, After Juliet. After Juliet takes up the story of what happens to the remaining characters after the death of Romeo and Juliet. Does the truce hold? What are the legal consequences? How do Mercutio's and Tybalt's brothers feel? What happens to the jilted and forgotten Rosaline? Must history repeat itself? After Juliet is a fresh, time-free play with realistic dialogue, semi-poetic monologues, gritty, violent, and tender scenes.

The show is not suitable for children under twelve.

Tickets: €20, Concession €15 booking fee may apply

CONCERT - Friday 30 April, 8.00pm

PAUL BRADY & BAND

Tickets: €36 (booking fee may apply)

OPERA - Opera Ireland presents the Metropolitan Opera Live in High Definition from New York.

Sat 1 May 2010, 6pm

ARMIDA – Gioachino Rossini

Tickets: €25.00 (booking fee may apply)

CONCERT - Sunday 2 May, 8.00pm

KILLER QUEEN

Tickets: €26, €31 booking fee may apply

CONCERT - Monday 3 May, 8.00pm

NIK KERSHAW

Tickets: €26 booking fee may apply

CONCERT - Friday 7 May, 8.00pm

PATSY CLINE - THE CONCERT

Tickets: €28, €33, €38 booking fee may apply

CONCERT - Friday 14 May, 8.00pm

ALTAN

25th Anniversary Celebration Tour

Tickets: €30 (booking fee may apply)

CONCERT - Saturday 15 May, 8.00pm

TONY KENNY

Tickets: €28.50, €32, €35 (booking fee may apply)

CONCERT - Sunday 16 May, 8.00pm

CRYSTAL SWING

Tickets: €26 booking fee may apply

CONCERT - Saturday 29 May, 8.00pm

RONAN TYNAN

Tickets: €31, €33, €35 booking fee may apply

CONCERT - Monday 31 May, 8.00pm

BOOKER T

Tickets: €30, €35, €38 booking fee may apply



ISAACS RESTAURANT

Pre Theatre Early Bird 6pm - 8pm.

Don't get the rumbles, eat before the show!

MacCurtain Street, Cork. Tel: 021 450 3805



The 39 Steps



the Spirit of the Fringe Award at the Edinburgh Fringe Festival, its theme is simple: To some people football is a matter of life and death; to others it is far more important than that... **Warning! Contains adult content – not recommended for children.**

Monday 3 – Saturday 8 May @ 8pm
Tickets €25 / €20; €15 opening night; €7 students (Mon – Wed). Early Bird! First 100 mid-week tickets only €15. Available Tue, Wed & Thur.
Book early to avail!

THE 39 STEPS

Hitchcock meets Hilarious!

Direct from the West End, Broadway and 25 countries around the globe comes Alfred Hitchcock's classic spy thriller, *The 39 Steps*, brilliantly and hilariously recreated as the smash hit stage show. This blissfully funny show follows the incredible adventures of our handsome hero Richard Hannay, complete with stiff-upper-lip, British gung-ho and pencil moustache as he encounters dastardly murders, double-crossing secret agents, and, of course, devastatingly beautiful women. This wonderfully inventive and gripping comedy thriller features four fearless actors, playing 139 roles in 100 minutes of fast-paced fun and thrilling action.

Monday 10 – Saturday 15 May @ 8pm Tickets €30 / €25 conc.; €7 students (Monday limited number)

CINDERELLA

Join Buttons, Prince Charming, the Ugly Sisters and, of course, Cinderella in this Easter Pantomime. Fun for all the family and packed with songs, dances and jokes!

Thur 8 – Sun 11 April @ 7.30pm 1
Sat 10 – Sun 11 April @ 2.30pm. Tickets €20 / €17

THE SANCTUARY LAMP

Three people are locked in a Catholic church for the night. There's Harry, the English-born Jew and ex-circus strongman, praying to the flickering candle in the Sanctuary Lamp for the strength to kill his wife and best friend. There's Maudie, the run-away waif haunted by her past, waiting for the release of forgiveness. And there's the Irish blackguard Francisco, who doesn't want anything...

Tuesday 13 – Saturday 17 April @ 8pm
Tickets €25 / €20 conc.; €15 opening night; €7 students (Tue & Wed).

SIDE BY SIDE BY SONDHEIM

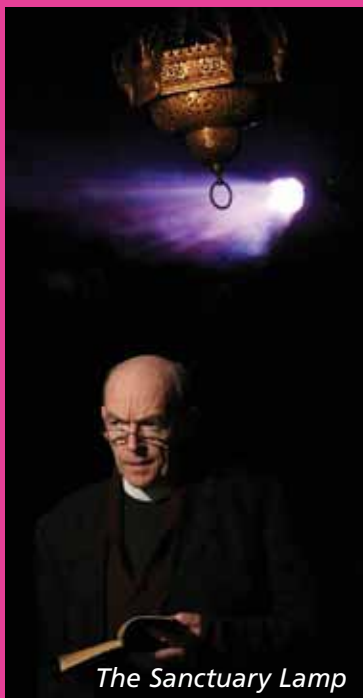
The Ultimate in Musical Entertainment!

A celebration of the legendary Stephen Sondheim, composer lyricist of *West Side Story*, *Gypsy*, *Sweeney Todd*, *A Little Night Music* and many more by three of Cork's best singers MAJELLA CULLAGH, JOE CORBETT and MARY HEGARTY. Performed by arrangement with Josef Weinberger Limited on behalf of Cameron Mackintosh Limited and Music Theatre International of New York.

Wednesday 21 April – Sat 1 May @ 8pm (excl. Sun 25 April). Tickets €25 / €20 / €15 opening night / €7 students (Mon – Wed)

GOD'S OFFICIAL

Two football fans have just seen their side relegated after a referee disallowed a perfectly good goal, enabling the opposition to go down the other end and score. The referee's decision is final... or is it? The two lads decide to take matters into their own hands and kidnap the ref to force him to change his mind on the all important goal, with hilarious and unexpected consequences. A madcap comedy which won



The Sanctuary Lamp

THE CARETAKER

Davies, an elderly drifter, is given shelter by the kindly but vulnerable Aston. He quickly makes himself at home in the squalid, junk-filled attic, but an uneasy peace is fractured by the arrival of Mick, Aston's quick-witted, streetwise younger brother. As the shadows lengthen and the three men reveal more about the past and themselves, a battle of wits begins that will have irrevocable consequences for them all. A landmark of twentieth-century theatre,

The Caretaker was first performed in 1960. Fifty years on, Pinter's compelling study of loneliness and power games still has the capacity to amuse, to shock and to fascinate.

Monday 17 – Saturday 22 May @ 8pm
Tickets €25 / €20 conc.; €15 opening night; €7 students (Mon – Wed) Early Bird! First 100 mid-week tickets only €15. Available Tue, Wed & Thur. Book early to avail!

THAT'S ENTERTAINMENT

A montage of dance and musical theatre by Montfort students aged three to thirty-three. A wonderful, entertaining evening by the future stars of the theatre.

Monday 24 – Wednesday 26 May @ 8pm
Tickets €20 / €15 and €8 restricted view

FORGOTTEN

'Has no one a skitter o' dignity left?'

Pat Kinevane's captivating portrayal of four elderly characters, living in retirement homes and care facilities around Ireland, is a unique collage of Kabuki dance with Irish storytelling. This boutique



Corklife has two pairs of tickets for Side By Side By Sondheim on Thurs 22 April. Simply email info@corklife.ie with your name and contact details and you could WIN!

Closing date: 17 April



Corklife has two pairs of tickets for Forgotten on Friday 28 May. Simply email info@corklife.ie with your name and contact details and you could WIN!

Closing date: 22 May

performance by the award-winning Fishamble: The New Play Company has been a major hit on tour in Ireland and Europe since it was first presented as part of Bealtaine Festival 2006. It now visits the Everyman Palace fresh from its recent New York transfer.

Thursday 27 – Saturday 29 May @ 8pm
Free post-show discussion on Thurs 27
Tickets €25 / €20 conc.; €15 opening night; €7 students (Thurs)

THE BROTHER

Eamon Morrissey's relationship with *The Brother* began when his solo show opened in the Peacock Theatre thirty-five years ago. The hilarious writing of Myles na Gopaleen, author of *At Swim Two Birds*, and the comic talents of Eamon Morrissey combine to provide a piece of entertainment that has endured through the years. If you want to learn at source about the atomic dangers of bicycles, and to understand why 'a pint of plain is your only man', then treat yourself to *The Brother*. Ripe for a revival in these stringent times this fresh look at *The Brother* was premiered in Spring 2009, and has, in spite of the penury of the masses, been playing to gatherings of raucous and enthusiastic rabble around the country.

Monday 31 May – Saturday 5 June @ 8pm Tickets €25 / €20 conc.; €15 opening night; €7 students (Mon – Wed) Early Bird! First 100 mid-week tickets only €15. Available Tue, Wed & Thur. Book early to avail!

THE CELTIC TENORS

in aid of Irish Heart Foundation Marathon Challenge 2010

Sun 6 June @ 8pm. Tickets €25

Jurys Cork Hotel renamed The River Lee Hotel



Jurys Cork Hotel was officially renamed **The River Lee Hotel** on 24th of March, as part of the new brand identity of The Doyle Collection. Rebuilt in 2006, the hotel was designed to take full advantage of its location on the River Lee and its proximity to the city centre so it was obvious that the hotel's intrinsic relationship with the river and the city would play an integral role in the choosing of the new name.

Paula Cogan, Director of Sales and Marketing at the hotel, commented, "We've successfully re-established the hotel as a leader in modern and contemporary elegance but we still continue to offer that warm Cork welcome to all of our guests. While trading conditions continue to be challenging, Cork has certainly held its own and our inclusion in the list of Top 5 places to visit by Lonely Planet in 2010 has been a huge boost for the city".

The hotel enjoys spectacular views from both the ground floor bistro and bar as well as upper levels. All aspects of the hotel are tailored to suit the needs of both business and leisure guests. All 182 bedrooms are air-conditioned and feature pillow top beds with duck-down duvets, 4-piece suites and underfloor heating in all bathrooms. In-room entertainment is cutting edge – 25 inch LCD TV's with movies on demand, Sky Sports, hifi's, complimentary broadband.

Business guests can avail of a dedicated meeting room floor with eight meeting rooms all equipped with fully integrated audiovisual technology. The first floor also houses a 24 hour business centre with a dedicated co-ordinator available to assist. The Executive Floor offers more exclusivity with stunning penthouse views and a private lounge providing light refreshments throughout the day.

The hotels magnificent leisure centre includes a 20m pool, sauna, steam room and Jacuzzi as well as gym. While more laid back guests can completely unwind and indulge themselves with a range of pampering treatments in the delightful surroundings of The Urban Spa.

The River Lee Hotel
A member of The Doyle Collection
Western Road, Cork
Tel: 021 4252700
Please visit: www.doylecollection.com



Pictured (from left) Ruairi O'Connor (General Manager), Claire Myler (Sales Executive), Paula Cogan (Director, Sales & Marketing) and Bill Walshe (CEO of The Doyle Collection).

Interview by
Niamh Parker

"Go to college!" says Breffny Morgan



What is your fondest memory of childhood in Cork?

Winning the national rowing Champs in 2002, age 16. Specifically, the moment, a third of the way into the race where I took the lead. In that moment I knew my life would be a success.

Are you an 'only child'?

Yes. Naturally I was spoilt but it trained me to view anything in the world as attainable, once given anything, I now work hard to get anything.

How did Harvard come about?

My mother gave me the imperative by putting the admissions prospectus on my desk. The rest came about through hard work and intelligent planning.

How would you describe yourself?

Ambitious, insecure, passionate, analytical, reflective, tireless, loyal, cinematic.

What is your favourite movie?

The Godfather Part II

What is your favourite way to spend a Sunday?

Snack, mass, feast, nap, newspapers, phone, web

What would be on your favourite iPod playlist?

Turac: Me against the world; all eyes on me; ambitions

What is it like being recognised everywhere you go?

Brilliant! At least if I dropped dead in the morning, I will have left a slight mark on the country. Being familiar to people makes my day more intimate.

What have the public's reaction to 'Breffmeister' from the Apprentice been?

Amusing for them, embarrassing for me (I hate the nickname ... too juvenile!)

Do you have any regrets about doing the show?

Yes. I regret the several moments where I let my self-confidence wane

What's next for Breffny Morgan?

1. To continue my tour of secondary schools sharing my study tips and success philosophies
2. Make a return to the small screen, then the big one.

Do you think you are a businessman or an artist?

Business is an art and artistry needs to be a business, therefore I am both, I aim to express myself aesthetically, and monetise on everything.

I believe you are writing your first novel, tell me a bit about that?

Not a novel, a true story ... all will be revealed in due course.

Telko House ... can you tell us more?

BM: I am joining an all star team of business solution professionals, that comprehensively maximise options. A meeting of bright minds backed with people of diverse experience & common ambition.

"The Habits of success for young people" – tell us about your project with Schools?

Since it is well known that I graduated from Harvard I'm bringing a more comprehensive message to students around the country. That getting into and getting through the worlds no 1. College is an attainable goal for any student willing to put in the hard work and willing to adopt intelligent habits. Personally I do not have an abundance of natural talent, but I have harnessed some specific habits of success that have allowed me get what I want out of life. I share these habits with interested students, and I am partnered by fellow Apprentice Stephen Higgins who follows my presentation with the habits of attaining successful work experience. The students listen to us, and we aim to inspire & instruct.

XPOSÉ

LIVE

in association with *Tia Maria*

at Silver Springs, Cork
May 14th to 16th, 2010



With cutting edge fashions on the catwalk, top tips from the country's leading make-up artists, private consultations with designers and a sensational fashion show up to four times each day, **Xposé LIVE** is also a unique opportunity to meet the Xposé team face-to-face. Over the three days, fans of Ireland's primetime entertainment show will have the opportunity to see the glamorous team in action, as they take part in the fashion show and interview celebrities live on the central stage.

Brands participating in **Xposé LIVE** in Cork includes *Brown Thomas, Marks & Spencer, Savilles Menswear, Specsavers, Envy Boutique, Sobe Brown, McCawleys, Gosh, Bourjois, Skoda Yeti, Chamarie Shoes*, as well as the chance to enter the Face of Ireland competition to win a modeling contract.

The 2010 line-up promises to include some very special guests from the worlds of music, TV and fashion. All of the guests will participate in exclusive live performances and interviews on the central stage.

Masterclasses will take place on the stage in the main area and Ireland's leading stylists will be on hand with their top tips. Top make-up artists and hairdressers will be on stage throughout the weekend to demonstrate new trends and hair and beauty masterclasses will include plenty of live make-overs and revelations.

As headline sponsors, **Tia Maria** will join with a host of brands from *Barry & Fitzwilliam* to provide a full bar for **Xposé LIVE** attendees. So guests can choose from a menu that will include Tia Maria's signature **Xposé LIVE** cocktails, Tia Maria with a host of mixability options including with Coke or Orange, as well as Stolli vodka, Corona beer and a wide variety of premium wines and spirits.

Ticket prices for exhibition area passes (including the fashion show) are €20, with a special 2-for-1 offer. VIP Packages are €65 each or €120 for two. For further information on show tickets and exhibitor details log on to www.xposelive.ie or www.tv3.ie/xpose.

You will be left breathless by the cutting edge ideas from the catwalks, top tips from the country's leading make-up artists and beauty experts, private consultations with designers and a sensational fashion show that will take place up to 4 times each day. Xposé LIVE also presents a unique opportunity to meet the Xposé team face-to-face. Over the 3 days you will have the opportunity to see the glamorous team in action, as they take part in the fashion show and interview celebrities live on the central stage.

The show is one giant kaleidoscope of fashion, beauty and entertainment – check out the latest trends on the Fashion Boulevard, indulge yourself in the Pamper Me Zone, pick up the latest tips in the Beauty Zone and look after yourself in the Health, Wellbeing and Fitness Zone. Planning something special? Then why not head over to the Wedding Pavilion or the Debs Fashion Stage. For all you mums to be out there then check out the fabulous Yummy Mummy section, it's all about the style.

Models Stephanie Barry and Aisling Cronin pictured with Xposé's Glenda Gilson (C) at the Tia Maria launch of the sponsorship of Xpose LIVE in Cork.



Mary T. Allen and Caroline Ryan (right) who launches her new company, www.bananasareblue.com at Xpose Live

WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN!

CORKLIFE IN ASSOCIATION WITH SDL EXHIBITIONS LTD ARE DELIGHTED TO OFFER READERS 10 PAIRS OF TICKETS TO GIVEAWAY TO THIS GREAT EVENT.

Simply email us at : info@corklife.ie with your name and contact details and you could WIN!

Alternatively, you can send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Rd, Douglas, Cork.

One entry per person. Closing date: 7 May. Good luck!

Get Active!

Top 5 Adventure Events

This summer, why not embrace the challenge of taking part in one of the many participative adventure events happening throughout the country. For those of you who like to pound the pavements, Ireland has a plethora of fast paced and unique marathons, relays and triathlons guaranteed to get the blood pumping and set spirits soaring!



1. The Great Limerick Run – 2nd May

This unique challenge marks the first time that Ireland will hold a 10 kilometre, half marathon and a certified full marathon in the same location in one day. It's specifically designed to be accessible to people of all ages, ability, mobility and fitness level and will be one of the most exciting events on the Irish running calendar in 2010.

2. The Beast of Ballyhoura Adventure Weekend 30th July – 2nd August

If you are looking for a sporting event which will stimulate, thrill and challenge your body and mind, then 'The Beast of Ballyhoura' is the perfect way to abandon your comfort zone and embrace white knuckle thrills! You can choose from a 36-hour non-stop race across Cork, Limerick and Tipperary, or a participative team event where mixed teams of four compete on mountain runs, cycles, kayaking, abseiling, orienteering and shooting, each trying to navigate the best route to win.

The weekend also includes the Ballyhoura

Blitz which is a race for individuals looking for their first taste of adventure racing and covers a distance of 30km consisting of a 10km hill run followed by 20km of mountain biking on the world class Ballyhoura Mountain Bike Trails. Unleash the beast within!

3. TriAthlone Trifest 1st – 4th July

Give the TriAthlone a try this summer and take advantage of the varied nature of this sporting event that encompasses swimming, cycling and running in one of the most scenic areas of the country.

4. The Sean Kelly Tour of Waterford - 29th August

Show what you are made of at the Sean Kelly Tour of Waterford this year! Kelly is one of the finest cyclists that Europe has ever seen and it was Co. Waterford that he learned that craft. Now paying tribute to the name of Sean Kelly, Co. Waterford invites you to pedal the hills and valleys where Kelly's bike once flashed over the cobbles. Cyclists can try out one of three courses. On yer bike!

5. Lost Sheep Half Iron Triathlon - 11th September

Test your mettle at the Lost Sheep Half Iron Triathlon in Kenmare Co. Kerry. This triathlon has gained a reputation both nationally and internationally as one of the toughest half ironmen distance races on the triathlon circuit. The intensity of the route on offer to participants is matched only by the raw beauty of the landscape that forms the backdrop. The event starts with a 1900m swim in the scenic Kenmare Bay followed by an 83km cycle which takes competitors over climbs on the Healy and Caha Passes, and finishes after an undulating 21km run, mostly on quiet country roads, close to the picturesque town of Kenmare. You may not need to be iron-man to complete, but you will certainly need a spirit of steel!

For more information on these adventure activities, or to check out some great quality accommodation, log onto www.discoverireland.ie



Pictured Cork Hurler Joe Deane, Munster Rugby Frankie Sheehan, Cork Footballer Graham Carty, Cork Camogie Orla Cotter and Cork Ladies Football Angela Walsh. Pic Clare Keogh/Provision

Take to the streets this Spring

Be well prepared and invest in Nike clothing and footwear - available in Lifestyle Sports shops throughout Cork including: Douglas SC, Mahon Point SC, Ballincollig SC, Wilton, Blackpool Retail Park, William O'Brien Street. Also at www.nikestore.com the online store that delivers to Ireland.

NIKE LUNARELITE+ RUNNING SHOE (Men's and Women's) - Set to make a statement on the feet of style savvy runners this Spring, the new Nike LunarElite+ successfully employs the unique performance benefits of Dynamic Support technology, coupled with striking aesthetic appeal in an ultra lightweight package. Perfect for speedy marathon runners or anyone signed up for a 10k.

NIKE LUNARSWIFT RUNNING SHOE - the perfect beginners



shoe, it makes innovative Dynamic Support technology available to more new runners.

NIKE CONVERTIBLE JACKET - with detachable easily removable sleeves, that can be stored in the back zipper pocket quickly turning jacket into gilet - great for changeable spring weather conditions.

Nike's Spring running collection also includes vibrant racing shorts, quirky t-shirts and lightweight vests.

€3 million is the magic number! GAA All-Stars teamed up with former Irish rugby hooker Frankie Sheehan to launch the Team Relay Event of the Bord Gáis Energy Cork City Marathon, taking place on Bank Holiday Monday, June 7th, 2010. The event hopes to attract a record 10,000 participants this year and raise €3 million for over 150 different charities, a figure that will be mostly driven by relay teams registering to run for charity www.readysteadycork.ie.



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- Visit to Bonane Chocolate factory for a 2 hour workshop with Benoit on chocolate making & tasting, add €45 pp

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6 Great Family Attractions

Cork city & county is a wonderful place to visit for both young and old (of course we are not at all biased in making a statement like that) but this is easily proven by the amount of wonderful things there are to do and experiences there are to be explored. Of course if you were visiting for a month you might just about get around to seeing and doing it all, but if like most of us you only have a certain number of days holidays and you want to keep the children happy as much as possible well then here are a few fun suggestions.



Opening times: Monday-Saturday 10.00 a.m.
Sundays 11.00 a.m. Last entry at 3.30pm every day
Gates closed at 4.30pm. From: 7th March –
November 2nd - last admission will be 5pm and the
park closes at 6pm
Carrigtwohill, Co. Cork
Tel: 021 481 2678 Web: www.fotawildlife.ie

Fota Wildlife Park celebrate the arrival of Aoife the Giraffe Calf

The wardens in Fota Wildlife Park are celebrating the birth of a giraffe calf Aoife, the first giraffe born in the park since July 4th 2008. This however was no ordinary birth in the park as Aoife's mother Roisin is also a grandmother to three other giraffes in the park making Aoife an auntie. Roisin had carried Aoife for an incredible 15 months and like all giraffe mothers gave birth to Aoife whilst standing. This meant that the first experience Aoife had was a 6ft drop to the ground.

Aoife now becomes the youngest of a herd of Rothschild giraffe at Fota Wildlife Park, which are one of nine races of giraffe found in Africa. Exterminated from much of their former habitat, they can now be seen in western Kenya and eastern Uganda.

Fota forthcoming Events:

April 10 – 11: Responsible Pet Ownership Weekend:
Various animal groups including the Donkey Sanctuary and Animal Care Society join the education team at Fota for a weekend of information on how to take care of Pets. Max and Izoo from Maxi Zoo will also be on hand to join in the fun.

April 24 -25: Bird Weekend
If you are a fan of our feather friends you will love this weekend as we will be having talks from Bird Watch Ireland, Birds of Prey Flying show's at 1pm & 3pm and fun activities on both days for all the family.

May 1st – 3rd: The Spirit of Africa:
Over the May bank holiday weekend Fota Wildlife Park will be celebrating the continent of Africa with African Drumming, tribal dancing, workshops, arts and crafts and talks on all our animals that come from Africa.
May 20th – Cheetah Run 4 Mile Road Race



Brian Lillis
www.corkcityphotographs.com

LIFETIME LAB

Cork's award winning 'Lifetime Lab' is situated in an old renovated Victorian waterworks not far from Cork's city centre. The visitor experience is one where both children and adults come away feeling they have gained something new. The facility shows not only

how water was supplied to the people of Cork so many years ago but is also full of fun and engaging exhibits on how to protect the environment and how we can all help make a difference.
www.lifetimelab.ie



Brian Lillis
www.corkcityphotographs.com

BLACKROCK CASTLE

Let us take you to the stars at yet another award winning facility. Located in an early 19th century castle on the River Lee (just 2KM's from the city centre), this magnificent setting offers highlights including a tour of the universe featuring stunning interactive displays. There is an excellent restaurant on

site and they also run many themed events throughout the year. www.BCO.ie



TOY SOLDIER FACTORY

The Prince August Toy Soldier Factory situated between Macroom and Killarney is Ireland's only toy soldier factory and is in fact the world's largest manufacturer of toy soldier rubber moulds, and after 50 years has built up quite a collection, all of which are available. Here you will learn how to cast your own models whether a Roman Soldier or a

creature from 'Middle Earth' and of course all can also be found in the gift shop at the end of the visit. www.princeaugust.ie



MODEL RAILWAY VILLAGE

In the town of Clonakilty 1 hours drive west of the city, the Model Village allows you step back in time and see life as it was in the 1940's. See the old West Cork railway line that served the region portrayed in delightful miniature. The models and figurines are handmade at the model village to a scale of

1:24. Depicting busy market days, this is a joyful discovery for young and old alike. Relax in the unique tea room set on one of the authentic train carriages with a view of Clonakilty bay.
Visit www.modelvillage.ie for further details.



ADOPT A DONKEY

At the Donkey Sanctuary in Liscarroll in north Cork, you are invited to adopt a donkey (dont worry you wont have to take them with you!). All aged children and adults will enjoy the feel good factor at this unique experience, but especially younger kids. By adopting a donkey, they will then have yet another reason to come back to Cork in the future to

make sure their new pet is doing well.
Visit www.thedonkeysanctuary.ie for more information.



For more great fun days out just visit
www.discoveringcork.ie and make Cork yours!

discoveringcork.ie, a new online resource showcasing the best of Cork hospitality and tourist attractions has been launched. The brainchild of Cork native Peter Conway, the website is aimed at providing those planning to visit Cork with useful information and interesting facts about the rebel county. In short, discoveringcork.ie is an essential reference for visitors to Cork, providing a dedicated web based focal point to display what Cork City and County has to offer as a destination. discoveringcork.ie, is the definitive guide to Cork City and County. It will enable those thinking of visiting Cork to not only pre-plan their trip with the click of a mouse, but also to discover for themselves what the locals have long known: there's no place like Cork!

The Festival Nation



arts, music, food... you name it, Southern Ireland has it!

Southern Ireland is bursting with events and festivals that take place every week and weekend, right across the country. It's right here on your very own doorstep, depending on what you fancy! The May Bank Holiday Weekend is the best way to start off your summer of fun, and there are loads of great events and festivals happening across the country on this weekend, as well as throughout the rest of the month of May. Ireland is the place to be this summer, so check out www.discoverireland.ie for great value offers and a list of the must see festivals, but for now, here are some of our favourites...

SING WHEN YOU'RE WINNING IN THE SOUTH WEST

Find the right note in the South West this May at the **Cork International Choral Festival** which celebrates the very best of choral and vocal music in a city-wide programme of concerts, fringe events, public performances and competition from the 28th April – 2nd May. This festival which is revelling in its 55th year, is a world class annual event celebrating the very best of choral and vocal music. One of Europe's premier international choral festivals, Cork is noted for its high standards, eclectic and wide-ranging programme, and the friendliness of its welcome. Festival events and performances pivot around Cork's City Hall, one of the most attractive and acoustically superb venues in Ireland. The programme includes prestigious international and national competitions, gala and fringe concerts, public performances, and an education programme. Come on, let's all live in 'harmony'!

'WALK THIS WAY' IN THE SOUTH WEST!

The Cape Clear Island Walking and Talking Festival does 'exactly what it says on the lid'! From the moment you embark on the ferry in Bantry, Co. Cork on Friday the 30th April, you will be treated to a fantastic weekend which consists of a series of guided walks focusing on history, folklore, bird watching and ecology with local experts followed by various, informal gatherings themed around history, folklore, poetry and song. The island is a hidden gem, and offers visitors superb walking, where the stunning scenery is complemented by a marine environment frequented by many species of whales, dolphins and sharks. This is a weekend for those who wish to slow down and enjoy the great bounty of nature at its best among good company. Highlights of the walking festival includes such delights as; a guided walk of the North Harbour and Dún an Oir Castle with Diarmuid O Drisceoil, a walk to Loch Loral and back to North Harbour, with Damien Enright, a looped walk of the island with Séamus O Drisceoil, and a singing workshop with Ed Harper and John Hegarty in Club Cléire.

DISCOVER YOUR ROOTS AND RHYTHM IN THE SOUTH EAST

Why not head down to the picturesque town of Kilkenny on May bank holiday from April 30th to May 3rd, and join them celebrating the **300 years of brewing craft and tradition in Kilkenny**. This small modest festival will have gigs throughout the week-end, with acts like; Josh Ritter, The Duke and the King, Jason Isbell and the 400 Unit, Jason and the Scorchers, and many more. It is Ireland's most compact and hospitable music festival, where virtually everything is low-key but

high grade. Pack up the car and head for Kilkenny!

WALK ON THE WILD SIDE IN THE SHANNON REGION

This May Bank Holiday Weekend take a walk on the wild side in the Shannon Region with the **Ballyhoura International Walking Festival**, which takes place from the 30th of April to the 3rd of May. The festival has organised 30 guided walks over the course of the four days, and offers walking novices and veterans alike the chance to enjoy a landscape which is rich in geology, archaeology and wildlife. Direct your compass towards the Shannon this May Bank Holiday weekend!

SLOWLY DOES IT IN CLARE

Apart from your group of friends or family, hunger is the best companion to take with you to **The Burren Slow Food Festival** which takes place in Co. Clare from the 21st to the 23rd of May! This gastronomic extravaganza is promoting local artisan producers, restaurants and pubs, and celebrates community spirit with local and national chefs lending their culinary expertise to cookery demonstrations throughout the weekend. The foodie festival includes highlights like; cookery demonstrations, children's workshops, farmer's markets, and a plethora of celebrity chefs and food writers in attendance to answer questions and chair talks. Ditch the diet in the Burren this May!

For more information on any of these events, or to check out some great quality accommodation, simply log onto www.discoverireland.ie



A Taste of Cork

Our critic, Paul J. Kiernan gives his reflections on Restaurants in Cork city and county

Clarion Call for Augustines



There is no choice with the tasting menu and the dishes vary from day to day. Our first course was a Red Pepper, Tomato and Herb Consomme. Served with soft homemade breads, so much flavour was packed into this initial crimson shot that our taste buds – my own jaded after a long day in work consuming bad paninis and worse coffee – were properly jolted back into life.

Sea Bass on a Vegetable Escabeche followed. Escabeche is a typical Mediterranean dish where the meat or vegetables are marinated in an acidic mixture. Piquant and citrusy, it continued the light-but-aromatic theme of its predecessor, and was revealed from under its silver lid with a theatrical flourish by our waiter, Frank.

There was more pageantry with the next course of Wild Mushroom and Truffle Soup with Parmesan Crisp. Large plates were placed in front of us with a sunken section in the middle. Part plate, part bowl – a plowl, perhaps? Maybe not! Anyway, in its central depression was a cone of fluffy foamed milk and around the sides some manner of decadent truffle extract. Rich, steaming mushroom soup was then expertly poured from our own individual jugs into each plowl.

I suppose the Assiette (assortment) of Pork – comprising confit of pork, rilette of pork, crackling, apple membreo (i.e. apple juice) and parsnip puree – was the “main”. Served on a slate like you might find on a roof, this sumptuous course officially elevated the experience into the stratosphere for my carnivorous friend.

The cheese was Brie with Roast Plum and Rocket Salad. My dining companion came back down to earth, saying that he thought this was the weakest course. Asked to elaborate he explained that he would have liked the same level of ornamentation and drama as in the preceding four courses. What a fool! He still ate it all, I noticed.

Dessert was a trio of Orange Mousse, Grapefruit Jelly, and Lemon Curd Ice Cream followed by a couple of good coffees.

Augustines, The Clarion Hotel, Lapp's Quay, Cork City. Tuesday-Saturday 6 - 9:30pm.

Tel: 021-427-9375 www.augustines.ie



FRANCESCO MAZZEI IS GUEST CHEF AT MILANO

Francesco Mazzei, chef of the acclaimed London restaurant L'Anima, is the new guest chef for Milano. Mazzei has created six exclusive dishes for their menu.

Over the past six months Calabria-born Mazzei has been working closely with Antonio Romani, Executive Chef of Milano, developing six signature dishes: two starters, three pizzas and a pasta dish. The dishes are inspired by Francesco's love of Southern Italy where he grew up in a family of five in Calabria.

Francesco Mazzei has contributed extra authenticity to Milano ingredients with the introduction of a local olive oil from his hometown in Calabria and the fragrant oregano of the region. These will be used across the core menu as well as in his own dishes.

Francesco Mazzei's new pizza dishes for Milano include:

Pizza Rustichella (€13.95)

- On the traditional Milano tomato, mozzarella and oregano foundation, is built a covering of crackling Italian pancetta, marinated roasted tomatoes, rocket, and grana padano plus a trickle of Caesar dressing.

Mia Sofia (€14.95)

- Inspired and named after Francesco's young daughter and her love of mushrooms both tame and wild, the Mia Sofia is a forest floor of Portobello, cup and oyster mushrooms infused with truffle pasta topped with mozzarella, chives, oregano and basil oil. This big, beautiful bianco (no tomatoes) pizza is made with the thin, crisp Romano base and finished with parsley and grana padano.

Calabrese (€15.95)

- A carnival of a pizza served on the hand-stretched rectangular base stipulated by Francesco's grandmother. The vivid topping includes slices of hot Calabrese DOP (protected destination of origin) sausage, roquito peppers, fresh green chillies and spicy soft n'duja sausage. While knocking your socks off, it also supplies peppery vitamin-rich watercress dressed with pesto, grana padano and fior di latte mozzarella.

Pasta Tagliolini (€13.65)

- The finest, fastest-cooked egg noodles are combined with a selection of sliced mushrooms and a creamy sauce to deliver a savoury, soothing sensation.

**Milano, 8 Oliver Plunkett Street
Cork, Co. Cork Tel: 021 427 3106**

Last summer I took my family to Augustines which was located then on Washington Street and as I remember it, taking the taxi driver's advice, I had a terrific Beef Wellington and enjoyed an all-round super experience. I was disappointed shortly afterwards to see the restaurant apparently shut down – another victim of the recession perhaps?

A victim of its own success more like, it had simply moved to a larger 140-seater premises at the Clarion Hotel on snazzy Lapp's Quay. Corkonian, Brendan Cashman, is owner/head chef and he endeavours to source as many ingredients as possible from Cork's famous English Market. He is well known in the city and has over the years consulted on many new restaurant projects in Cork.

I tried out the new venue recently - aptly, on the same night as the Irish Restaurants Association (which tends not to use the abbreviated form of its name!), held the Munster leg of its 2010 restaurant awards in the Clarion Hotel.

As well as the à la carte menu there is a six-course tasting menu, including a glass of wine, for €25 per person. The two wine options hail from the little-known Spanish appellation of Calatayud, a little south of Rioja. The white, a weighty blend of Chardonnay and Macabeo, is absolutely stunning – ripe peach and melon with the slightest touch of butter. The bodega is called “Langa”, which must cause some sniggering in Cork patrons whenever they order it.

Anyway, we went for the tasting menu and it would be hard to overstate how impressed we both were. I never want the boom to come back if it means Irish people can continue to dine out so extravagantly at such modest prices.

Get in touch - if you would like your restaurant reviewed, especially if your business is new, recently revamped, or if you have created a new menu. Call 021 4898858 or email: info@corklife.ie

Jola's Fine Dining - An Aladins cave of class

The logistics of restaurant reviews don't come any simpler than my visit to Jola's Restaurant, located a leisurely three-minute stroll from my front door in Kinsale. There is a slight upward gradient to the walk though, and with Chez Max and Fishy Fishy even closer – it's no wonder none of my trousers fit anymore!

We took our newborn daughter with us as we weren't sure what else to do with her. Proprietor, Jola Wojtowicz, greeted us – "Oh, it's your first ever visit to a restaurant, isn't that right?" she said to the baby in that exaggerated voice that people reserve for infants. I pointed out that she had actually been in the Blue Haven the previous weekend, before my wife added charitably that this was her first evening meal out though. So, quite the coup for Jola's!

Jola, who hails from Poland, opened her restaurant three years ago. It easily outclasses some of Kinsale's bigger names, a portion of whom seem to be trading on their names and relying on the non-repeat tourist trade.

Jola's is not on a main street and it takes a modicum of effort to find. There is an outbreak of roadworks in Kinsale town centre as I write, though, so maybe she is better off away from the action - the action being noisy trucks, annoying stop-go systems and steaming tar. Not being Irish, Jola couldn't understand why all the roadworks aren't done at the same time which is a good point.

Jola's looks fairly innocuous from the



outside but it's a proper Aladin's Cave inside. On entry, a stairs leads down into a cavernous dining room – all massive chandeliers, high ceilings, warm candlelight, plush carpets, and exposed brickwork. It would be a fabulously dramatic venue for a small wedding reception, wake, or other private party.

The cuisine is Modern Polish – Mo Po, as Jola's website calls it. Instead of choosing from the menu, Jola suggested serving us a tasting plate of her various starters (which on their own range from €4.50 to €10.90). My favourite was the Potato Pancake with Smoked Salmon and Sour Cream, while my wife loved the Pierogi Pastry filled with Clonakilty Black Pudding and Bacon. Vegetarians don't need to feel hard done by as the Grilled Mixed Vegetables with St. Tola Goat's Cheese and Honey Red Wine Shallots is a real treat. The fat, juicy prawns are also excellent.

Jola's Rack of Lamb (€25.90) is something of a specialty. Marinated in red wine and herbs, Jola explained that the secret is to

marinate the meat for at least a day. This is a hugely popular dish in her restaurant but, she says, if it runs out, that's it for the night; she refuses to simply douse more lamb in wine and serve forty minutes later. I gallantly cut the lamb up for my wife as she had only one hand free due to holding the baby. For every piece I cut her, I ate a piece myself – mwah-haw-haw.

My own was the Beef Sirloin with Forest Mushroom Sauce (€23.50), the doomed cow coming from just up the road in Riverstick. This succulent wedge was cooked perfectly and the creamy mushroom sauce was gorgeous, and probably full of good fats.

Desserts are all around the six or seven euro mark. Again, Jola offered us a selection. Best of the bunch was the satiny White Chocolate Mousse followed closely by the crunchy Dark Chocolate and Walnut Cake.

We skipped the coffees as our tiny bundle of joy, who – to give her due respect – had behaved impeccably throughout the meal, was due to wake up and start bawling for milk any second. But I did manage to squeeze in the Lemon Sorbet with Champagne (€7) before leaving the table. This classy dessert-cocktail was a revitalising way to end a top-class meal.

Walking home only took two minutes and luckily it was downhill all the way!

Jola's Restaurant Tel: 021 477 3322
Email: info@jolasrestaurant.com
Web: www.jolasrestaurant.com



DINE IN STYLE AT THE CORNSTORE

The Cornstore, situated on Cornmarket Street Cork, has launched its Spring Lunch and Early Bird Menu. In keeping with offering top quality food at competitive prices for 2010, The Cornstore is now offering 3 course lunch or Early Bird Specials for €19.95, while diners may also enjoy lunch specials and tea or coffee for €9.95.

The menus feature delicious appetisers including Prawn Pil Pil, Cornstore Chicken Wings, Caesar Salad or Soup of the Day, while the main courses range from Wild Mushroom Risotto, Fish Cakes, Thai Green Curry, Cornstore Homemade Burger and Bangers & Mash. Mouth-watering desserts, such as Flourless Chocolate Cake, Eton Mess and Apple Turnover are sure to tempt those who fancy a third course. The Cornstore Kids Menu is also available, offering healthy, wholesome food in children's portions as well as popular favourites like mini burger and proper chips, bangers and mash, mini fish cakes and delicious desserts and fruit smoothies.

The Cornstore is open seven days a week for Lunch from 12pm and Dinner from 6pm. Sunday Lunch from 1-3pm has also become a popular trend and bookings are now being taken for

Confirmations, Holy Communion and special occasions. **To make a reservation at Cornstore Cork, call 021 4274777 or for further information simply log on to www.cornstorecork.com**

CORNSTORE WOULD LIKE TO OFFER CORKLIFE READERS A CHANCE TO WIN A 3 COURSE LUNCH OR EARLY BIRD FOR TWO PEOPLE

To be in with your chance, just send us an email with your details to: info@corklife.ie. Alternatively, you can send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Rd, Douglas, Cork. Closing Date: 30 May 2010. Just one entry person. Good luck!



Nakon on Heaven's Door

I've been to Nakon Thai many times over the years, including on May 25th 2005. No, I'm not an idiot savant like 'Rainman', I just remember as that was the night Liverpool came from three goals down to beat AC Milan in the Champions' League final. I kept checking the score on my mobile while eating – textbook restaurant etiquette. I'm actually an Everton fan, so it was really annoying to have the Reds' comeback taint my fish-cakes and Matsaman Gai.

Anyway, I went there again recently with my mother-in-law. A soft March evening, the watery Irish sunshine was further diluted by the bamboo window blinds in Nakon Thai, a sad contrast from the scorching tropical sun that I enjoyed in my youth on Koh Phi Phi in the balmy Andaman Sea. Nakon Thai does play traditional Thai

music in its restaurant, though, – no panned Celine Dion here – and that at least is laudably evocative of dear old Siam.

I really like the wine list here. There are some eighty options in total, which is more than respectable for a midrange restaurant like this. Familiar brands feature heavily and the mark-up seems reasonable.

Good white possibilities for this type of lifted cuisine include zesty Riscal Rueda (€20.50), ever-popular Montana Sauvignon Blanc (€22.50), and exotic Hugel Gewurztraminer (€21.95).

I rarely drink reds with Asian food but plenty do and, for them, recognisable-yet-interesting choices also abound.

Wakefield Shiraz (€20.50) from Australia's Clare Valley is an excellent wine, while Riscal Rioja Reserva (€25.95) and Carmen Carmerere-Cabernet (€24.50) are similarly tasty, and exceptionally good value.

The connoisseur might try Craneford's Nebbiolo. Nebbiolo is the grape used in icon wine, Barolo, but it is invariably distressingly expensive – in Nakon Thai you



can try this noble grape for just €22. If you're a connoisseur and you're minted you could opt for the illustrious Beucastel Chateaufeuf du Pape 1996 (€59.50), or some of the mature classed Bordeaux wines listed.

Nakon Thai has a super-relaxed, local vibe. The staff is unchanged from when I used to go there at the start of the decade. Serving the humming Cork suburb of Douglas, I would guess that a large proportion of its customer base is repeat business, drawn by the casual atmosphere, reliable food, and friendly service. For lovers of Thai food, all the usual suspects – Tum Yam soup, Duck in Red Curry, Green Curries, Phad Thai – and more are available.

I started with the Thung Thong – minced pork, crab, prawns and herbs in a pastry parcel served with plum sauce. Crunchy and bursting with bright coriander, this was a solid start to proceedings. Mum-in-law went for the Seekrong Mu. I would've liked to have gone for these barbeque ribs myself, but I had come straight from work and I knew I'd get the sauce on my shirt if I tried to devour ribs. I only ever really have

ribs at home where I can scoff them bare-chested.

I was desperately unadventurous in my main, choosing the Ped Makham – crispy duck on a bed of noodles with tamarind sauce – which I've enjoyed a million times before. I love the sour piquancy of tamarind, though, and it cuts nicely through duck which, for all its charms, inclines towards fattiness. MIL had Mu Phad King, basically pork in oyster

sauce with mixed vegetables. I think that Pork can be a bit bland, but the richness of the sauce couple with the healthy diversity of flavoursome vegetables here meant that the overall effect was positive.

Asian restaurants don't have a great reputation for desserts so we braced ourselves as we ordered the Thai Custard made from coconut milk and the Fried Banana in Batter. While it may be time for the custard to go back to the focus group stage, the banana was truly scrumptious.

*Nakon Thai, Tramway House, Douglas.
Monday-Saturday 5:30 – 11pm
Tel: 021-436-9900*

grow your own eat your own

Now the sun is coming out there has never been a better time to start thinking about growing your own. Grow Your Own, Eat Your Own is the perfect one stop resource for anyone who has ever grown or wanted to grow their own produce but aren't actually sure what to do with it. Often crops arrive in gluts or are disappointingly small and Bob offers all sorts of advice and options as to how best to eat, store and preserve the nutritious goods you have. Get Bob Flowerdew's new paperback edition of Grow Your Own, Eat Your Own, available in bookshops now, and to tickle your tastebuds, here are some simple recipes extracted from the book.



Bubble and squeak

Although this can be made with a variety of leftover vegetables, my local dish always includes Brussels sprouts and potatoes. These are mashed together with a very finely sliced onion, seasoned and formed into little patties. Shallow-fry in lard or sunflower oil over a medium heat until brown and crispy. Sprinkle with salt. Simple!



Spaghetti polognese

I was once making spaghetti Bolognese for a friend who does not eat red meat, so I substituted minced chicken. However, I felt it was lacking in flavour so I upped the herbs and added home-made sun-dried tomatoes. The result was simply delicious. Heat a tablespoon of oil in a pan and cook a minced or finely chopped onion and some garlic until softened. Remove to a plate whilst you cook the mince. Heat a little more oil and thoroughly brown about a pound (450g) of minced chicken. Add the onion back to the pan with some oregano, paprika, powdered ginger, a bay leaf and some chopped basil. Add a glass of red wine, a pound (450g) of peeled, de-seeded tomatoes, roughly chopped, 6 ounces (150g) chopped marinated sun-dried tomatoes and half a pint (300ml) of stock. Bring to the boil, and simmer gently for 45 minutes to an hour. Top up with more stock if it begins to catch. Cook some spaghetti, stir through the sauce and serve.



Social & Personal

People, places, stuff you will want to know about!



Celebrity Chef Rachel Allen, Miss Cork Etaoin O'hAilpin and wife of Ronan O'Gara, Jessica O'Gara, were on hand at Brown Thomas Cork to officially launch the 2010 Fashion Targets Breast Cancer™ Ireland campaign in aid of Action Breast Cancer (a programme of the Irish Cancer Society) and Europa Donna Ireland. Rachel, Etaoin and Jessica launched the Tory Burch designed Fashion Targets Breast Cancer tote bag, which has been exclusively created for the Brown Thomas Group to support this year's campaign. The Fashion Targets Breast Cancer bag will be sold for €45 in Brown Thomas and all proceeds raised will go to Action Breast Cancer and Europa Donna Ireland. pic Gerard McCarthy



April 19 – 25 will see a hive of activity take place in local libraries throughout Cork to celebrate the Bord Gáis Energy READISCOVER Your Library Week. Libraries are hidden treasures with endless entertainment opportunities; you can get lost in a book, use the internet, find your favourite recipe or rediscover your favourite book as a child and share it with your own children or even your grandchildren. For loads of great reasons to visit your local library and to find out what events are taking place for the Bord Gáis Energy READISCOVER Your Library Week please log on to www.bordgaisenergy.ie/reading



Loretto Kiernan from Blue Haven Food Company, Breffny Morgan from Digiweb, little Griffin Parker Beechinor from Kinsale with Mum Niamh Parker, fund raiser and Alan Beechinor from Digiweb at The Crumlin Children's Hospital Darts Challenge, held on the 26th of March at the Anglers Rest to participate in a Darts Challenge to raise much needed funds for Crumlin Children's Hospital. Digiweb Partners are the main sponsor. Breffny is the new face of Digiweb Partners - Ireland's fastest broadband. Phil "The Power" Taylor & Dennis Priestley were the pros playing on the night. pic Gerard McCarthy

Heineken has teamed up two of Ireland's biggest soccer and rugby stars - Manchester United legend and Champions League winner Denis Irwin and Heineken Cup winning Munster champion Anthony 'Axel' Foley to officially launch Heineken Star Saturday. Heineken, the official sponsor of The UEFA Champions League and The Heineken Cup celebrates both tournament finals on one ultimate day – Heineken Star Saturday (22nd May 2010). Rugby and soccer fans will be able to enjoy the excitement and adrenalin of both finals as the Heineken Cup kicks off at 17.00 and the UEFA Champions League Final kicks off at 19.45. Heineken is encouraging soccer and rugby fans to visit their local pub on Heineken Star Saturday for this amazing sporting event. Full details and to register for updates on Heineken Star Saturday log on to www.heineken.com



Celebrity Irish Chefs Rachel Allen, Derry Clark, Clodagh Mc Kenna, Neven Maguire, Catherine Fulvio and Kevin Dundon to name only a few, have joined forces with Valerie Toomey to produce a glossy new cookbook entitled Truly Tasty. This is an Irish publication with a true difference written specifically for adults with chronic kidney disease and on dialysis. The catalyst for this book was provided by Valerie who received a kidney donation in 2006 following a number of years on dialysis. "This gave me a second chance at life so to honour my donor I decided on this project". Truly Tasty" will be launched in the Maryborough House Hotel Cork on April 15th. pic Gerard McCarthy



Make a difference this May - by volunteering for Happy Heart Weekend 2010, May 13-15 in aid of the Irish Heart Foundation to keep more hearts beating. With just one day of their time, or even less – volunteers can directly have an impact on saving a life – maybe even the life of someone they know. The long-running national charity, which is 90% funded by charitable donations, is looking for people with a sense of fun and energy who are willing to step up and shake a bucket on any of the three flag days. This year marks the 20th anniversary of the Irish Heart Foundation's annual Happy Heart Weekend which is raising money to strengthen the Chain of Survival all around Ireland so that less people will die from sudden cardiac arrest. The Chain of Survival is made up of 4 vital links to save a life when a person's heart stops beating: Call 999 or 112, Start CPR immediately, Start defibrillation, Access to advanced care. An estimated 5,000 people die from sudden cardiac arrest in Ireland every year – that's 13 people dying EVERY DAY when their hearts stop beating. More shocking is that between 70 to 100 deaths occur in people under the age of 35. But YOU can make a difference. Make a difference - sign up today. Contact Ciara Mealy on 01 668 5001 or email cmealy@irishheart.ie or see www.happyheartweekend.ie

FACE IN THE CROWD COMPETITION!



If you are the person circled in the photo, all you have to do is contact us, identify yourself and you will WIN a great prize.

CORKMIDSUMMER FESTIVAL OF THE SENSES

12-27 JUNE 2010



SELECTED HIGHLIGHTS ON SALE FROM 12 APRIL

Selected highlights from the festival programme will go on sale early this year, so check out www.corkmidsummer.com from 12 April to snap up tickets for, amongst others, *An Evening of Chamber Music* with celebrated contemporary composer **Philip Glass**; notorious French choreographer **Jérôme Bel's** *The Show Must Go On*; **Corcadorca's** promenade production of *Plasticine*, and the World Premiere of *FML* featuring Cork teenagers. Book early for special discounts.

WWW.CORKMIDSUMMER.COM

corkmidsummer.com/maillinglist
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KEEP IN TOUCH

CORK life

An A-Z Directory

ART GALLERY



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Bringing art out of the gallery and into your home. We strive to make art buying as easy as possible, and welcome all new and existing collectors into the gallery.

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Be Framed Fine Art Gallery,

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Telephone: 021 4362940 Fax: 021 4362941

Email: info@beframed.ie

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BARS / PUBS



CISSIE YOUNGS

Lunches served 12-3 Mon-Sat. Ideal sports venue with 2 Plasma & one big screen. Student-friendly & brilliant atmosphere for everyone!

Saturday soccer and all matches shown

80 Bandon Rd, Cork

Tel: 021 496 2773

www.cissieyoungs.com

Map Ref E5



COUNIHANS

Old world charm in a lively authentic Irish bar. Serving drink to corkonians for over 200 years (with a few days off!!) Coughlins is great for its classic charm downstairs and lively and brand new upstairs.

3 Pembroke Street, Cork

Tel: (021) 427 7850

Map Ref C8



O'BRIEN'S BAR

A family run pub located in the famous square in Rosscarbery village offering the best in traditional Irish pub-life. O'Brien's has a fantastic beer garden - a great location for all you smokers or just to sit out with a cool drink on a warm summers day! The bar is always jammed packed during the sporting season with their two wide screens showing all the major sporting events and an atmosphere to be reckoned with make sure you stop off to catch the game here!

There is plenty to do in O'Briens with a pool table, dartboard and jukebox ... you will be kept busy. At weekends the best in local musical talent can be seen and heard with live traditional music a regular fixture in the bar. So whether you're looking for a bit of history, a chat with the locals or a great pint, we're sure you'll find all of the above in O'Brien's Bar!

3 South Square, Rosscarbery, Co. Cork
Tel: (087) 8190142



THE OUTPOST

A good, decent bar!

Student Lounge, Jukebox and Regular Live Music.

Big Screen TV with Sky and Setanta Sports.

Curraheen Road, Bishopstown, Cork.

Tel: 021 4544013

On site parking



THE TWINS O'BRIEN

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Regular Live Music

PARTIES WELCOME

32 Marlborough Street, Cork

Email: twinsobrien@eircom.net

Tel: (021) 427 9785



THE ROUNDY

Open 10 am - until late Monday To Saturday

Open 4pm till late Sunday.

Live music Sunday & Thursday nights.

Check website for details -

www.theroundy.ie

Serving scones & croissants in the morning

1 Castle Street / 34 Grand Parade

Tel: 021 422 2202 Map Ref B7



SUAS ROOFTOP BAR

Suas Rooftop Bar, located above Captain Americas Cookhouse on South Main Street is Cork's finest rooftop bar. Modern sleek design and a large outdoor terrace with views over the city make Suas a great place to unwind after work. Suas boasts an extensive cocktail and wine list.

So if you are looking for somewhere different then try Suas rooftop Bar.

Open seven days

4-5 South Main Street, Cork

Email: info@suasbar.com

Web: www.suasbar.com

Map Ref C7

LATE BAR



CLANCY'S

BARS, RESTAURANT, CATERING

Open 7 days with full à la Carte Restaurant. Lunchtime Carvery. Sunday Brunch.

Parties Welcome. Late bar.

All occasions catered for.

Open for Breakfast 10am Mon to Fri and 12 on Sunday.

Food served all day, every day

15 - 16 Princes Street, Cork City

Tel: 021 427 6097

Email: info@clancys-bar.com

www.clancys-bar.com

Parking - On street parking or

Grand Parade Car Park

Map Ref C8

NIGHTCLUB



LIQUID LOUNGE

The future is liquid

BOOK YOUR 21ST AND BIRTHDAY PARTIES AT LIQUID LOUNGE

Late lounge.

Centrally located.

29 Marlboro Street, Cork

An exquisite alternative to the norm

Map Ref C8

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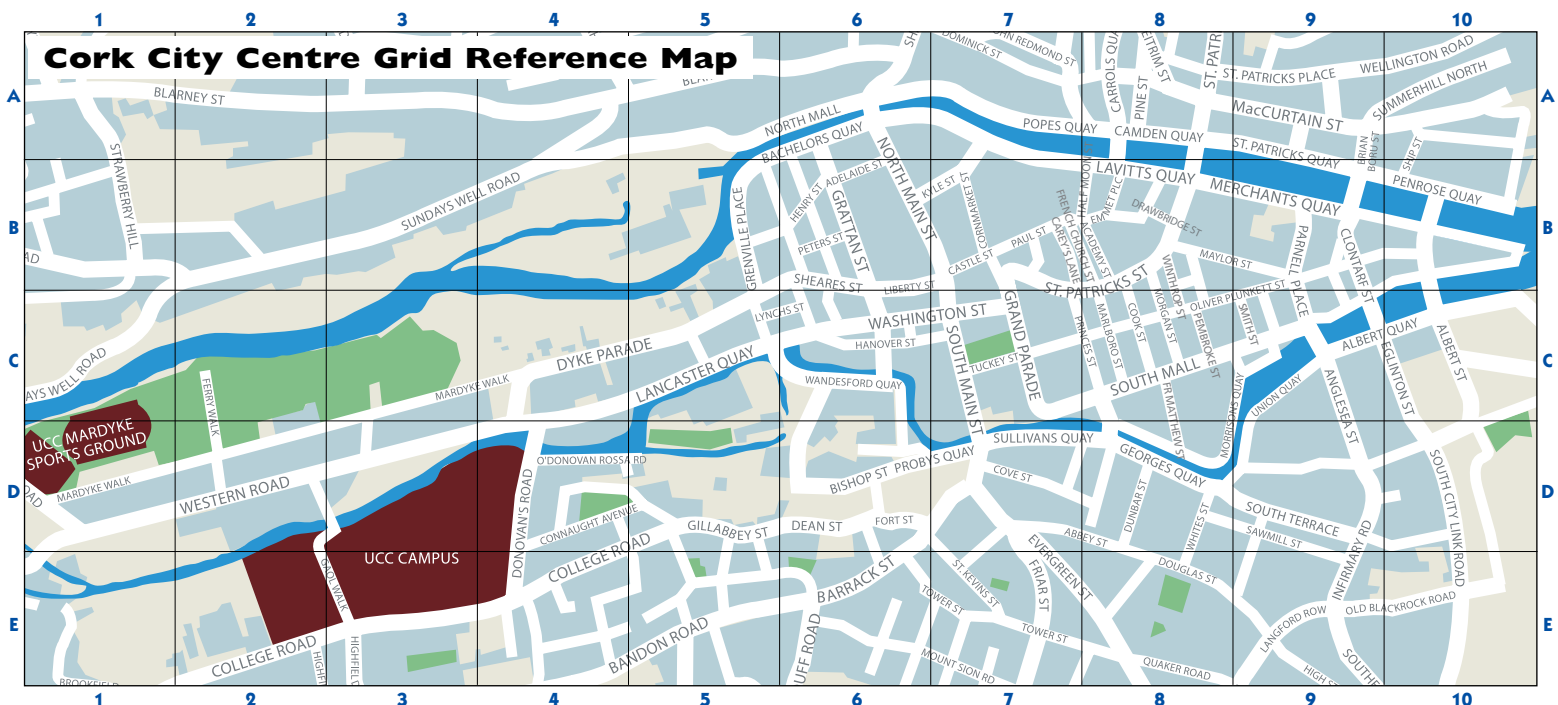
For more information:

Web: www.corklife.ie

Email: info@corklife.ie

or call us on:

(021) 489 8858



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FRANCO BARBER

The original Turkish Barber Shop
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VOUCHERS FOR ALL OCCASIONS
 Mon - Fri 9 - 9pm., Sat 9 - 7pm
 Just 5 mins from Merchants Quay S.C.
 28 MacCurtain Street, Cork
 Tel: 021 455 2828

No Appointment Necessary [Map Ref A9](#)

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 web: www.adecco.ie
[Grand Parade Car Park](#) [Map Ref C7](#)

ENTERTAINMENT CENTRE



THE MARDYKE

Bars, bowling, American pool, snooker, karaoke pods and fun casino all under one roof. Open daily from 12 noon with a great choice of wines, local and foreign beers and an extensive cocktails menu. If you want to shoot some pool with friends, bowl a night away, sing your favourite tunes in karaoke or just hang out and enjoy a few drinks... then The Mardyke is the place for you.
 The Mardyke Entertainment Complex, Sheares Street, Cork
 Tel: 021-4273000.

[Parking-Off Street.](#) [Map Ref B6](#)



k-Pod karaoke

KARAOKE

Your own private karaoke pod for you and your friends to enjoy. With over 5,000 songs and a state-of-the-art touch screen system, waiter service and an extensive cocktail menu as well as full bar available.
 Booking taken.
 K-Pod Karaoke at The Mardyke Entertainment Complex, Sheares Street, Cork. Tel: 021-4273000

ENTERTAINMENT / DAYS OUT



WEST CORK MODEL RAILWAY VILLAGE

Tour West Cork towns in beautifully hand crafted miniature set in gardens with a delightful miniature railway meandering through them. Take tea in an authentic railway carriage of the 1940's overlooking Clonakilty Bay. Enjoy a unique tour of Clonakilty and area in our fantastic roadtrain. **Free parking.** Open Feb - Oct 11am - 5pm, July/Aug 10am - 6pm. "The Station", Inchydoney Road, Clonakilty, West Cork, Ireland
 Tel: (023) 33224 www.modelvillage.ie
 Email: modelvillage@eircom.net



Opening times:
 Monday-Saturday 10.00 a.m.
 Sundays 11.00 a.m.
 Last entry at 3.30pm every day
 Gates closed at 4.30pm
 From: 7th March - November 2nd - last admission will be 5pm and the park closes at 6pm
 Carrigtwohill, Co. Cork
 Tel: 021 481 2678 Fax: 021 481 2744
 Web: www.fotawildlife.ie

ENTERTAINMENT / ARTS & THEATRE



EVERYMAN PALACE THEATRE

The Everyman Palace is a beautiful 650 seat theatre and jewel of late Victorian architecture. A listed building, the theatre is steeped in history and is a favourite with audiences and performers alike for its intimacy and atmosphere. Its programme is an eclectic mix of plays, operas, musicals and concerts.

The Everyman Palace specialises in drama and receives regular visits from companies such as Druid, Blue Raincoat, Guna Nua and London Classic Theatre.

Box office opening hours:
 Monday to Friday from 10am
 Saturday from noon
 Sunday/Bank Holiday from 4pm
 (performance days only)

Special 15 euro opening night price applies to many shows.

Booking and Info:
www.everymanpalace.com
 Tel: 021 450 1673
 15 MacCurtain Street, Cork
[Map Ref A9](#)

HAIR & BEAUTY



ARTISAN 2

Monday to Wednesday 9:30 am - 5:30 pm
 Thursday & Friday 9:00 am - 7:30 pm
 Saturday 9:00 am - 5:00 pm
 West Avenue, Park Gate, Frankfield, Cork
 Tel: (021) 489 7221

HAIR & BEAUTY



ARTISAN

Opening hours:
 Monday to Wednesday 9:30am - 5:30pm
 Thursday & Friday 9:00am - 7:30pm
 Saturday 9:00am - 5:00pm
 Morris House, Douglas, Cork
 Tel: (021) 489 5455



Specialists in the art of creative cutting, colouring and up-styling techniques in an ultra-modern, fully air-conditioned salon.
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 Sat: 9.00am to 4.30pm.
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 Tel: 021 427 7216 / 427 5662 / 422 3964
 Fax: 021 425 4949
 Web: www.darcyshairdressing.ie
Parking - Paul St. or North Main St. cp
[Map Ref B7](#)



Experience excellent service in our state of the art salon which also includes our nail bar service.

Opening times: Monday to Wednesday 9.00am - 6.00pm, Thursday & Friday 9.00am - 9.00pm
 Saturday 9.00am - 5.30pm,
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 Telephone: 021 4875363 / 021 4875687
 Web: www.darcyshairdressing.ie



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Specialising in Human Hair Extensions, Fashion upstyles and creative colour & cutting. Debs & Bridal group discount packages.

Using a range of professional products including Alfaparf.
 Open: Tues - Wed 9am - 6pm.
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 Tel: (021) 4279247
Parking On Street [Map Ref: C6](#)



GORGEOUS BY WYATT Unique Chic Hair Boutique

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 Early til late by appointment
 23 Georges Quay Cork
 Tel: 021 4319990 [Map Ref D8](#)



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 • Thread Vein Removal/High Colouring
 • Acne Treatments/Blemished Skin
 • Photo/Skin Rejuvenation
 • Stretch Mark Removal
 • Full Range of Prescribed Murad Facials including Glycolic Peels

Exclusive to Cork Lasercare Clinic, introducing the arrival of "Murad", our eagerly awaited range of cosmeceuticals. Dr. Murad products are a scientifically proven breakthrough in the field of anti-ageing and skin health.

Address: Suite G, Penrose House, Penrose Quay, Cork
 Tel: 021 4530776 Email: info@corklasercare.ie
 Web: www.corklasercare.ie [Map Ref B10](#)

NAILS



NEWYORK NAILS

Cork's first American pedicure salon offering real spa pedicures with back massage. Also offering an array of nail extensions & manicures. Walk-ins welcome. Free Wi-Fi zone. Lunches & light meals available. The best prices & best service in Cork Island House, Morrisons Quay, Cork (Behind McCarthy Insurance - South Mall) Tel: 086 230 2303 www.newyorknails.net Map Ref C9

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Quality fitted kitchens, wardrobes and dressers. We offer a full range of styles in wood, including Maple, Ash, Pine, Oak, Walnut, High-Gloss, Vinyl, and In-Framing as well as painted and hand-painted kitchens. Quality designs at a competitive rate. Call in to see our showroom, Mon - Sat 1 Main Street, Enniskeane, Co. Cork Tel: 023 8847934 Mob: 086 2304103 www.roundtowerkitchens.com



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CHRISTYS

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Hi-tech gymnasium where you can get some exercise using a range of equipment and free weights, enjoy a game of squash or relax in the sauna. You may also wish to join in one of the many classes or make an appointment for a Holistic Therapy.

- No joining fees • 3, 6 & 12 month options
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 - Sauna, Steamroom & Jacuzzi
 - Fully equipped gym
 - Free Fitness Programme with every membership
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 - Aerobics Classes are FREE to members
 - Private Swimming lessons.
- Call us now on 021-4643760 for more information**
St. Patrick's Quay, Cork

Parking available - MacCurtain St Multistory Map Ref A9.

STUDENT ACCOMODATION

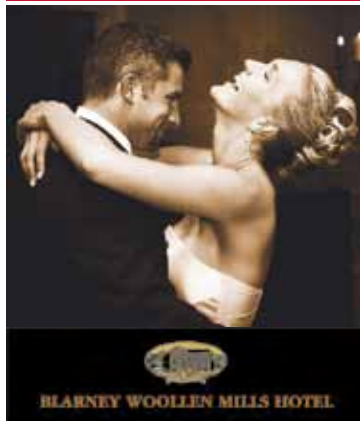


DEANSHALL

- LOCATION
- CONVENIENCE
- COMFORT
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Crosses Green, Cork City and Curraheen Road, Bishopstown is available to UCC & CIT students and is walking distance to CIT and CUH. DeansHall, Crosses Green is available to students attending all third level colleges. SUMMER ACCOMMODATION is available at DeansHall, Crosses green from €105.00pp per week. CALL 1850202022 Web: www.deanshall.com Email: info@deanshall.com On Site Parking Map Ref D7 (Crosses Green)

HOTELS



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CARLTON HOTEL & C SPA KINSALE



CARLTON HOTEL & C SPA KINSALE

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Superior 3 star hotel set amongst the beautiful surroundings of West Cork. Facilities include 66 Guest rooms many with sea views, Druid's Restaurant, Kingfisher Bar, Library Bar and Tower Lounge. Conference and Banqueting facilities, Leisure Centre and Holistic Suite. Free car parking available. The ideal venue for the perfect wedding. Registered for Civil Marriage Ceremonies. Rosscarbery, Co. Cork Tel: 023 8848722 Fax: 023 8848723 Email: info@celticross.com Web: www.celticrosshotel.com



ISAACS HOTEL

47 bedrooms, 11 serviced holiday apartments, & Greenes restaurant overlooks Cork's only city centre floodlit waterfall! 48, MacCurtain St., Cork City. Tel: 021 450 0011 Fax: 021 450 6355 Email: cork@isaacs.ie Web: www.isaacscork.com Parking - St. Patrick's Quay Carpark Map Ref A9



SPRINGFORT HALL COUNTRY HOUSE HOTEL

Only 5 Minutes from Mallow. Conference & Banqueting Facilities. Complementary Parking for our Guests. Relaxed Atmosphere. Scrumptious Food. Mallow, Co. Cork Tel: 022-21278 Fax: 022-21557 Email: stay@springfort-hall.com Web: www.springfort-hall.com



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Stunning Country & Seaside location with views over the harbour. Centrally located in West Cork and only one hour drive from Cork International airport, Glandore is the perfect location for any break, be it families, couples or groups. The on-site Adams Bar & Eves Restaurant serving bar food, à la carte and takeaway menus. Sunday roast carvery available, extensive sea food menu & wine List, 42" outdoor television and heated smoking area. Catering to a variety of functions such as birthday, social club, pre/post event wedding parties. Unique indoor BBQ parties for a rainy day. Free onsite parking. Value for money deals with weekly luxury self catering accommodation. 3 Nights from €29 pppn. Total €349 (Based on 2 couples sharing). Glandore, West Cork. Tel: 028-33366 Email: info@themarine.ie Web: www.themarine.ie



The River Lee Hotel CORK

The River Lee Hotel is the perfect vantage point to savour the city of Cork, and everything that it has to offer. From our superb Fitness Centre and magnificent Urban Escape Spa to the culinary delights of our Weir Bistro, the conviviality of our friendly bar and terrace as well as private dining for up to 60 people with free car parking - You'll find it all at The River Lee Hotel. A member of The Doyle Collection Western Road, Cork Tel: 021 425 2700 Fax: 021 427 4477 Web: www.doylecollection.com/riverlee

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For more information:
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Email: info@corklife.ie
or call us on:

(021) 489 8858

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Tel: 021 463 0777 Fax: 021 462 1708
Email: therapyforgirls@eircom.net
Web: www.therapyforgirls.com
www.powerplatesmidleton.com
Lots of free parking

PARTY VENUE



THE RECTORY

The Rectory Private Party Venue is fast becoming the location to beat all. The 19th Century Georgian Listed building is perched on a hill overlooking the stunning Glandore Harbour, West Cork. Only an hour drive from Cork airport, Glandore is certainly the ultimate getaway destination and within easy reach of any city. The Rectory offers Group Services/Events with varying styles from Evening BBQ/ Buffet parties (45-150 mix of seated and standing guests from €35) to weddings (from €49 of up to 120 seated guests plus additional 80 evening guests), to the new Evening Cocktail party of 100-200 guests from €25 for 2010. Midweek Onsite Civil Ceremony/Blessings followed by drinks receptions can also be catered to. House Party options range from Birthday, Anniversary or Family Gathering dinners with Evening Music & Entertainment to West Cork Corporate & Business Events such as Conferencing,

NS FASHIONS

Possibly best known for specialising in unique evening or Gala Events. This venue is the way for couples wanting high costs. With no marquee hire and no ties (just plenty of our group will save you money).
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(028) 33072 | info@nsfashions.com
www.nsfashions.com

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Footwear for Ladies, Gents and Children.
Monday to Thursday and Saturday,
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Grand Parade, Cork.
Tel: 021 4254651
Grand Parade Car Park.
Map Ref C7

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Free delivery service available.
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Opening hrs: Mon - Fri 2.30pm - 7.00pm
Saturday 10.30am - 7.00pm
Food tasting every Saturday
• Exclusive Italian Wines

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 - 95 Different types of Pasta (4 Brands)
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- Unit 21, City Link Park, Forge Hill, Airport Road, Cork
Tel/Fax: 021 432 2357
Pasquale De Vivo, Mob: 086 3921696
email: thebootsspec@eircom.net



RESTAURANT/TAKEAWAY



DOMINOS

Making and delivering piping hot, tasty pizza is what the team at your local Douglas Village, Washington Street and Blackpool stores do best. Every Domino's pizza is made to order using only high quality, fresh ingredients; our freshly made dough is topped with vine-ripened tomato sauce and real mozzarella, then customised with fresh toppings from around the world to create the tastiest pizza. From the lip-smacking Veggie Supreme to the indulgent Pepperoni Passion and Texas BBQ, Domino's has a pizza to suit everyone's tastes!

Order from your local Domino's Store in Douglas, (021 4890900) Washington Street, (021 422288) Blackpool, (021 4215555) or online at www.dominos.ie.

"Every day is a Domino's Day with the Mega Meal Deal for only €19.99 or Two for Tuesday!"



RESTAURANTS / CAFES



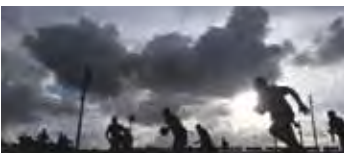
FARMGATE

Fresh, local seasonal food, cooked simply in a traditional way!

Farmgate Restaurant & Country Store
Coolbawn, Midleton, Co. Cork
Tel 021 4632771

Farmgate Café, English Market Cork
T: 021 4278134 E: Farmgatecafe@yahoo.ie
Opening hours: Mon - Sat 9.00 am - 5.00pm. Lunch: 12.00- 3.30pm
Dinner: Thurs, Fri, Sat 6.30-9.30pm

We serve coffee and cakes during the morning and afternoon. We cater for corporate functions and small weddings at Farmgate Midleton.



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Open to the public for:

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 - Exercise Classes (new classes starting Yoga, Pilates, Kickboxing)
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St. Joseph's Road, Carrigoon, Mallow
Tel: 022 50757



NOSH+COFFEE

Open Monday-Thursday 8:30am-6pm,
Friday 8:30am-8pm, Saturday 8:30am-6pm,
Sunday 11am-5.30pm, Premium fair trade coffee, Specialty teas, Ice cold frappes, milkshakes, juices, & smoothies, Wines by the glass.
A delicious range of muffins, cakes, scones, & cookies. Fresh & prepared to order an excellent selection of paninis, sandwiches, bagels, soups, baguettes & jacket potatoes. Nosh+Coffee is now established as the best coffee house in the city! Situated in the heart of the Huguenot Quarter, Nosh+Coffee on Carey's lane is the perfect place to enjoy our distinctive delicious coffee. Our friendly staff, modern & attractive surroundings, and quality fresh prepared food make Nosh+Coffee an absolute must to visit.

Careys Lane, Cork Tel: (021) 490 5877
also located at:
Mardyke Arena & City Gate Mahon

CORK COUNTY RESTAURANTS



ANGLERS REST BAR & INDIAN TANDOORI RESTAURANT

Leemount, Carrigrohane, Co. Cork
Tel: 021 487 1167
At the Anglers Rest come and try our carvery AND Authentic Indian Tandoori Restaurant
For Take-away & Reservations contact:
021 4810956
Open Monday - Sunday from 5pm - 10.30pm



GEORGINA CAMPBELL'S Ireland 2006

THE BLAIR'S INN

Lunch 12:30 - 3:45.
Evening bar menu 4pm-9pm
à la carte menu from 6:30pm.

Les Routiers pubs and Inns Award & Dining Pub of the Year 2004.

Recommended by the Bridgestone Guide 2006 and Georgina Campbell's Guide 2006. Assessed and recommended by Fodor's Ireland guide 2006.

Located only five minutes from Blarney on the R579 and situated in a quiet secluded riverside setting, Blair's Inn and Restaurant is an outstanding example of a real traditional Irish family pub. Your charming hosts John and Anne Blair assure well executed and traditional dishes made with quality Kenmare seafood and County Cork farm produce which provide the foundation for Blair's talked about food. Served at the lounge bar, restaurant or exceptional gardens with heated patio and sheltered outdoor areas for additional comfort. The Blair's Inn is known locally as an exceptional place for its outstanding meals, beautiful scenery, animated conversation and a bit of craic! Only a short drive away from Cork, it's worth the trip! On the R579, 5 minutes from Blarney Cloghroe, Blarney, Co. Cork
Tel: (021) 438 1470 www.blairsinn.ie



NEW GOURMET BURGER BAR @ THE OLD BANK HOUSE KINSALE

Ideal for lovers of food, value for money and offering a high quality product. Situated in a stylish new café, no 11 in the Old Bank House Kinsale, has décor which allows you to relax and enjoy the ambience, in this elegant, yet unique location. Now serving a delicious gourmet burger menu every Thursday, Friday, Saturday & Sunday evenings from 6pm.

Simple but nice!
Takeaways available.
Tel: 021 4706090 for enquiries and bookings.
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JOLA'S RESTAURANT

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Kinsale, Co. Cork
Opening Hours: Tuesday - Saturday till late
Tel: 021 477 3322
Email: info@jolasrestaurant.com
Web: www.jolasrestaurant.com

TO FEATURE IN THE

8858

CORKLIFE DIRECTORY CALL US AT (021) 489



LONGFELLAS RESTAURANT

Want a place that has great ambience and atmosphere, while at the same time positively welcomes children? Do you like eating good food, but finding the recession has eaten into your fun money? Then come and be blown away by West Corks newest, coolest restaurant ... Longfella's.

Open seven days with great menu choices, fantastic value for money yet high quality food, the stars of which are our wonderful, succulent steaks. Reservation essential during busy period. Rosscarbery on the N71., West Cork. Tel: 023 8851941



MIO
Great Pasta / Pizza / Salads & Steaks as well as daily black board specials and a good selection of dishes your kids will love!

Lighter dishes and smaller portions of our pasta & salads will be available for lunch and other classic dishes. You'll find us above Scannells Pub in the heart of Clonakilty. Ideal party venue, hens & stags and all family occasions.

We look forward to seeing you ... Open daily 12.30 to 10. Winter times may vary.

No 1 Connolly Street, Clonakilty, West Cork
Tel: 023 8858571
E: mioclonakilty@eircom.net



THE GLEBE GARDENS & CAFE

Garden Opening Times Easter to Sept - 10am - 6pm. Other times by appointment
Admission to Gardens 5 euro
(Children under 16 free)

Restaurant Opening Times:

Wed - Sun 10am - 10pm
Breakfast 10am - 11.30am
Lunch 12pm - 3pm
Dinner 7pm - 10pm

Glebe Gardens, Baltimore, Co. Cork, Ireland
Tel: 028 20232

THINGS TO DO AT THE GLEBE

1. Come see a gig with some friends
2. Take a Wednesday morning guided garden walk with Jean herself!
3. Eat breakfast and do the crossword
4. Play hide and seek with your kids
5. Watch the sunset over church strand with a glass of white wine in your hand
6. Bring a good book and spend the day eating crispy bacon pancakes and beetroot cake while escaping your day job
7. Meditate in the herb garden
8. Buy a plant or two to start your own garden back home!
9. Arrange a tea party
10. Propose to your girlfriend or boyfriend on the bridge over the railway cutting

CORK CITY RESTAURANTS



AMICUS

New World Cuisine in a contemporary setting at the heart of Cork's historic Huguenot Quarter.

Now open 7 days, 10am till late.
Sat 8.30 till late, Sun 12 till late
Serving breakfast, lunch and dinner.

Serving lunch til late!
Sunday Brunch served from 12 - 3.
Phone for reservations.
Paul Street, Cork City.
Tel: 021 4276455 Fax: 021 4223547
Parking - Paul Street SC. Map Ref B7



THE BAY LEAF RESTAURANT

Where good friends dine at a good price

If you are looking for a real food experience whatever the occasion, The Bayleaf with award winning chef, Gary Burke has the menu and the atmosphere to meet your needs. The restaurant can seat 70 and is perfect for christenings, communions and private parties, the whole restaurant can be booked if needed.

Main Street, Douglas, Co. Cork
Tel: (021) 4835775
Web: www.thebayleafdouglas.com



BULLYS RESTAURANT

A cheerful and unpretentious diner - inexpensive food with an emphasis on pizzas and pastas.

Egon Ronay Recommended.
Serving breakfast, lunch and dinner.
Open Monday to Friday and Sunday from 9.30am and Saturday from 8.00am.
40 Paul Street, Cork. Tel: 021 427 3555
Parking- Paul Street Car Park Map Ref B7



Café Bar Deli

Cafe Bar Deli founded in 2001 on the principle that great food can be served with style at reasonable prices. Cafe Bar Deli prides themselves on their authentic pizzas, pastas and salads. We operate a walk in policy if a table is not available you can enjoy a drink at the bar while you wait, however we do take reservations for parties of 6 or more. We cater extensively to celiac so please ask for our special coeliac menu.

You can also avail of our Take away menus.
Academy Street, Cork City
Tel: 021 4851865
Email: cork@cafebardeli.ie
Opening Hours:
Monday - Saturday: 12:30 - 11:00pm
Sunday: 1:00 - 10:00pm
Map Ref B8



CAPTAIN AMERICAS

Captain Americas Cookhouse and Bar serves quality American style food such as delicious burgers, steaks, Cajun chicken, and vegetarian dishes at real good value prices. A tasty kids menu, delicious dessert menu and a special lunch menu are also available. Captain Americas has a full bar with an extensive drinks menu which offers cocktails, shooters, frozen drinks beers and non alcoholic beverages. While visiting the restaurant, take a walk around and check out the rock n roll memorabilia its well worth a look!

Captain Americas Cookhouse & Bar is open

7 days a week noon til late!
4-5 South Main Street, Cork
Tel: 021 4278972

Email: cork@captainamericas.com
Web: www.captainamericas.com
Parking - North Main Street
Map Ref B7



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SPECIALITY SEAFOOD & STEAKS | WINE & COCKTAILS

THE CORNSTORE RESTAURANT

Speciality Seafood and Steaks, Wine and Cocktails.

Open 7 days a week, The Cornstore Restaurant offers a tasty lunch menu alongside an extensive dinner menu with something for all tastes. Our wines and cocktails are renowned around Cork for their quality. Dine in Manhattan style surroundings, with intimate and cozy decor, perfect for a casual corporate get-together, friends night out, or romantic evening. We pride ourselves in offering a supreme level of service, and cater for all requests.

40a Cornmarket Street, Cork
Tel: 021-4274777

Emails: reservations@cornstorecork.com
Check out our current offers on www.cornstorecork.com



ECO DOUGLAS

An environmentally friendly restaurant in the heart of Douglas. Choose from an eclectic menu of Italian, Moroccan, Indian, Chinese, Mediterranean and Thai food and a selection of 80 wines from 20 countries. Reservations are advisable for this busy and atmospheric eatery serving delicious food at a delicious price.

Open 12 till late Mon - Sat and 1 - 9 on Sundays.

1 - 2 East Ville, Douglas Village
Tel: 021-4892522 Fax: 021-4895354 or
book online at www.eco.ie



GOURMET (BURGER) BISTRO

Opening hours:

Mon - Sat 12 pm - 10 pm
Sundays & Public Holidays 12 pm - 9 pm
8 Bridge Street, Cork City
Tel: 021 4505404

Email: info@gourmetburgerbistro.ie
Web: www.gourmetburgerbistro.ie



GREENES RESTAURANT

Set in a courtyard garden overlooking a waterfall. The menu changes seasonally with emphasis on seafood cooked with Munster's finest produce.

Opening hours: Mon - Thurs 18.00 - 22.00,
Fri & Sat: 18.00 - 22.30,
Sun lunch: 12.30 - 15.00,
Sun eve: 18.00 - 21.30

Pianist on weekend evenings.
In Summertime enjoy BBQs - weather permitting!

Location: Under the Cobbleston Archway.
Opposite The Everyman Theatre
48, McCurtain Street, Cork City.
Tel: 021 455 2279 Fax: 021 450 6355

Email: greenes@isaacs.ie,
www.greenesrestaurant.com
Parking - St. Patrick's Quay Carpark
Map Ref A9



HARVEYS

Smart, stylish restaurant with food and wine to match. Modern eclectic menu, using organic, local and artisan produce where possible. Fresh fish, steaks, duck, and lamb are favourites in the evening with lighter fare being served throughout the day. Fully licensed. Open for breakfast, lunch & dinner.
www.harveysrestaurantcork.com

19/20 Academy Street
Tel: (021) 490 5853

Parking - Paul St Car Park Map Ref B8



ISAACS RESTAURANT

Pre Theatre early Bird 6pm - 8pm.
Don't get the rumbles, eat before the show!
MacCurtain Street, Cork
Tel: 021 450 3805

On Street Parking Map Ref A9

CORK CITY RESTAURANTS



LAL QUILA

Recognizing the rich historical heritage and regional diversity of India and Pakistan we offer a selection of regional dishes to share the wonderful flavours of the Punjab, northern India and Pakistan. It is our heartfelt opinion that only the finest food is worth eating. It follows that the ingredients, the preparation, and the cooking must all be of the highest quality. We try to keep this philosophy in everything we do at Lal Quila. Opening times, 12 noon - 2:30 pm for lunch, Dinner 5:30 pm - 11:30 pm for lunch, Sunday 2 pm - 10 pm
Tel: 021 4898574 / 4899570
Old Garda Station, Douglas Village, Douglas, Cork



NAKONTHAI

Award winning Thai restaurant, noted for its warm atmosphere and authentic Thai cuisine. We have an extensive wine list and imported Thai beer to complement any occasion. The restaurant is fully air-conditioned with convenient parking. Takeaway also available. Tramway House, Douglas Village.
Tel: 021 436 9900 Fax: 021 488 8002
www.nakonthai.com
Convenient parking



NEWPORT RESTAURANT

The best in casual dining with food served 10am-10pm seven days a week. Dine indoors or outdoors under the heated patio and enjoy a smoker-friendly environment. Late bar at the weekend with DJ's and cocktail night on Friday's. Three places in one with The Newport for dining, drinking until late, and Mangans Nightclub.
Paul Street Plaza, Cork City.
Tel: (021) 425 4872
Email: thenewport@eircom.net
Parking - Paul Street Car Park Map Ref B7



prime at Clancy's Bar, Restaurant, Catering

Cork's premier Steak restaurant. We serve the finest maize-fed, Hereford beef fillet, sirloin, T-bone, as well as chicken, pork, fish and vegetarian dishes. 7 days, from 17:30.
Set Menu Special 7 days:
€17.95 - 3 courses
15 - 16 Princes Street, Cork City
Tel: 021 427 6097
Email: info@clancys-bar.com
www.clancys-bar.com
Parking - On street parking or Grand Parade Car Park Map Ref C8



SPICE OF INDIA

Traditional good Indian food and friendly service are the hallmarks of this fine restaurant.
Open 7 days a week.
Opening times: 12 noon - 2:30 pm for lunch
Dinner 5:30 pm - 11:30 pm.
Sunday 2 pm - 10 pm.
10% discount on takeaway menu prices!
Looney's Cross, Bishopstown
Tel: 021 454 6838 / 4348348



THAI COTTAGE

Offering authentic Thai cuisine in the heart of Kinsale. Excellent menu, sourcing local produce, and the freshest meats and fish.
No MSG
Outside catering & Cookery classes
No. 6 Main Street, Kinsale
Tel: (021) 477 7775



WAGAMAMA

Positive eating + Positive living. Wagamma is a new westernised style Japanese noodle bar, modelled on the ramen shops popular in Japan for over 200 years. We offer substantial portions of freshly made nutritious noodle and rice dishes of the very best quality. Wagamma also provides an extensive choice of healthy meat, seafood and vegetarian pan asian dishes. Main courses, side orders and drinks are ordered at the same time but, unlike conventional restaurants, delivered to your table as soon as they have been prepared. Wagamma is conceived as a non-destinational dining operation therefore there is no need to make a reservation. Wagamma is open 7 days a week.
Monday - Wednesday 12.30pm - 10pm,
Thursday - Saturday 12.30pm - 11pm,
and Sunday 1pm - 10pm.
Eat out service menu available.
We also have a great value lunch Special menu, which is available Monday to Friday, 4-5 South Main Street.
Tel: 021 4278874 Fax: 021 427 8875
Email: cork@wagamama.ie
Web: www.wagamama.ie
Map Ref C7



ZAK'S

Open seven days & seven nights
8am till late
Mix of modern and traditional cuisine with flavours from around the world. Fabulous Food you can eat with the eye!
4 Marlboro St, Cork Tel: 021 490 5692
Parking: On Street & Grand Parade
Map Ref C8

RESTAURANT TAKEAWAY



SPEEDY GONZALES

Born out of Fast Al's, Speedy's combines all that was fresh and famous from 'FalafAls' and added the mighty Mexican mouthful, the "Bountiful Burrito". Made to order, the munchies just don't stand a chance.

Special Offer:
Any House Burrito + Any Coke €5
North Main Street, Cork
Parking: On Street Map Ref E5



FAST AL'S PIZZA

Before Fast Al's Corkonians had to make do with Tripe n' Drisheen and Tanora. Then along came Fast Al's and things got fierce flash altogether. Corkonians were now getting pizza by slice with exotic and unique toppings the likes of which they had never seen before. Leesiders were now munching into pizza slice till late 7 days a week. The late night queue for Fast Al's is as much a landmark of Cork as the shakey bridge. Many a Corkonian has met their fella or ol doll in the queue, argued, kissed and made up over a slice on the walk home. Visitors have ordered pizza by the slice in French, Spanish, Korean, Italian, Cantonese and Irish from the cosmopolitan staff with the patience of saints. The price is right so we keep going back and because he sells food fast not fast food we get the good schtuff no muck. Sure it's the only Pizzeria in the Irish good food guide and has received praise and plaudits from no less than Ireland's No.1 celebrity chef "Clodagh McKenna" not to mind thousands of happy leesiders, who as anyone will tell you are near impossible to please.

Special Offer: Any Slice + Any Can, Anytime €4

**Locations: Paradise Place Map Ref E5
Pembroke St. (by GPO) Map Ref C8**

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Market Green S.C. Middleton.
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Riverview SC Bandon Tel: (023) 43008
Main St. Carrigaline Tel: (021) 437 7722

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Fantastic Student Summer Rates available from €105.00 per person per week (T&C apply)
CALL 1850 20 20 22
Web: www.deanshall.com
Email: info@deanshall.com
Map Ref D7 (Crosses Green)

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