

Cork on a Fork Fest Events At a Glance

16th - 20th August

Key

- Dining
- Tasting
- Trails & Tours
- Specials
- Talks
- Children & family
- Wellness
- Farmers Markets
- Demo/Workshop:

To book click on the event name or go to www.corkonaforkfest.ie for more info

Wednesday					
Event	Time	Where	€	About	
● Feeding Cork the sustainable and healthy way - Opening Symposium	9.30am-12pm	1 Lapp's Quay	FREE	Insightful panel discussions on creating healthier and more sustainable food locally and what other cities are doing to create change at the festival's opening event with Cork Food Policy Forum.	
● Cork on a Fork Tasting Trail - The culture and cuisine of Ireland's food capital!	10.30am	Cork City Centre	€75	A food stroll through Cork City with Fab Food Trails to places that are off the usual food route where tastings are generous and the people lively. Vegetarian friendly.	
● Champagne and Oysters	12pm-9.30pm	The River Club at The River Lee	€40	Enjoy a dozen Ballycotton oysters served with 2 glasses of Charles Heidsieck Brut Réserve NV Champagne add (valued at €90).	
● Local Summer Berry and Maharani G&T Afternoon Tea	2.30pm	Metropole Hotel	€35	Taste the summer by indulging in The Met's summer berry afternoon tea with a refreshing Maharani gin and tonic.	
● Tapas on the Terrace	From 4pm	The Cornstore	Varies	A special Tapas on the Terrace featuring all local produce and cocktails. menu for Cork on a Fork Fest, featuring all local produce, in addition to delicious cocktails.	
● Cork on a Fork Early Bird Tasting Menu	5pm-6pm	The Glass Curtain	€38	Enjoy a very special early bird tasting menu at The Glass Curtain using the finest local seasonal produce.	
● Taste of the Real Cork	5pm-9pm	The Met Bar at the Metropole	Varies	Taste the "real Cork" through this unique menu created for the festival with a focus on sustainability, provenance, seasonality and artisan producers.	
● Botanics & Bites at Bloom	5pm-8pm	Bloom at Hayfield Manor	€50 for 2	Indulge in a carefully crafted botanical cocktail and a sharing board featuring a selection of produce from leading local suppliers.	
● Opening Night Street Feast - A Flavour of Prince Street	6pm	Princes Street	€35-€85	Get a flavour of Princes Street at this exclusive ticket-only street event with live music, great food, drinks pairings, and a festival atmosphere. Sponsored by Bibendum Wines and San Miguel.	
● Early Bird Cork Tasting Menu	6pm	Electric	€35	An early bird special 'Cork Tasting Menu' bursting with produce from the best local suppliers and producers. Starters, Main Course and Dessert for €35.	
● Guess the Ingredients: French Tacos Degustation	6.30pm-8:30pm	Creme French Tacos, MacCurtain Street	€10	Guests will be presented with a mysterious French taco and challenged to identify the various ingredients incorporated into it.	
● SoulCanvas - A Night of Yoga, Art, Music & Food	6.30pm-10pm	Crawford Art Gallery	€79	Nourish your mind, body, and spirit and tap into your creative energy at this multi-sensory wellbeing event featuring Yoga, delicious tapas and soulful melodies in the beautiful surrounds of Crawford Art Gallery with The Yoga Tree!	
● Dwyers Traditional Irish Experience & Dinner Pairing	7pm	Dwyers	Varies	Live Traditional Irish Music & Dancing paired with local food and Cork beer/stout.	
● Hysterical Histories Comedic Dinner Theatre Experience	7pm	Upstairs at Amicus	€52 adults €32 kids FREE under 2	This laugh-out-loud comedic theatre experience celebrates all things Cork. Discover the highlights of our city's 1500-year history, our county full of quirky characters, enjoy local food, drink, and live music, and learn some local slang.	
● Tacos and Tequila	All day	Tequila Jacks	€45	Enjoy a flight of three Patron tequilas and a Sangrita, accompanied by your taco of choice in the restaurant or outdoor domes.	
● Taste of Paddys	All day	Paddy the Farmers	€50 for 2	A special set menu which includes a sharing appetiser and a main. Add a bottle of red or white wine for only €10	

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Thursday					
Event	Time	Where	€	About	
● Cork Food History Guided Tour	10am-12pm	Cork City centre	€59	A history walking tour of Cork City, visiting the English Market, Butter Museum, Crawford Art Gallery with stops for food tastings and chats.	
● Cork on a Fork Tasting Trail - The culture and cuisine of Ireland's food capital!	10.30am	Cork City Centre	€75	A food stroll through Cork City with Fab Food Trails to places that are off the usual food route where tastings are generous and the people lively. Vegetarian friendly.	
● ● Family Pizza Making Workshop	11am-12pm	St Peter's Cork	€12 per child	Learn how to stretch and top pizza with Oak Fire Pizza's chefs at this hands-on workshop. Kid's will make their own pizza which will then be cooked for them to taste!	
● ● English Market cooking demo with Orla McAndrew	12pm-2pm	Outside the English market on Grand Parade	FREE	Committed to sustainability and zero-waste, award-winning Cork chef Orla McAndrew will host a free cooking demo and tastings using fresh, local ingredients from the English Market.	
● Jazz on Pembroke Street	12pm-2pm	Pembroke Street	FREE	Enjoy live jazz music as you lunch on Pembroke Street at Sketch, The Bookshelf, Orso, Arthur Maynes, Cantys or Counihans.	
● Champagne & Oysters	12pm-9.30pm	The River Club at The River Lee	€40	Enjoy a dozen Ballycotton oysters served with 2 glasses of Charles Heidsieck Brut Réserve NV Champagne.	
● Italian Pizza Making & Tasting Masterclass for Adults	1pm-1.30pm	St Peter's Cork	FREE	Three of Oak Fire Pizza's Expert Pizzaioli will demonstrate the art of authentic Neapolitan style pizza making.	
● Annual Community Summer Day	1pm-4pm	Knocknaheeny Holyhill Community Garden	FREE	Enjoy picking produce from Knocknaheeny Holyhill Community Garden, with live music, and sample their delicious verberna drink and lots, lots more.	
● ● Local Summer Berry and Maharani G&T Afternoon Tea	2.30pm	Metropole Hotel	€35	Taste the summer by indulging in The Met's summer berry afternoon tea with a refreshing Maharani gin and tonic.	
● ● The Ultimate Craft Beer Experience	3pm	North Mall	€15	Taste award-winning Irish beers, made using local ingredients. Learn how to pour a stout. Get insights into the culture and heritage of brewing in Cork City, learn the components of a great beer. Afterwards stay for wood-fired pizza, traditional Irish music and storytelling!	
● ● Tapas on the Terrace	From 4pm	The Cornstore	Varies	A special Tapas on the Terrace featuring all local produce and cocktails. menu for Cork on a Fork Fest, featuring all local produce, in addition to delicious cocktails.	
● Taste of Cork Tapas Experience	4-7pm	Cork's outdoor dining areas	€95	Take a guided walking tour through Cork's vibrant new outdoor dining areas on a Tapas Trail exploring the foods and drinks of the area.	
● ● Cork on a Fork Early Bird Tasting Menu	5pm-6pm	The Glass Curtain	€38	Enjoy a very special early bird tasting menu at The Glass Curtain using the finest local seasonal produce.	
● Botanics & Bites at Bloom	5pm-8pm	Bloom at Hayfield Manor	€50 for 2	Indulge in a carefully crafted botanical cocktail and a sharing board featuring a selection of produce from leading local suppliers for two.	
● CORK IN A PAELLA: NeighbourFood x L'Atitude 51	5pm-7pm	L'Atitude 51	€25	L'Atitude 51 is partnering with NeighbourFood, the online farmer's market, to host a Cork produce showcase in a giant Paella (+ more) at a makeshift kitchen on the boardwalk of Union Quay.	
● ● Taste of the Real Cork	5pm-9pm	The Met Bar at the Metropole	Varies	Taste the "real Cork" through this unique menu created for the festival with a focus on sustainability, provenance, seasonality and artisan producers.	
● ● A Celebration of Shellfish at Goldie in aid of the RNLI	5.30pm-8.30pm	Upstairs at Goldie	€90pp	Michelin Bib Gourmand restaurant Goldie is serving up a Celebration of Shellfish Dinner with the best shellfish Cork has to offer, all in aid of Ballycotton RNLI.	
● DiverCITY	6pm	No. 76 at The Imperial Hotel Cork	€40 for 2	To celebrate the culinary 'DiverCITY' in Cork City, The Imperial has joined forces with My Goodness in the English Market and renowned Japanese eatery Miyazaki to create a special tasting event, featuring a 3 tier birdcage sharing board and local craft beer.	
● Early Bird Cork Tasting Menu	6pm	Electric	€35	An early bird special 'Cork Tasting Menu' bursting with produce from the best local suppliers and producers. Starters, Main Course and Dessert for €35.	
● Foxglove Cocktail Workshop	7-9pm	3A Lancaster Quay, Western Road	€50	A fun and interactive cocktail class, right in the heart of Cork City with cocktail and mixology tips and tastings.	
● Hysterical Histories Comedic Dinner Theatre Experience	7pm	Upstairs at Amicus	€52 adults €32 kids FREE under 2	This laugh-out-loud comedic theatre experience celebrates all things Cork. Discover the highlights of our city's 1500-year history, our county full of quirky characters, enjoy local food, drink, and live music, and learn some local slang.	
● ● Tacos and Tequila	All day	Tequila Jacks	€45	Enjoy a flight of three Patron tequilas and a Sangrita, accompanied by your taco of choice in the restaurant or outdoor domes.	
● ● Taste of Paddys	All day	Paddy the Farmers	€50 for 2	A special set menu which includes a sharing appetiser and a main. Add a bottle of red or white wine for €10.	

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Friday					
Event	Time	Where	€	About	
● Cork on a Fork Live Stage	10am-5pm	Festival Stage, Crawford Art Gallery Theatre	FREE	A series of talks will take place at the Crawford Art Gallery Theatre all day, as part of Cork on a Fork Festival.	
● The Magic of Milk	10am-10.45am	Festival Stage, Crawford Art Gallery Theatre	FREE	Alan Kelly from the School of Food & Nutritional Sciences has the inside scoop in this fascinating Magic of Milk presentation.	
● Clonakilty Black Pudding Tasters	10am-4pm	Emmet Place	FREE	Enjoy free samplings of Cork favourite Clonakilty Black Pudding.	
● Sensory Cooking Class with the Cool Food School	10.30-11.30am	St Peters	€15	A fun, interactive pop-up cooking class for kids at St Peter's. 3-7-years (accompanied by a parent/guardian).	
● Cork on a Fork Tasting Trail - The culture and cuisine of Ireland's food capital!	10.30am	Cork City Centre	€75	A food stroll through Cork City with Fab Food Trails to place that are off the usual food route where tastings are generous and the people lively. Vegetarian friendly.	
● Cork Food Culture in Literature, History and Heritage	11am	Festival Stage, Crawford Art Gallery Theatre	FREE	This fascinating free talk will explore Cork Food Culture in Literature, History and Heritage with some of the city's top experts and researchers, Regina Sexton, Dr Flicka Small, and Dr. Tom Spalding from UCC.	
● Children's Food Trail	11.30pm-1pm	Cork City	€20	The Festival is not just for adults. Bring your kids on a fun and fascinating tour of Cork city as they sample child-friendly light bites along the way.	
● Cork Producers Panel Discussion with Guaranteed Irish	12pm-1.30pm	Festival Stage, Crawford Art Gallery Theatre	FREE	Join Guaranteed Irish for an engaging and insightful Panel Discussion as they delve into the vibrant world of the food and drink industry in Cork.	
● Sensory Cooking Class with the Cool Food School	12-1pm	St Peters	€15	A fun, interactive pop-up cooking class for kids at St Peter's. 3-7-years (accompanied by a parent/guardian).	
● Tutored Beer Tasting	12pm	Elbow Lane	€30	Elbow Lane Brewery on Oliver Plunkett Street will throw open the doors of the smallest brewery in Ireland to showcase its limited-edition range of award-winning beers.	
● Play on Maylor Street	12pm-2pm	Maylor Street	FREE	Pop into the city for lunch and have lots of fun with giant Jenga, connect four, corn hole, balance board games, colour catcher games, tug of war and more, with our Let's Play Cork play leaders.	
● Champagne & Oysters	12pm-9.30pm	The River Club at The River Lee	€40	Enjoy a dozen Ballycotton oysters served with 2 glasses of Charles Heidsieck Brut Réserve NV Champagne.	
● Bread and Butter Making Workshop and family fun	2pm-4pm	The Butter Museum, Shandon	FREE	An exciting afternoon of demos and talks including a demonstration on the making of traditional soda bread and butter, a talk on spiced beef, a talk on traditional sweets from Shandon Sweets, Samosas from Syrian Restaurant, cake tasting with Myo's cafe, and more. While you're there, make sure you visit the Cork Butter Museum and Shandon. No booking required.	
● Lunchtime Opera on Princes Street	2pm-3pm	Princes Street	Music FREE	Join Cork's Own Divas, Soprano's Majella Cullagh and Emma Nash, for an extraordinary lunch hour of Opera. Enjoy some Puccini with pizza, Mozart and a mimosa, Rossini outside Rossini's and more!	
● From Grass to Glass: Bertha's Revenge Irish Milk Gin Talk and Tasting	2pm	Festival Stage, Crawford Art Gallery Theatre	FREE	Justin Green from Ballyvolane House Spirits Company will share a fascinating behind the scenes story of the locally produced Bertha's Revenge small batch Irish milk gin, and a tasting.	
● Rebel City Distillery Tour and Tasting as Gaeilge	2pm	Rebel City Distillery	€25	Tabhair cuairt ar Rebel City Distillery – an chéad drioglann a osclaíodh le beagnach 50 bhliain i gCathair Chorcaí.	
● Sensory Cooking Class with the Cool Food School	2.30pm-3.30pm	St Peters	€15	A fun, interactive pop-up cooking class for kids at St Peter's. 7+ years (accompanied by a parent/guardian).	
● Local Summer Berry and Maharani G&T Afternoon Tea	2.30pm	Metropole Hotel	€35	Taste the summer by indulging in The Met's summer berry afternoon tea with a refreshing Maharani gin and tonic.	
● English Market Food History Tour and Tasting	3pm	The English Market	€45	Enjoy the first ever tour of The English Market by the market traders themselves and guided by UCC's food and culinary historian Regina Sexton, followed by a tasting platter at Farmgate Restaurant. Includes a €15 voucher for the market.	
● The Ultimate Craft Beer Experience	3pm	North Mall	€15	Taste award-winning Irish beers, made using local ingredients. Learn how to pour a stout. Get insights into the culture and heritage of brewing in Cork City, learn the components of a great beer. Afterwards stay for wood-fired pizza, traditional Irish music and storytelling!	
● A walk through the supermarket	3pm	Festival Stage, Crawford Art Gallery Theatre	FREE	An insightful discussing on food trends and their impact on health and the planet.	
● Of Irish and Oysters	4pm	Festival Stage, Crawford Art Gallery Theatre	FREE	A Salty History of Shuckin'Around and Irish Culture, according to Patrick McMurray - Oyster Sommelier & Champion Shucker.	
● Tapas on the Terrace	From 4pm	The Cornstore	Varies	A special Tapas on the Terrace featuring all local produce and cocktails. menu for Cork on a Fork Fest, featuring all local produce, in addition to delicious cocktails.	
● Black Gold – Cork's Blood Pudding Culture: Talk and Tasting	4.30pm-6pm	Farmgate Restaurant at The English Market	€15	Learn how Cork developed its taste for black pudding and how it adapted over time to keep up with our ever evolving food culture, while you enjoy delicious samples from Farmgate and The English Market hosted by Kate from Flavour.ie.	
● Cork on a Fork Early Bird Tasting Menu	5pm - 6pm	The Glass Curtain	€38	Enjoy a very special early bird tasting menu at The Glass Curtain using the finest local seasonal produce from the farmers, growers, butchers, cheesemakers, fishmongers, brewers and distillers of Cork.	
● Botanics & Bites at Bloom	5pm-8pm	Bloom at Hayfield Manor	€50 for 2	Indulge in a carefully crafted botanical cocktail and a sharing board featuring a selection of produce from leading local suppliers for two.	
● Rebel City Distillery Cork Cocktail Masterclass	5.45pm	Rebel City Distillery	€40	Begin with a guided Rebel City Distillery Tour at the former ford factory building before learning the basics of Mixology and create bespoke cocktails using Cork ingredients to enjoy in their eclectic Drink Studio.	
● Taste of the Real Cork	5pm-9pm	The Met Bar at the Metropole	Varies	Taste the "real Cork" through this unique menu created for the festival with a focus on sustainability, provenance, seasonality and artisan producers.	
● Early Bird Cork Tasting Menu	6pm	Electric	€35	An early bird special 'Cork Tasting Menu' bursting with produce from the best local suppliers and producers. Starters, Main Course and Dessert for €35.	
● Munch on the Mall	6pm- late	Electric & Frankies	Varies	Enjoy music, drinks and bites at this boardwalk party.	
● Soma Coffee Cupping & Cocktails	6pm	Soma, 23 Tuckey Street	€25	An evening of coffee cupping - learn how to taste coffee with Soma's head roaster and director, chat, and discuss all things coffee. Finish with Espresso Martinis & a bag of coffee to take home.	
● Tacos and Tequila	All day	Tequila Jacks	€45	Enjoy a flight of three Patron tequilas and a Sangrita, accompanied by your taco of choice in the restaurant or outdoor domes.	
● Taste of Paddys	All day	Paddy the Farmers	€50 for 2	A special set menu which includes a sharing appetiser and a main. Add a bottle of red or white wine for €10.	
● Hysterical Histories Comedic Dinner Theatre Experience	7pm	Upstairs at Amicus	€52 adults €32 kids FREE under 2	This laugh-out-loud comedic theatre experience celebrates all things Cork. Discover the highlights of our city's 1500-year history, our county full of quirky characters, enjoy local food, drink, and live music, and learn some local slang.	

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Saturday					
Event	Time	Where	€	About	
● From Farm to Fork with Farmgate	9.30am	Demo Marquee, Emmet Place	FREE	Join Pamela Kelly at Farmgate for a cosy comforting Autumn food cooking demo, using the best local produce.	
● ● ● Festival Demo Marquee & Markets	10am-6pm	Festival Marquee, Emmet Place	FREE	A Festival Marquee and Festival Market will take place on Emmet Place (outside the Cork Opera House) all day with a host of exciting talks, demos and tastings. Plus facepainting from 12-2pm and giant outdoor games from 2pm-4pm.	
● Cork on a Fork Festival Stage	10am-5pm	Crawford Art Gallery Theatre	FREE	A series of talks will take place at the Crawford Art Gallery Theatre all day, as part of Cork on a Fork Festival. See more below.	
● ● ● A Community Celebration of Food - fringe festival	Saturday all day	All day	FREE	Community gardens throughout Cork City will open up to the public in partnership with Cork Food Policy Council to celebrate the wealth of community food and growing initiatives.	
● Play time at Coal Quay Market	10am -12pm	Coal Quay, Cornmarket Street	FREE	Pop down to the Cornmarket Street (Coal Quay) Market, enjoy light bites or brunch on the street and everyone can have lots of fun with giant outdoor games and facepainting.	
● Cork on a Fork Tasting Trail - The culture and cuisine of Ireland's food capital!	10.30am	Cork City Centre	€75	A food stroll through Cork City with Fab Food Trails to places that are off the usual food route where tastings are generous and the people lively. Vegetarian friendly.	
● Stories from Cork Butter Road	10.30am	Children's Library on Grand Parade	FREE	Celebrate food through stories with wonderful storyteller Maria Gillen. This is a free family friendly event, suitable for children aged 3 and up.	
● Leftover Larder Love - zero waste cookery demo	10.45am	Festival Marquee, Emmet Place	FREE	This insightful zero waste cookery demo will show how to make the most of your leftovers with a little love from your larder. Learn how to create a feast from basic ingredients.	
● Herb Garden and Medicine Making Demo	11am-1pm	Douglas Community Park, Church Road	FREE	Douglas Tidy Towns invites you to explore their herb garden with a medicine making demonstration lead by botanist Jo Goodyear.	
● Amaranth - an ancient superfood rediscovered	11am	Togher Community Garden	FREE	A practical cookery workshop exploring amaranth's nutritional culinary values with Maybel Hernandez.	
● From Farmer to Cheesemaker	11am	Festival Stage, Crawford Art Gallery Theatre	FREE	In this fun and informative chat between Dan and Maire Murphy from Activitydays.ie, learn how Dan has been making cheese in Whitechurch village using milk from his family's own herd.	
● ● Veggies for Vet's	11am-3pm	Army Veteran's Community Garden	FREE	Guided tours and talk about this new garden established for army veterans.	
● Yoga & Brunch on the Boardwalk at Electric	11.30am-1pm	Electric	€29	Join Alchemy School of Yoga for an outdoor class on the boardwalk at Electric and a delicious brunch bursting with fresh, Cork produce afterwards in Electric. Suitable for all yoga levels.	
● ● Healthy Food Made Easy - For you!	11.30am - 2.30pm	Festival Marquee, Emmet Place	FREE	Pop along to the HSE's stand at our festival market, where you can try out smoothie making, enjoy some healthy bites and get a taste of their national healthy eating & cooking programme!	
● Cork on a Fork - a new Cork perspective: Panel	12pm	Festival Stage, Crawford Art Gallery Theatre	FREE	A lively panel discussion with some of Cork's top chefs not originally from the city! Featuring Kate Ryan (Flavour.ie, The Echo), Meeran Manzoor (Rare 1784), Virginia O'Gara (My Goodness), Eman Alkarrajeh (Izz Cafe) and Kate Dempsey (Kinsale Mead).	
● Champagne & Oysters	12pm-9.30pm	The River Club at The River Lee	€40	Enjoy a dozen Ballycotton oysters served with 2 glasses of Charles Heidsieck Brut Réserve NV Champagne.	
● ● Tippy Tea in collab with Sweet Spot Cork Bakery	12pm	Rebel City Distillery	€40	Begin with a Guided Distillery Tour before learning about the Alchemy and Artistry of distillation, and the unique botanicals Rebel City use in their premium spirits.	
● Sophies Cork on a Fork Brunch	12pm-2.30pm	Sophie's at The Dean	€25	Sophie's Rooftop Restaurant will serve a specially curated Cork on a Fork brunch menu, full of Cork only ingredients.	
● ● Cooking with Rachel Allen, Ballymaloe Cooking School	1pm	Demo Marquee, Emmet Place	FREE	Get a tantalising taste of Ballymaloe Cookery School and Cork produce at this cooking demo with celebrity chef Rachel Allen.	
● The Art of Culinary Sustainability: Cork chefs meet McKennas Guides	2pm	Demo Marquee, Emmet Place	FREE	John McKenna will chat to some of the city's top chefs - Takashi Miyazaki from Ichigo Ichie, Aishling Moore from Goldie and Claire Condon from Good Day Deli. Podcast for McKenna Guides.	
● ● Mix at No.76	2pm	No. 76 at the Imperial	€29 pp	Enjoy a cocktail-making demo with a superstar mixologist, Cal Byrne.	
● ● English Market cooking demo with Orla McAndrew	2pm-4pm	Outside the English market on Grand Parade	FREE	Committed to sustainability and zero-waste, award-winning Cork chef Orla McAndrew hosts a free cooking demo and tastings using fresh, local ingredients from the renowned English Market.	
● ● Corkchella Picnic at Gabriel House Organic Garden	2pm-4pm	Gabriel House	€35	Join influencer Shauna Doyle for a 'Corkchella' festival picnic at the stunning gardens of Gabriel House, St Lukes, overlooking Cork City.	
● Healthy Eating Puppet Show	2pm	Festival Stage, Crawford Art Gallery Theatre	FREE	Primary school kids will love this fun and educational healthy eating and living puppet show featuring mad chefs, a very 'bad guy' and wacky wizards to name a few.	
● ● Food Photography for Social Media Workshop	2pm-4pm	L'Attitude 51	€20	Celebrate Cork food and World Photography Day with a food photography tasting workshop with photographer Joleen Cronin.	
● ● Beara Brunch	2pm-5pm	Gallaghers	€55	Gallaghers are excited to bring Beara Brunch to MacCurtain Street at The VQ.	
● ● Farm to Fork Cookup and Guided Tour	2pm	Murphys Farm Community Garden, Curaheen	FREE	A farm to fork cookup, using vegetables directly from the garden. Led by their guest chef JJ from MTU, who will cook a stir fry and vegetarian burgers on site. Also get a guided tour of their wonderful vegetable and flower gardens.	
● Discover a hidden garden in South Parish	2pm	Páirc Eoin, St. John's Park	FREE	Join Paicr Eoin for a tour of this lovely public space, visit their tree nursery, dye garden, medicinal bed and hear about what they are doing to support nature and community.	
● Cork on a Fork Vegan Trail	2.30pm	Cork City Centre	€75	Fab Food Trails vegan guide will show you some great places to eat in Cork City using the very best and vegan produce.	
● Exclusive Champagne Afternoon Picnic	2.30pm	The Montenotte	€80	An elegant and exclusive Summer Champagne Afternoon Picnic in the Victorian sunken gardens at The Montenotte. Includes a guided tour of the 2023 Sculpture Exhibition and a Montenotte Gin & Poachers Tonic at The Glasshouse.	
● ● Local Summer Berry and Maharani G&T Afternoon Tea	2.30pm	Metropole Hotel	€35	Taste the summer by indulging in The Met's summer berry afternoon tea with a refreshing Maharani gin and tonic.	
● ● Only in Cork Mystery Box Cook-Off	3pm	Festival Marquee, Emmet Place	FREE	Combining high drama, deep farce and some serious cooking chops, three of Cork's top chefs take to the stage in a race against the clock to cook and serve up a quickfire dish using local ingredients. Featuring Brian Murray (The Glass Curtain), Darren Kennedy (Sage) and Ali Honur (The Imperial Hotel), the event will be judged by the Irish Examiner's restaurant critic Joe McNamee.	
● Uncover the Food-Gut Connection	3pm	Festival Stage, Crawford Art Gallery Theatre	FREE	Feed your mind and fuel your gut at this dynamic discussion on the fusion of food and gut health with Atlantia Clinical Trials - get insights, tips and more with experts Professor Ted Dinan, Dr. Onthalie Serehete and Anneliese Dresse. Atlantia Clinical Trials are proud Cork on a Fork Fest sponsors.	
● ● Mac Curtain Street Wine Trail - Nell's, MacCurtain Wine Cellar & Moody's	3pm - 3.30pm	Mac Curtain Street at the VQ	€50	Visit three wine bars that have become the epicentre of wine culture in Cork. Each venue will provide a tapa featuring Cork produce paired with a wine.	
● ● The Ultimate Craft Beer Experience	3pm	North Mall	€15	Taste award-winning Irish beers, made using local ingredients. Learn how to pour a stout. Get insights into the culture and heritage of brewing in Cork City, learn the components of a great beer. Afterwards stay to enjoy wood-fired pizza, traditional Irish music and storytelling!	
● Rebel City Tour & Tastings	3pm	Rebel City Distillery	€25	Visit the first distillery to open in almost 50 years in Cork City, in this fascinating tour with tastings.	
● ● International Tea Ceremony	3pm - 3.40pm	Tea Room and Lecture Theatre, Nano Nagle Place	FREE	Explore tea and it's meaning, it's cultural considerations and stories, at this gorgeous multi-cultural tea ceremony with Cork Migrant Centre and tea connoisseur Hayley Power.	
● ● Scavenger Hunt	3pm	Ballinlough Community Garden	FREE	Explore the flowers, vegetables and creatures that inhabit this garden, fun for all the family.	
● Harley StrEAT BBQ	3pm - 7pm	Harley Street, next to the Metropole Hotel in the VQ	Varies	Jive down to Harley Street in the VQ, just beside the Metropole Hotel for a salsa themed BBQ and cocktails, while you listen to live music.	
● Sourdough and Wine Harvest	3.30pm-5pm	Callanan's bar, Georges's Quay	€30pp / €50 for 2	Immerse yourself in a captivating event dedicated to the art and science of sourdough bread-making, natural wine, and sustainable agricultural practices.	
● ● A Garden Dream	4pm-8pm	St. Luke's Community Garden	FREE	A magical evening with a tour of the garden and talk by beekeeper Kate Manning. Rosie Healy (The kitchen fairy) will prepare a bohemian feast with healthy treats and refreshments and to end a 40 minute sound bath from Naoise from Golden Space.	
● ● Tapas on the Terrace	From 4pm	The Cornstore	Varies	A special Tapas on the Terrace featuring all local produce and cocktails. Menu for Cork on a Fork Fest, featuring all local produce, in addition to delicious cocktails.	
● Cooking with Currabinny	4pm	Festival Marquee, Emmet Place	FREE	Join William Murray from Currabinny for a live cooking demo.	
● Cork Food - a food writers' perspective	4pm	Live Stage, Crawford Art Gallery Theatre	FREE	A lively panel discussion with Cork's (and Ireland's) leading food writers. Join Kate Ryan from Flavour.ie as she chats to John and Sally McKenna from McKenna Guides and freelance/Irish Examiner writers Joe McNamee and Caroline Hennessy.	
● Pupusas (stuffed tortillas/flatbread) demo	5pm	Festival Marquee, Emmet Place	FREE	A Pupusas (stuffed tortillas/flatbread) cooking demo and sampling with Cork Migrant Centre.	
● Botanic & Bites at Bloom	5pm-8pm	Bloom at Hayfield Manor	€50 for 2	Indulge in a carefully crafted botanical cocktail and a sharing board featuring a selection of produce from leading local suppliers.	
● ● Cork on a Fork Early Bird Tasting Menu	5pm - 6pm	The Glass Curtain	€38	Enjoy a very special early bird tasting menu at The Glass Curtain using the finest local seasonal produce.	
● ● Taste of the Real Cork	5pm-9pm	The Met Bar at the Metropole	Varies	Taste the "real Cork" through this unique menu created for the festival with a focus on sustainability, provenance, seasonality and artisan producers.	
● Sourdough and Wine Harvest	5.30pm-7pm	Callanan's bar, Georges's Quay	€30pp / €50 for 2	Immerse yourself in a captivating event dedicated to the art and science of sourdough bread-making, natural wine, and sustainable agricultural practices.	
● Chase the Fairy - an Introduction to Absinthe & the Arts	5.30pm	Rebel City Distillery	€35	Join Rebel City Distillery for Ireland's only premium Absinthe experience.	
● Early Bird Cork Tasting Menu	6pm	Electric	€35	An early bird special 'Cork Tasting Menu' bursting with produce from the best local suppliers and producers. Starters, Main Course and Dessert for €35.	
● ● Cork Oyster Shucking Championship	7pm-10.30pm	The Metropole	€30	A magical evening of mollusc-related food, fun and frolics, also incorporating the Cork Oyster Shucking Competition, open to all. Judged by Guinness World Record Oyster Shucker, Paddy McMurray. Includes a sparkling oyster reception, seafood light bites & a drink. Masterclasses also available for amateurs earlier in the day.	
● Hysterical Histories Comedic Dinner Theatre Experience	7pm	Upstairs at Amicus	€52 adults €32 kids FREE under 2	This laugh-out-loud comedic theatre experience celebrates all things Cork. Discover the highlights of our city's 1500-year history, our drink, and live music, and learn some local slang.	
● ● Bookshelf Cork on a Fork Supper Club	8pm	The Bookshelf at The Elysian	€50	Experience an exceptional 5-course dining journey showcasing talented local producers in the region. Wine pairing also available.	
● ● Tacos and Tequila	All day	Tequila Jacks	€45	Enjoy a flight of three Patron tequilas and a Sangrita, accompanied by your taco of choice in the restaurant or outdoor domes.	
● ● Taste of Paddys	All day	Paddy the Farmers	€50 for 2	A special set menu which includes a sharing appetiser and a main. Add a bottle of red or white wine for €10.	

Cork on a Fork Fest Events At a Glance

16th - 20th August

Key

- Dining
- Tasting
- Trails & Tours
- Specials
- Talks
- Children & family
- Wellness
- Farmers Markets
- Demo/Workshop:

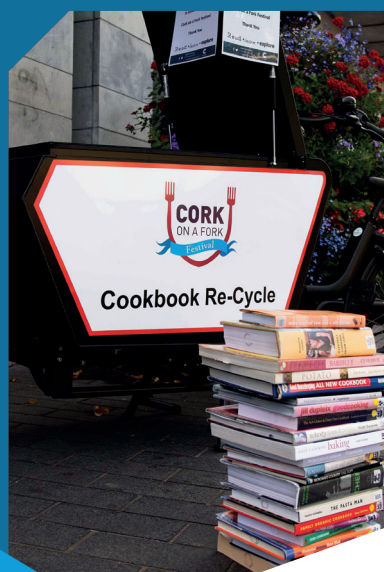
To book click on the event name or go to www.corkonaforkfest.ie for more info

Sunday					
Event	Time	Where	€	About	
● Make and Taste three unique coffee roasts	11am-12pm	Izz Cafe	€55	Owner Izzeddeen will take you through the process of roasting 3 different types of green coffee beans and you'll leave with a copper coffee pot and coffee bag.	
● Sophies Cork on a Fork Brunch	12pm-2.30pm	Sophie's at The Dean	€25	Sophie's Rooftop Restaurant will serve a specially curated Cork on a Fork brunch menu, full of Cork only ingredients. €25 for a glass of prosecco and a main course dish.	
● ● Teddy Bears Picnic	1pm-2pm	Fitzgerald Park	FREE	Head to Fitzgerald's Park with your picnic, blanket and teddies for this BYO (bring your own) teddy bears picnic,. Featuring facepainting, giant games, local ice cream and a bee making demo. Ticket only event.	
● A Taste of The English Market Brunch with Kinsale Gin	12pm-2pm	Greenwich	€35	Greenwich on Caroline Street will host a taste of The English Market brunch pairing with Kinsale Gin.	
● Adults Pizza Making Workshop	12pm-1pm	Pompeii Pizza, Franciscan Well Beer Garden	€20	Learn how to make authentic wood-fired pizza under the guidance of a professional pizzaiolo from Pompeii Pizza.	
● Champagne & Oysters	12pm-9.30pm	The River Club at The River Lee	€40	Enjoy a dozen Ballycotton oysters served with 2 glasses of Charles Heidsieck Brut Réserve NV Champagne	
● A Feast of Fashion at Sketch	1pm	Sketch at The Imperial Hotel	€45	A feast of fashion in the instagrammable Sketch at The Imperial. Kicking off with a Kinsale Gin reception, followed by a delicious late brunch, and a fashion show featuring collections from Opera Lane & Cork city centre boutiques. Sponsored by Opera Lane.	
● Sailing, Shucking and Shanties	2pm-4.30pm	Pick up at Custom House Quay	€50	Enjoy a 2.5-hour cruise of Cork lower Harbour, and take in the sights of Cobh, Spike Island, Haulbowline and Blackrock Castle. Famous fishmonger Pat O Connell from the English Market will be shucking oysters for your tasting, and there will be lots of entertainment on board with Sea Shanties.	
● ● Local Summer Berry and Maharani G&T Afternoon Tea	2.30pm	Metropole Hotel	€35	Taste the summer by indulging in The Met's summer berry afternoon tea with a refreshing Maharani gin and tonic.	
● ● The Ultimate Craft Beer Experience	3pm	North Mall	€15	Taste award-winning Irish beers, made using local ingredients. Learn how to pour a stout. Get insights into the culture and heritage of brewing in Cork City, learn the components of a great beer. Afterwards enjoy wood-fired pizza, traditional Irish music and storytelling!	
● Irish Whiskey and Pastry Tasting Experience	3.30pm	The Shelbourne Bar	€35	A selection of some of our favourite whiskies paired with a combination of unique pastries like baklava, profiteroles and cake.	
● Crust Kids Creations	3:30PM & 4:30PM (30mins each)	Crust Pizza MacCur-tain Street	€10	An exciting workshop that sparks culinary creativity in young pizza enthusiasts.	
● ● Tapas on the Terrace	From 4pm	The Cornstore	Varies	A special Tapas on the Terrace featuring all local produce and cocktails. menu for Cork on a Fork Fest, featuring all local produce, in addition to delicious cocktails.	
● 'Wasted' - Book Launch with 4-Course Tasting Menu at L'Atitude 51	5pm	L'Atitude 51	€85	Zero-Waste Chef Conor Spacey will officially launch his book 'Wasted' with a plant-based tasting menu using recipes from the book paired with natural wines by L'Atitude.	
● ● Cork on a Fork Early Bird Tasting Menu	5pm - 6pm	The Glass Curtain	€38	Enjoy a very special early bird tasting menu at The Glass Curtain using the finest local seasonal produce.	
● Wine, charcuterie & cheese tasting evening	5pm - 6.30pm	The Kingsley Lounge restaurant	€35	Indulge your senses and savour the perfect pairing of exquisite wines, charcuterie and a carefully curated selection of cheeses.	
● Botanics & Bites at Bloom	5pm-8pm	Bloom at Hayfield Manor	€50 for 2	Indulge in a carefully crafted botanical cocktail and a sharing board featuring a selection of produce from leading local suppliers	
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● Clancy's Trad Night	7pm	Clancy's Princes Street	Varies	An evening of great food, drink and traditional Irish music in the heart of Cork.	

Farmers Markets



English Market - 8am-6pm (closed Sundays)
 Wilton Market (discover cork) - Tuesday 10am-2pm
 Ballincollig Farmers Market - Wednesday 9am-2pm
 Mahon Point Farmers Market - Thursday 10am-2pm
 Cornmarket Street (Coal Quay) Market - Saturday 9am-2pm
 Cork on a Fork Market - Saturday 9.30am-5pm
 Douglas Market - Saturday 10am-2pm
 Blackrock Market - Sunday 10am-2pm



Library Barrel Cookbook Exchange
 10am - 5pm
 Outside Cork City Library on Grand Parade
 FREE/Swap
 Cork City Library will host a cookbook exchange in a cargo bike outside their building

