



MACROOM FOOD FESTIVAL

**FRIDAY 22ND -
SUNDAY 24TH
SEPTEMBER 2023**

FRIDAY 22ND

FUN, FOOD, & FROLICS

CASTLE HOTEL - 8PM

Opening with **Hawks Well Theatre Co.** presenting **Gombean**
Followed by a Tastings of our **Local Food Produce**
Der Hurley the Music Man will round off a great night's entertainment.
AN EVENT NOT TO BE MISSED

Limited number of Tickets €25 each, available at
the Castle Hotel Reception or Evelyn Mc Sweeney's shop.

NUTRITION FOR SPORTS PERFORMANCE

MACROOM GAA HALL - 7PM

Jonny Holland - Performance Nutritionist & Coach

Jonny will talk on Meal Planning and organisation for performance.
This event is open to all sports clubs, athletes to non exercisers,
teams, and workplace individuals or groups.

Registration email: info@macroomfoodfestival.com

CULTURE NIGHT EVENT

6PM- CHAPEL HILL SCHOOL OF ART

Local Author **Madeline D'Arcy** will read from her recent award
winning book **Liberty Terrace**. Music is by the **Pizzaz Violin group**

SATURDAY 23RD



COFFEE WORKSHOP

by **Fzin Coffee**

THE SQUARE - 10.30AM

Learn about different beans, or how to make the best
homemade cappuccino!



ALSO TALK TO atlantia FOOD TRIALS

KIDS ZONE 11AM - 1PM - THE SQUARE

**SECAD CELEBRATES
MULTICULTURALISM THROUGH FOOD**

INTERNATIONAL PARADE - 2PM

Featuring the **Shamrock Bhangra** originally from Punjab,
India - Ireland's Best Ethnic Dance Group.

**INTERNATIONAL FLAVOURS FROM ALL
OVER THE WORLD WILL BE COOKING IN
THE MARQUEE, WITH LOTS OF TASTINGS.**

GRANVILLE'S

3.30PM - 5PM

Fantastic **Cocktail Workshop** with Master Cocktail Maker
John Tynan. Make you own cocktails and enjoy some
nibbles from the sharing boards

Limited number of Tickets €25 each, available at Granvilles



**BAND TRAIL IN THE PUBS
ON SATURDAY NIGHT**

SUNDAY 24TH

MONSTER FOOD & CRAFTS MARKET

11AM - 6PM

FEATURING OVER 50 STANDS

ALWAYS A GREAT DAY WITH LOTS OF OFFERINGS



SCHOOLS COOK OFF COMPETITION

1PM AND 3PM

STAGE ENTERTAINMENT

1.30PM - Aghinagh Comhaltas

3PM - Band of the Southern Command

**CIRCUS ENTERTAINMENT,
KIDS RIDES AND LOTS OF
STREET PERFORMERS TO
KEEP THE KIDS HAPPY**



Cork County Council
Comhairle Contae Chorcaí



**LEE VALLEY
ENTERPRISE BOARD**