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What's Happening in Kildare? A Look at the County's Biggest Events Right Now

County Kildare, known for its rich history, equestrian heritage and vibrant communities, is buzzing with activity in 2025.

From housing developments to cultural festivals and sustainability projects, here's a round-up of some of the most topical events shaping the county right now.

1. Housing and Development: Kildare's Rapid Growth Continues

Kildare's proximity to Dublin has long made it a commuter hotspot, but recent population growth has kicked off a new wave of development. In Naas, Newbridge, and Maynooth, several large housing schemes are either under construction or already welcoming new residents.

One particularly controversial development in Celbridge has sparked debate, with local residents concerned about infrastructure pressures and the loss of green space. However, Kildare County Council insists that new homes are vital to meet demand, particularly for first-time buyers.

Meanwhile, sustainable housing is also on the agenda, with new estates in Leixlip being built to near-zero energy standards, setting a precedent for future builds across the county.

2. The Curragh in the Spotlight: Balancing Heritage and Modern Racing

The Curragh, Ireland's most famous racecourse, is at the centre of a major discussion about the future of Irish racing. With attendances fluctuating and debates about animal welfare growing louder, the venue is working hard to reinvent itself.

This year, the Curragh introduced a festival-style summer race series, blending horse racing with live music, food markets, and family entertainment, all in a bid to attract a younger audience.

Meanwhile, there's ongoing debate around land management on the Curragh Plains, with conservationists, horse trainers, and walkers all vying for input into how the iconic landscape should be protected and used.

3. A Green Push in Kildare Town

Sustainability has become a central theme in Kildare Town, where the local community is leading a series of green initiatives. From wildflower corridors to plastic-free events, the town is positioning itself as a leader in environmental action.

This year's Kildare Derby Festival went fully carbon-neutral,

with local businesses committing to low-waste catering, reusable pint cups, and zero single-use plastic. It's a small step, but one many residents hope will become the norm for festivals across the county.

4. Maynooth University: A Hub of Innovation and Protest

Over in Maynooth, the university remains a hub for student activism and cutting-edge research. Recent months have seen students lead protests around the housing crisis, as the shortage of affordable student accommodation continues to bite.

At the same time, Maynooth's research community is receiving international recognition for projects focusing on climate change adaptation and agricultural innovation — crucial areas for a county with such a strong farming tradition.

5. The Return of the Irish Derby Festival

Kildare's social calendar wouldn't be complete without a mention of the Dubai Duty Free Irish Derby, which returns to the Curragh this summer with a bigger emphasis on fashion, food, and culture.

The festival is expanding beyond the racecourse, with pop-up events in Newbridge, Naas and Kildare Town, celebrating local craft, music, and food. For Kildare's hospitality industry, the festival provides a vital economic boost after several challenging years.

6. Heritage Meets High-Tech: Kildare Embraces Digital Tourism

Tourism in Kildare is also evolving, with major heritage sites like Castletown House and St. Brigid's Cathedral embracing digital storytelling to attract new visitors.

The Kildare Heritage App, launched earlier this year, offers immersive audio tours, virtual reality experiences, and interactive family trails, blending history with technology to bring Kildare's past to life for a new generation.

Looking Ahead

As Kildare continues to grow, it faces the delicate balancing act of preserving its rural charm while embracing modern development. Whether it's the race for housing, the revamp of iconic festivals, or the greening of local events, one thing is clear — Kildare in 2025 is a county on the move.

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EDITORIAL

Welcome to our March Edition of Little Village. Did you know that the first St. Patrick's Day Parade took place in New York City in 1762? Check it out in our article on St. Patrick's Day. Beyond bacon and cabbage, which was the Irish staple diet of the fifties and early sixties, there is a vibrant revolution underway redefining what it means to eat Irish as you will see in our article Beyond Bacon and Cabbage. Have a look also at what it means to be Irish in 2025. Enjoy our magazine.

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Over 600 Cost Rental Homes Coming to New Town Between Clondalkin and Lucan

A brand-new town is taking shape between Clondalkin and Lucan, and it's set to bring more than 600 cost rental homes to the area.

The Land Development Agency (LDA) has officially confirmed plans to deliver 607 affordable rental apartments in Seven Mills, a large new development beside the Grand Canal in Dublin 22.

The cost rental scheme offers secure, long-term homes at below-market rents, aimed at people who don't qualify for social housing but are struggling with high private rents.

Partnership with Cairn Homes

The apartments are already under construction and are being developed in partnership with Cairn Homes, one of Ireland's leading housebuilders.

Speaking about the project, John Coleman, Chief Executive of the LDA, described it as a major step forward.

"This is a really exciting announcement for the LDA. We're delighted to work with Cairn to deliver over 600 cost rental apartments in a brand-new town, Seven Mills, which the Government has identified as a Strategic Development Zone – meaning it's an area of national importance for housing," he said.

"This kind of partnership shows how the State can intervene directly to improve affordability and deliver quality homes for those locked out of the private rental market."

Where and What is Seven Mills?

Seven Mills is located just 13km from Dublin city centre. Once fully developed, it will contain over 5,500 homes, making it roughly the size of Maynooth.

The cost rental apartments will sit within a 12-acre section of the development called Cooper Square, where 607 apartments are being built:

- 257 one-bedroom apartments
- 318 two-bedroom apartments
- 32 three-bedroom apartments

The apartments are being built to PassivHaus standards, meaning they are designed to keep energy bills low through energy-efficient design and insulation.

Well-Connected Location

Seven Mills is well-served by public transport, with two train stations providing quick connections to the city centre:

- Heuston Station in about 12 minutes
- Connolly Station in around 30 minutes
- Grand Canal Dock in under 40 minutes

The development also sits close to key commuter routes, including the M50, N4, and N7. For cyclists, the Grand Canal Greenway runs directly to the city centre, offering a scenic and sustainable commute.

A Town with More Than Just Homes

This isn't just about housing – Seven Mills has been master-planned to include two commercial hubs, featuring shops, restaurants, meeting spaces and office buildings. It's also located beside major employers, business parks and retail centres, including Liffey Valley Shopping Centre, which is just eight minutes away by car.

With its own amenities, transport links, and a mix of social, affordable, and private housing, Seven Mills is aiming to become a thriving, balanced community – a modern, affordable place to live within easy reach of the capital.

The first of the cost rental homes are expected to be ready for tenants before the end of this year.



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Housing Crisis 2.0: What's Next for Generation Rent?



For a generation of young Irish people, the dream of owning a home feels further away than ever.

Despite years of promises, policies, and plans, the housing crisis hasn't eased — if anything, it's evolved into something even more complex.

As we head deeper into 2025, Generation Rent isn't just frustrated — they're angry, exhausted, and wondering if homeownership will ever be within reach. So, what's next?

Locked Out and Priced Out

The numbers paint a bleak picture. Average house prices continue to soar, especially in Dublin, Cork, and Galway. According to the latest reports, the average price of a home in Dublin is now over €450,000 — far beyond what most young couples, let alone single buyers, can afford.

Even renting has become a luxury. A one-bedroom apartment in Dublin now averages over €2,000 a month, and in many smaller towns, rent inflation is outpacing wage growth. For those on average salaries, the math simply doesn't add up.

"I'm 33, working full-time, saving every month, and I still have no chance of buying," says Ciara, a marketing manager in Limerick. "Every year, the goalposts move. It's like trying to catch smoke."

From Couchsurfing to 'Generation Boomerang'

As a result, thousands of young adults are stuck in limbo — couch surfing, living in overpriced house shares, or moving back in with parents well into their 30s.

"There's still this stigma, like if you're back home after 30, you've somehow failed," says Mark, a 29-year-old IT worker who moved back to his childhood bedroom in Mayo after being priced out of Galway. "But the reality is, for a lot of us, it's the only option if we want to save anything."

The Emotional Toll

Beyond the financial strain, the psychological impact of the crisis is impossible to ignore. Surveys consistently show that housing insecurity is driving stress, anxiety, and a sense of hopelessness among younger generations.

"It's hard to plan a future when you don't know where you'll be living in six months," says Aisling, a teacher in Dublin who has moved four times in the last two years due to rent hikes and landlords selling up. "It affects everything — relationships, career choices, even whether or not you feel you can have kids."

Who's to Blame?

Depending on who you ask, there's plenty of blame to go around. Government policy, vulture funds, Airbnb hoarding, and NIMBYism (Not In My Back Yard) all come up repeatedly. While the Housing for All plan promised tens of thousands of new homes, delivery has consistently lagged behind demand. Meanwhile, developers focus on high-end apartments and build-to-rent schemes rather than affordable homes for purchase.

"We have a housing market designed to treat homes as investments, not places to live," says Dr. Rory Hearne, housing expert and author of *Gaffs: Why No One Can Get a House*. "Until that changes, Generation Rent will remain stuck."

Searching for Solutions

So, what could actually work? Experts point to a mix of bold policy moves:

- Massive state-led building programs to flood the market with affordable homes.
- Stronger tenant protections, including rent freezes and indefinite leases.
- Tax reforms to discourage vacant homes and

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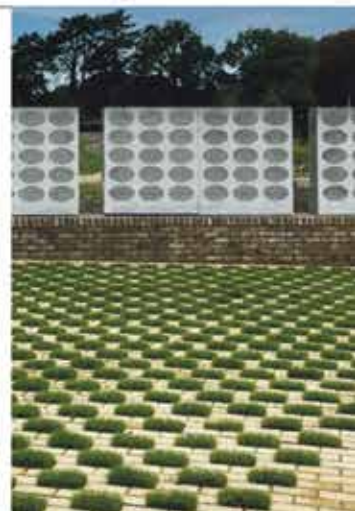
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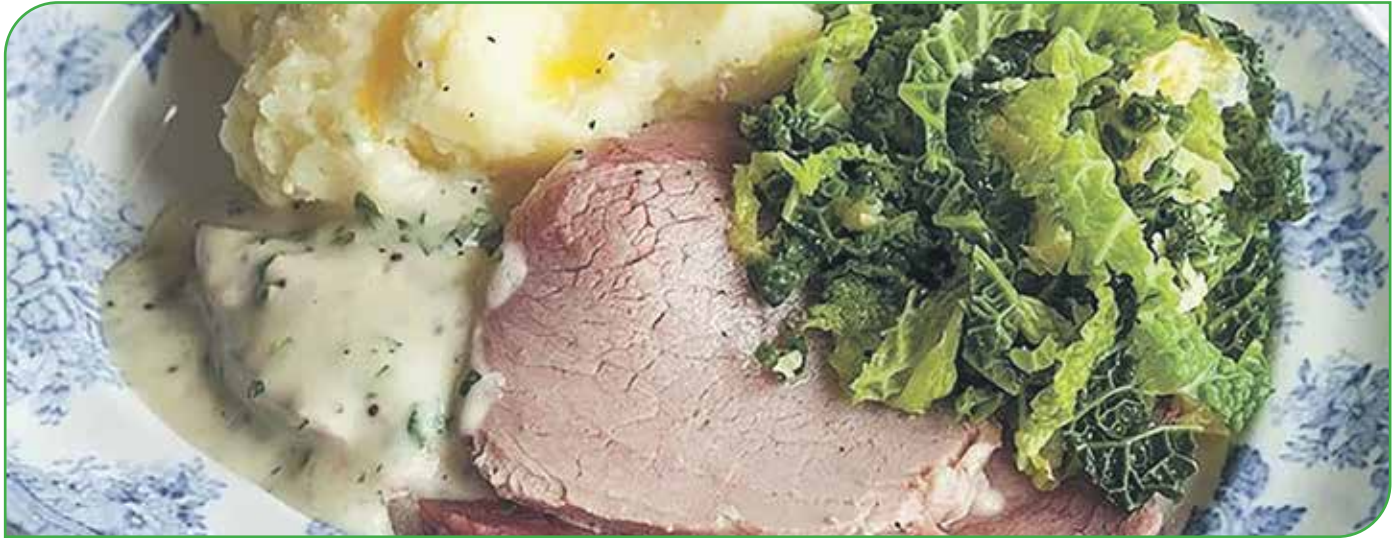
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The Irish Food Revolution - Beyond Bacon and Cabbage



For too long, the world's perception of Irish cuisine has been trapped in a time capsule, limited to hearty stews and traditional fare.

But a vibrant revolution is underway, a delicious transformation that's redefining what it means to eat Irish. Forget the clichés; today, Irish food is a dynamic tapestry woven with heritage ingredients, sustainable practices, and a dash of global inspiration.

This isn't just a trend; it's a passionate movement driven by innovative chefs, dedicated producers, and forward-thinking farmers who are reclaiming their culinary heritage and shaping a new, exciting future for Irish gastronomy.

From Field to Fork: A Sustainable Symphony:

At the heart of this revolution lies a deep respect for the land and sea. Irish farmers and producers are embracing sustainable practices, prioritizing local sourcing, and rediscovering forgotten ingredients.

Seaweed Sensations:

Once overlooked, seaweed is now a star ingredient, finding its way into everything from savoury snacks to gourmet dishes. Companies are harvesting this nutrient-rich resource sustainably, showcasing its versatility and health benefits.

Foraging and Wild Foods:

Chefs are venturing into the Irish countryside, foraging for wild herbs, berries, and mushrooms, bringing the flavours of the land to their plates.

Artisan Producers:

From handcrafted cheeses to cured meats, artisan producers are reviving traditional techniques and creating exceptional products that reflect the unique terroir of Ireland.

A Culinary Melting Pot:

While honouring tradition, Irish chefs are also embracing global influences, creating a fusion of flavours that reflects the multicultural nature of modern Ireland.

Michelin-Starred Pub Grub:

The traditional Irish pub is being reimagined, with chefs elevating pub grub to Michelin-starred heights, combining classic comfort food with innovative techniques and international flavours.

Global Inspiration:

Chefs are drawing inspiration from cuisines around the world, incorporating spices, techniques, and ingredients that add depth and complexity to Irish dishes.

Vegetarian and Vegan Delights:

The rise of vegetarian and vegan cuisine has inspired chefs to create innovative plant-based dishes that celebrate the abundance of Irish vegetables and grains.

A Celebration of Heritage:

The Irish food revolution is also a celebration of heritage, with chefs rediscovering and reinterpreting traditional recipes.

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Forgotten Ingredients:

Ingredients like carrageen moss, dulse, and nettles are being brought back into the spotlight, showcasing the rich culinary heritage of Ireland.

Traditional Techniques:

Chefs are reviving traditional techniques like smoking, curing, and fermenting, adding depth and complexity to their dishes.

Storytelling Through Food:

Food is becoming a way to tell the story of Ireland, with chefs sharing the history and culture behind their dishes.

A Taste of the Future:

The Irish food revolution is not just a passing trend; it's a fundamental shift in how we think about Irish cuisine. It's a movement that's putting Ireland on the global culinary map, showcasing the creativity, passion, and innovation of its food producers and chefs.

From the bustling farmers' markets to the Michelin-starred restaurants, Ireland is a culinary destination that's worth exploring. So, forget the clichés and embark on a gastronomic adventure, discovering the flavours of the Irish food revolution. It's a taste of the future, and it's absolutely delicious.

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The Wellness Wave - Prioritizing Mental Health and Wellbeing in Post-Pandemic Ireland

The echoes of the pandemic have faded, but their impact on our collective mental health lingers.

In Ireland, as in much of the world, we've seen a profound shift in how we perceive and prioritize wellbeing. No longer a peripheral concern, mental health has taken centre stage in our national conversation.

This "wellness wave" sweeping across Ireland is characterized by a growing awareness and a proactive approach to mental and emotional health. It's a movement that's reshaping our communities, workplaces, and personal lives.

A Shift in Perspective:

The pandemic forced us to confront our vulnerabilities, highlighting the importance of resilience and self-care. This has led to:

Increased Openness:

The stigma surrounding mental health is gradually diminishing, with more people openly discussing their struggles and seeking support.

A Focus on Prevention:

Preventative measures, such as mindfulness, exercise, and healthy lifestyle choices, to maintain mental wellbeing.

Community-Led Initiatives:

From local walking groups to online support networks, communities across Ireland are coming together to foster a sense of connection and belonging.

The Rise of Holistic Wellbeing:

The wellness wave extends beyond traditional mental health services, encompassing a holistic approach to wellbeing. This includes:

Embracing the Outdoors:

Ireland's stunning natural landscapes have become a sanctuary for many, with increased participation in activities like hiking, swimming, and nature walks.

Mindfulness and Meditation:

Practices like mindfulness and meditation are gaining popularity as tools for stress reduction and emotional regulation.

The Importance of Connection:

Recognizing the vital role of social connection, people are prioritizing meaningful relationships and community involvement.

Challenges and Opportunities:

While the wellness wave is a positive trend, challenges remain:

Access to Services:

Ensuring equitable access to mental health services, particularly in rural areas, is crucial.

Addressing Systemic Issues:

Addressing the root causes of mental health issues, such as economic inequality and social isolation, is essential.

However, there are also significant opportunities:

Technological Innovations:

Technology can play a role in expanding access to mental health resources and support.

Workplace Wellbeing:

Employers are increasingly recognizing the importance of creating supportive work environments that prioritize employee wellbeing.

In post-pandemic Ireland, the wellness wave is a testament to our collective resilience and our commitment to building a healthier, happier society. By embracing a holistic approach to wellbeing and fostering a culture of openness and support, we can navigate the challenges ahead and create a brighter future for all.

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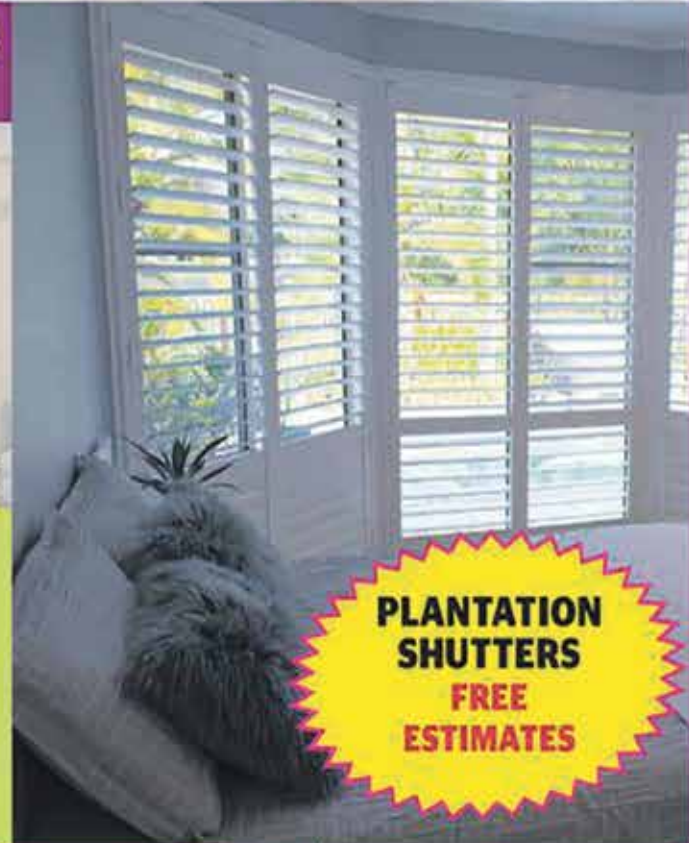
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CRAIC AND CREATIVITY

Meet the Irish TikTokers Taking Over the World

Once upon a time, Ireland's biggest cultural exports were its writers, musicians, and actors — the Yeatses, U2s, and Saoirse Ronans of the world.

Fast forward to 2025, and a new breed of Irish talent is taking centre stage — armed not with novels or guitars, but with ring lights, smartphones, and a wicked sense of humour.

Welcome to the era of the Irish TikToker — blending sharp wit, social commentary, and a uniquely Irish flavour that's captivating audiences not just at home, but around the globe.

From Small Town to Global Stage

For many of these creators, TikTok isn't just a hobby — it's a ticket out of obscurity. Whether they're filming sketches in their sitting room in Roscommon or sharing Gaeilge lessons from a Gaeltacht village, their videos can rack up millions of views overnight.

Take Fionnuala Jay, whose hilarious cultural commentary has turned her into a go-to voice on everything from Irish mammy culture to Love Island

scandals. Or Cian Ducrot, who blended his musical talent with viral storytelling, building a global fanbase that's now showing up at his sold-out gigs.

Then there's Tadhg Fleming, the Kerry man who shot to fame with his chaotic family videos (and his father Derry's unintentional comedy gold), proving that Irish family madness is a universal language.

Comedy with a Sharp Edge

While Irish humour has always travelled well — self-deprecating, sharp, and full of wordplay — what sets this generation apart is how they mix the comedy with real talk.

One minute you're laughing at a skit about Irish Leaving Cert trauma, and the next, you're getting a frank explainer on the housing crisis, emigration woes, or mental health struggles.

This blend of humour and honesty resonates not just with Irish audiences, but with the global

diaspora — from New York to Sydney, Irish people abroad see their own experiences reflected in these 60-second videos.

Gaeilge Goes Viral

Another surprise hit on Irish TikTok? The Irish language itself. Creators like Sophie Ní Riain and Éadaoin Fitzmaurice have turned TikTok into a digital Gaeltacht, teaching slang, reviving forgotten phrases, and showing that Gaeilge can be as funny, chaotic, and expressive as English.

“It’s wild,” says Sophie. “People message me from Boston, Toronto, everywhere, saying they’re learning Irish just from watching my videos. It’s like we’ve found a way to make the language cool again.”

Unfiltered and Unapologetically Irish

What makes these creators stand out is their refusal to polish themselves for the global stage. They’re not trying to be American influencers or UK-style vloggers — they lean into the quirks, slang, and weird cultural touchpoints that make Ireland, well, Ireland.

From debuting outfits for the Debs to explaining the sacred art of a proper cup of tea, they’re offering the world a window into modern Irish life — no filter

needed (except maybe a bit of bPerfect tan).

More Than Just Craic

Of course, behind the viral jokes and comedy sketches is something deeper — a new wave of Irish storytelling. These TikTokers aren’t just entertainers; they’re cultural documentarians, capturing the weird, wonderful, and sometimes painful realities of growing up Irish in the 2020s.

In a way, they’re the natural successors to Roddy Doyle, Tommy Tiernan, and The Rubberbandits — just swapping the stage and page for a smartphone screen.

What’s Next?

With brand deals, global audiences, and even TV opportunities rolling in, the future looks bright for Ireland’s TikTok royalty. But no matter how big they get, the best of them never loses sight of the homegrown humour and heart that got them there in the first place.

Because whether they’re teaching you to swear in Irish or explaining why Tayto is superior to Walkers, one thing’s for sure: Irish TikTok isn’t just funny — it’s a cultural phenomenon.

And the whole world is watching.

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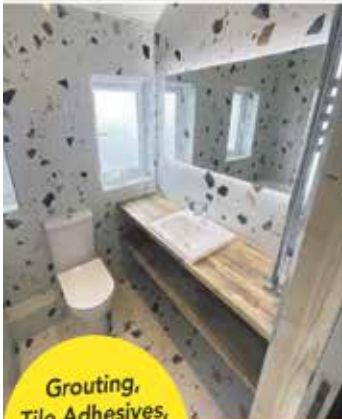
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THE NEW IRISH IDENTITY

What It Means to Be Irish in 2025

For centuries, to be Irish meant something very specific — a land of céilís and Catholicism, of emigrants waving tear-streaked faces from ferry decks, and of national pride shaped by both trauma and resilience.

But in 2025, those old definitions feel as faded as a St. Patrick's Day postcard. The modern Irish identity is in flux, shaped by global influences, new voices, and a society unafraid to ask: Who are we now?

A Changing Face

Walk through any street in Dublin, Galway, or Cork, and you'll hear it — Polish, Portuguese, Arabic, Nigerian accents blending with the familiar lilt of the local tongue. Immigration has reshaped Ireland's population, with one in eight people now born outside the country. This diversity isn't just changing demographics, it's reshaping our sense of ourselves.

For many young people, Irishness is no longer tied solely to bloodlines or birthplace. "Being Irish is about the vibe, not the passport," says Aoife, a 27-year-old musician from Limerick. "It's about how you embrace the craic, how you root for the underdog, how you pull people into your circle. My best friend's family is from Nigeria, but she's as Irish as they come."

Beyond the Church

Once the backbone of Irish identity, the Catholic Church's influence has crumbled. Recent surveys show less than a third of Irish people now attend mass regularly, and younger generations are embracing a patchwork spirituality — yoga, tarot, environmental activism — or rejecting religion entirely.

Yet, this rejection of formal faith hasn't left Ireland spiritually empty. Instead, there's a search for new meaning: reconnecting with Celtic mythology, reinterpreting ancient festivals like Imbolc, and embracing indigenous Irish languages and traditions with a modern twist. The rise of the Gaelgóir influencer, proudly mixing Instagram aesthetics with cúpla focal, shows how cultural pride is evolving.

Irishness Online

The digital world has turbocharged how identity is formed. TikTok, Instagram, and podcasts are now central to how Irishness is performed and redefined.

Whether it's comedy sketches poking fun at Dublin rent prices, viral clips of trad sessions in Berlin, or second-generation Irish Americans learning how to make soda bread, there's a sense that being Irish today is less about where you are — and more about how you connect to the culture, however loosely.

"There's this weird pride in being a bit tragic but also sound," laughs Ciarán, a content creator who went viral with his 'Irish Mammy Survival Guide' series. "We're sarcastic, self-deprecating, but fiercely protective of the things we love — even if that's just complaining about them."

Progress and Pain

Of course, identity isn't just about humour and heritage. Modern Ireland still grapples with deep questions around its identity — especially when it comes to issues like the housing crisis, climate action, and the legacy of colonialism.

For some, the speed of change is unsettling. There are still pockets clinging to older, more traditional versions of Irishness, ones rooted in conservatism and Catholic values. But for many, there's excitement in the ambiguity — a chance to build a new story for Ireland, one that is more inclusive, more creative, and more forward-thinking than ever before.

What Now?

So, what does it mean to be Irish in 2025? It means knowing the story isn't finished. It's about holding onto the warmth, humour, and rebellious spirit that made Irish culture famous, while embracing the uncomfortable but necessary changes that will shape the next century.

It's being proud of a nation that can both throw the best St. Patrick's Day party in the world — and lead conversations about climate justice. It's about being open to new accents, new perspectives, and new traditions. And it's understanding that Irishness, like Ireland itself, has always been a work in progress.

And sure, isn't that half the craic?

Vegetarian Dishes

102. Hot & Spicy ToFu V 1,5 	€11.95
103. Szechuan Style ToFu V 1,5 	€11.95
104. Salt & Chilli ToFu (Long Tray) V 	€11.95
105. Mixed Vegetables with Choice of Sauce V 	€11.95

(Curry, Black Bean, Black Pepper, Cashew nuts, Satay, King do, Szechuan etc)

Fried Rice Dishes 3

106. House Special Fried Rice 2	€13.95
107. King Prawn Fried Rice 2	€14.95
108. Chicken Fried Rice	€12.95
109. Pork Fried Rice	€12.95
110. Beef Fried Rice	€12.95
111. Vegetables Fried Rice V	€11.95
112. Yung Chow Fried Rice	€13.95
113. Singapore Fried Rice 1,3,4,5 	€13.95
114. Nasi Goring Chicken Fried Rice 1,3,4,5 	€13.95
115. Samba! Chicken Fried Rice 1,3,4,5 	€13.95

(113-115 Contain peanut sauce, soy sauce wheat flour shrimp paste)

European Dishes



116. Roast Breast of Chicken with Onion & Mushroom	€12.95
117. Special Omelette or Foo Young 2,3	€13.95
118. King Prawn Omelette or Foo Young 2,3	€14.95
119. Chicken Omelette or Foo Young 3	€12.95
120. Mushroom Omelette or Foo Young V 3	€11.95

Extra Dishes

Salt & Chilli Chicken Balls	(6) €9.95 (8) €12.95
Salt & Chilli Chips in Long Tray <i>(sauce €1.50 extra)</i>	€6.85
Chicken Balls (3)+Chips & Curry Sauce <i>(in Long Tray)</i>	€8.85
Sausages (3), Chips & Curry Sauce <i>(in Long Tray)</i>	€8.85
Shredded Crispy Chicken+Chips & Curry Sauce	€8.85
5 in 1 <i>(Shredded Chicken, Chicken Ball (2), Curry Sauce, Fried Rice & Chips)</i>	€8.85
4 in 1 <i>(Chicken Balls (2)+Chips+Fried Rice & Curry Sauce)</i>	€8.85
3 in 1 <i>(Fried Rice+Chips+Curry Sauce)</i> Small	€5.85 Large €6.85
Chicken/Beef Curry with Fried Rice	Small €7.85 Large €9.95
2 in 1 <i>(Chips with Curry Sauce)</i>	Small €4.85 Large €6.85
French Fried Onion Rings	€9.25
Fried Plain Onion	€7.95
Fried Soft Noodles	Small €6.90 Large €8.95
Egg Fried Rice	Small €4.95 Large €6.25
Boiled Rice	Small €3.80 Large €4.95
Chips	Small €4.85 Large €6.35
Sauce Options	8oz €3.65 12oz €5.25
<i>Curry/Sweet And Sour/Bbq/Satay/Szechuan/Black Bean/Black Pepper/King Do/Sweet Chilli/Kung Po/ Hot Garlic/Plum Sauce/Macau Curry/Oyster Sauce/Samba Sauce/Red Curry/ Green Curry/Masaman/Ren Dang</i>	
Sauce Options	4oz €3.00 8oz €5.70
<i>Garlic Mayo/Honey Sauce/Chilli Oil/Soy Sauce/Hai Sin Sauce</i>	
Chicken Balls (8)	€11.55
Chicken Balls (6)	€8.65
Chicken Balls (4)	€6.90
Chicken Nuggets (12) with Curry Sauce	€7.95
Chicken Tenders (6) with Curry Sauce	€8.95
Sausage <i>(each)</i>	Plain €1.65 in Batter €2.95
Beansprouts	€7.95
Mixed Vegetables	€9.95
Mushrooms	€8.95
Cashew Nuts <i>(8oz)</i>	€5.50
Prawn Crackers	€3.50
Sushi Ginger <i>(4oz)</i>	€2.50
Soft Drinks <i>(Coke, Coke Zero, 7up, Diet Coke, Orange)</i> Can	€2.00
Large Bottle	€5.30
Water (500ml)	€1.85




Set Meal Deals

For 2 People €54.80

House Combination for 2
 Beef with Black Bean Sauce
 Chicken Curry
 Sweet & Sour Chicken *(Hong Kong Style)*
 Egg Fried Rice
 Prawn Crackers
 2 Cans of Coke

SAVE
€11.40

For 3 People €75.80

House Combination for 3
 King Prawn Szechuan Style
 Beef with Black Bean Sauce
 Chicken Curry
 Sweet & Sour Chicken *(Hong Kong Style)*
 Egg Fried Rice
 Prawn Crackers
 Bottle of Coke

SAVE
€12.90

For 4 People €96.75

House Combination for 4
 King Prawn Szechuan Style
 Roast Duck Cantonese Style
 Beef with Black Bean Sauce
 Chicken Curry
 Sweet & Sour Chicken *(Hong Kong Style)*
 Egg Fried Rice
 Prawn Crackers Bottle of Coke

SAVE
€18.37

Happy Kid €9.95

Popcorn Chicken
 Sausages (2)
 Chips
 Honey Dip
 Can of Fizz Drink
 Tayto Crisps or Haribo



Snack Box €9.50

- Prawn Toast (4 Pieces), Chicken Balls (2), Chicken Wings (2), Chips & Curry Sauce
- Chicken Nuggets (4), Crispy Won Ton (2), Chicken Balls (1), Chips & Curry Sauce
- Sausages (2), Chicken Balls (2), Chips & Curry Sauce

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Appetisers

- A1. House Combination for 2 **4,7** €15.55
(Honey Spare Ribs, Spring Roll, Sesame Prawn Toast & Chicken Skews Satay)
- A2. Aromatic Duck **5** (1/4) €14.10
(Served with Pancake, Hoisin Sauce & Fresh Vegetables) (1/2) €22.90
- A3. Skewered Chicken Satay (3) (sauce on side) **6** €8.60
- A4. Skewered King Prawn Satay (4) (sauce on side) **2,6** €8.90
- A5. Sesame Prawn Toast (2) with Sweet & Sour Dip **2,7,11** €8.90
- A6. Pork Spare Ribs (3) €7.85 (4) €9.95
(Choice of: BBQ, Sweet & Sour, Salt & Chilli or Honey Sauce)
- A7. Chicken Wings Small €7.50 Large €9.95
(Choice of: BBQ, Sweet & Sour, Salt & Chilli or Honey Sauce)
- A8. Smoked Shredded Chilli Chicken (Dry) Small €6.95 Lrg €10.90
- A9. Crispy Spring Roll (3) (with Plum Sauce Dip) €7.90
- A10. Crispy Spring Roll (2) (with Plum Sauce Dip) **5,9** €4.85
- A11. Vegetarian Spring Roll (3) **V 5,9** €6.40
with Sweet & Chilli Sauce Dip
- A12. Chicken Cheese Roll (3) with Sweet & Sour Sauce Dip **5,9** €7.60
- A13. Salt & Chilli King Prawn **2** €9.70
- A14. Yuk Sung (Chicken or Pork) (Contain Peanuts) for 1 €9.70
(Served with iceberg lettuce) **4,6** for 2 €14.10
- A15. Crispy Won Tons (5) with Sweet & Sour Dip **2,5,11** €8.60
- A16. Crispy Chicken Curry Puff **5,9** €8.15
- A17. Lollipop Chicken **3** €8.40
(Skewered Crispy Chicken Pieces Glazed in Honey Sauce)
- A18. Gyoza (Crispy Dumpling in chicken or veg with soya sauce) **6** €8.60
- A18a. Salt & Chilli Crab Claws **2** €8.60
- A18b. Tempura King Prawn (6) **2,3,5,7** €9.95

Spice Bag Selection

- A19. Spicy Bag Small €7.90 Large €10.90
- A20. Primary Spicy Bag **3** €10.90
(No Chilli Spicy Bag Suitable for any age)
- A21. House Special Spicy Bag **3** €13.90
(2 Chicken Balls, Crispy Shredded Chicken & Chips)
- A22. Tofu Spicy Bag **V 1** €11.35
(Mixed of deep Fried Tofu & Chips in Salt & Chilli)
- A23. Boneless Spicy Box **3** €14.95
(2 Chicken Balls, Crispy Shredded & Piece of Chicken, Chips and Small Curry Sauce, all Salt and Chilli)
- A24. The Grand Vegan Spicy Box **V 1,5,7,9** €14.85
(with Tofu, Chips, Mushroom, Broccoli, Onion, Carrot, Green Pepper 2 Pieces of Vegetable Gyoza & Small Curry Sauce Dip)
- A25. Munchies Box Junior €14.95
A personal size box (16cmx25cm), pack with crispy chicken pieces, shredded chicken, 2 chicken balls, chicken wings, ribs, chips & small tub of curry sauce
- A26. Spicy Bag Chicken Nuggets Small €7.95 Large €10.95
Chicken nuggets, chips, onion, carrots with salt & chilli seasoning
- A27. The Grand Spice Bag €12.95
The usual Spice bag in a box with small tub of curry sauce
- A28. Crispy chicken honey Spice Bag €11.95
- A29. House Special honey Spice Bag €14.95
- A30. Fried chicken wings Spice bag €10.95
- A31. Spice bag in king prawn €12.95
Long tray, prawns (6), mix of king prawn, chips in salt & chilli, onion & carrots
- A32. Spice Bag Sausage €10.95
Mix of sausage, chips in salt & chilli, onion & carrots

Soup

- S1. Chicken & Sweetcorn Soup **3** 12oz €6.35 32oz €14.40
- S2. Crab Meat & Sweetcorn Soup **2,3** 12oz €6.90 32oz €15.60
- S3. Chicken Mushroom Soup 12oz €6.35 32oz €14.40
- S4. Chicken Noodle Soup 12oz €5.90 32oz €11.80
- S5. Hot & Sour Soup **3** 12oz €6.35 32oz €14.40
- S6. Won Ton Soup **2,11** 12oz €7.50 32oz €16.95
- S7. Mixed Vegetables Soup **V** 12oz €5.95 32oz €13.45
- S8. Gyoza Soup (Chicken/Vegetable) 12oz €6.35 32oz €14.40
- S9. Seafood Ramen Soup 32oz €14.95

Noodle Box

Choice of Noodle

- Thin Noodle
- Thick Noodle
- Udon Noodle (extra €1.50)
- Flat Rice Noodle (extra €1.50)
- Ramein (extra €1.50)
- Vermicelli (extra €1.50)
- Chicken / Beef / Pork €12.95
- Mixed Meat **2** €13.95
- King Prawn **7** €14.95
- Mixed Seafood **2,11** €14.95
- Mixed Vegetable €11.95



Choice of Sauce

- Oyster Sauce **5,14**
- Sweet Chilli Sauce
- Black Bean Sauce
- Black Pepper Sauce
- Satay Sauce **4,5,9**
- Curry Sauce **5,9**
- Szechuan Sauce **1,7**
- Sweet & Sour Sauce

SINGAPORE BOX **1,3,4,5,8,11** €13.95

Thin Rice Noodle Roast Pork, Chicken & Vegetable
(Contain egg, peanut sauce, soy sauce wheat flour shrimp paste)

HOT BOX **2,3,5,14** €14.95

Thick Egg Noodles, Chicken, Beef, Roast Pork, King Prawn and Green Vegetables, Wok Tossed in our Secret Chilli Sauce

TERIYAKI CHICKEN BOX **1,3,5,14** €13.95

Thick Egg Noodles, Chicken and Asian Green Vegetables, Wok Tossed in our Teriyaki Sauce

Chef's Recommended

- C1. Shredded Crispy Chicken in King Do Sauce **1,5** €13.95
- C2. Shredded Crispy Chicken with Sweet Chilli Sauce **1,3** €13.95
- C3. Shredded Crispy Chicken in Szechuan Sauce **1,3** €13.95
- C4. Crispy Shredded Chicken with Sweet & Sour Sauce €13.95
- C5. Sesame Shredded Chicken with Honey Chilli Sauce **9** €13.95
- C6. Crispy Shredded Chicken with Honey Chilli Sauce **3** €13.95
- C7. Crispy Shredded Beef with Chilli Sauce **1,3** €14.95
- C8. Salt & Chilli Chicken (Piece or Shredded) €13.95
- C9. Spicy Samba Chicken / Beef / Pork **1,5,11** €12.95
Spicy Sambal King Prawn / House Special **1,2,5,11** €14.95
(Samba) sauce contains soybean fish sauce shrimp paste)

Sweet & Sour Dishes **5**

1. Sweet & Sour Chicken (Hong Kong Style) **3** €13.95
2. Sweet & Sour Chicken Balls (8) (sauce on side) €14.95
3. Sweet & Sour Pork (Hong Kong Style) **3** €12.95
4. Sweet & Sour King Prawn (Hong Kong Style) **2,3** €15.95
5. Sweet & Sour King Prawn Balls (sauce on side) **2,3** €16.95
6. Sweet & Sour Duck €15.95
7. Sweet & Sour Mixed Vegetables **V** €11.95

Curry Dishes (Contain Flour) **5,9**

8. Chicken with Curry Sauce €12.95
9. Beef with Curry Sauce €12.95
10. Pork with Curry Sauce €12.95
11. King Prawn with Curry Sauce **2** €14.95
12. House Special with Curry Sauce **2** €13.95
13. Duck with Curry Sauce (half a duck) €15.95
14. Fillet Beef with Curry Sauce €18.35
15. Breast of Chicken with Curry Sauce (Diced) €12.95 (Whole) €13.95
16. Mixed Vegetables with Curry Sauce **V** €11.95

* Allergy Advice: Curry Sauce / HoI Sin Sauce / BBQ Sauce / Black Bean Sai shrimp paste. King Do Sauce / Szechuan sauce contain soya bean wheat. 1



MALAYSIA BOX 13,42,6,7 €13.95

Egg Noodle & Vegetable, Chicken stir fried in a fragrant hot Malaysia satay paste
(Contains egg, peanut sauce, soy sauce wheat flour shrimp paste)

YAKI SOBA 3,5,7,14

Choice of: Chicken €13.95 King Prawn 2 €14.95
Tofu & Vegetable 1 €11.95

(Soba Noodles with Beansprouts, Pepper, Onion, Spring Onion, Carrot and Soba Sauce, Garnished with Shallots, Ginger & Sesame Seeds)

House Special Dishes 2

(Chicken, Beef, Pork, King Prawn, Mixed Meat)

- 17. House Special with Honey & Black Pepper Sauce 14 €13.95
- 18. House Special with King Do Sauce 5 €13.95
- 19. House Special with Black Bean Sauce €13.95
- 20. House Special with Satay Sauce 1,5,6 €13.95
- 21. House Special with Ginger & Scallions €13.95
- 22. House Special with Szechuan Sauce €13.95
- 23. House Special Kung Po with Cashew Nuts 6 €14.45
- 24. House Special with Hot Garlic Sauce €13.95
- 25. House Special Chop Suey in Oyster Sauce 5,6 €13.95
- 26. House Special Cashew nuts in Oyster Sauce 5,6 €14.95
- 27. House Special with Black Pepper Sauce €13.95
- 28. House Special with Macau Curry Sauce 5,9 €13.95

Chicken Dishes

100% Fresh Chicken Fillet

- 29. Chicken with Satay Sauce 1,5,6 €12.95
- 30. Chicken with Mushroom in Oyster Sauce 5,14 €12.95
- 31. Chicken with Chop Suey in Oyster Sauce 5,14 Lrg €13.95
- 32. Chicken with Cashew Nuts in Oyster Sauce 5,14 €13.95
- 33. Chicken with Lemon Sauce €12.95
- 34. Chicken with Orange Sauce €12.95
- 35. Chicken with King Do Sauce €12.95
- 36. Chicken with Szechuan Sauce 1 €12.95
- 37. Chicken Kung Po Sauce with Cashew Nuts 6 €13.45
- 38. Chicken with Ginger & Scallions 14 €12.95
- 39. Chicken with Hot Garlic Sauce €12.95
- 40. Chicken with Black Pepper Sauce 14 €12.95
- 41. Chicken with Broccoli in Oyster Sauce 5 €12.95
- 42. Chicken with Honey & Black Pepper Sauce €12.95
- 43. Chicken Green Pepper Black Bean Sauce €12.95
- 44. Chicken Mushroom Black Bean Sauce €12.95
- 45. Chicken with Macau Curry Sauce 5 €12.95
- 46. Mexico Chicken Contains Flour Soybean 1,5 €12.95
- 47. Chicken Pineapple €12.95

e contain wheat flour. Satay Sauce contain peanut, flour soy bean, cau Curry contains milk, flour. Oyster sauce contains wheat flour.

Beef Dishes



(Fillet Beef with €5.90 Supplement)

- 48. Beef with King Do Sauce 5 €12.95
- 49. Beef with Mushroom in Oyster Sauce 5 €12.95
- 50. Beef with Satay Sauce €12.95
- 51. Beef with Chop Suey in Oyster Sauce 5 Lrg €13.95
- 52. Beef with Cashew nuts in Oyster Sauce 5 €13.95
- 53. Beef with Ginger & Scallions 5 €13.45
- 54. Beef with Szechuan Sauce €12.95
- 55. Beef with Kung Po Sauce with Cashew Nuts 6 €13.45
- 56. Beef with Hot Garlic Sauce 1,5 €12.95
- 57. Beef with Black Pepper Sauce €12.95
- 58. Beef with Broccoli in Oyster Sauce 5 €12.95
- 59. Beef with Honey & Black Pepper Sauce €12.95
- 60. Beef with Green Pepper Black Bean Sauce €12.95
- 61. Beef with Mushroom Black Bean Sauce €12.95
- 62. Beef Pineapple €12.95

Roast Pork Dishes (100% Irish Pork)

- 63. Roast Pork with Mushroom in Oyster Sauce 5 €12.95
- 64. Roast Pork with Satay Sauce 6 €12.95
- 65. Roast Pork with Chop Suey in Oyster Sauce 5 €12.95
- 66. Roast Pork with Cashew Nuts in Oyster Sauce 5 €13.50
- 67. Roast Pork with Ginger & Scallions 5 €12.95
- 68. Roast Pork with Szechuan Sauce 1,5 €12.95
- 69. Roast Pork Kung Po Sauce with Cashew Nuts 6 €13.95
- 70. Roast Pork with Hot Garlic Sauce 1,5 €12.95
- 71. Roast Pork with Black Pepper Sauce 5 €12.95
- 72. Roast Pork with Broccoli in Oyster Sauce 5 €12.95
- 73. Roast Pork Green Pepper Black Bean Sauce 5 €12.95
- 74. Roast Pork Mushroom Black Bean Sauce 5 €12.95

Roast Duck Dishes (Half of Duck)

- 75. Roast Duck Cantonese Style Soya Sauce on side €15.95
- 76. Roast Duck with Satay Sauce 1,5,6 €15.95
- 77. Roast Duck with Chop Suey in Oyster Sauce 5 €15.95
- 78. Roast Duck with Cashew Nuts in Oyster Sauce 5 €16.95
- 79. Roast Duck with Ginger & Scallions 5 €15.95
- 80. Roast Duck with Szechuan Sauce 1,5 €15.95
- 81. Roast Duck Kung Po Sauce with Cashew Nuts 6 €16.45
- 82. Roast Duck with Plum Sauce €15.95
- 83. Roast Duck with Lemon Sauce €15.95
- 84. Roast Duck with Orange Sauce €15.95
- 85. Roast Duck Green Pepper Black Bean Sauce 5 €15.95
- 86. Roast Duck Mushroom Black Bean Sauce 5 €15.95
- 87. Glazed Duck €16.45

Roast Duck with Green Veg and Honey Cashewnuts

Seafood Dishes 2,5

- 88. Mixed Seafood with Ginger & Spring Onions (King Prawn, Squid, Mussels) 2,5 €14.95
- 89. King Prawn with Satay Sauce 1,5,6 €14.95
- 90. King Prawn Chop Suey in Oyster Sauce 5 €14.95
- 91. King Prawn Cashew Nuts in Oyster Sauce 5,6 €15.45
- 92. King Prawn with Ginger & Scallions 5 €14.95
- 93. King Prawn with Szechuan Sauce 1,5 €14.95
- 94. King Prawn Kung Po Sauce with Cashew Nuts 6 €15.45
- 95. King Prawn with Hot Garlic Sauce 1,5 €14.95
- 96. King Prawn with Black Pepper Sauce 5 €14.95
- 97. King Prawn Green Pepper Black Bean Sauce 5 €14.95
- 98. King Prawn Mushroom Black Bean Sauce 5 €14.95
- 99. Squid with Salt & Chilli €14.95
- 100. Squid with Ginger & Scallions 5 €14.95
- 101. King Prawn with Salt & Chilli €14.95
- 101a. Salt & Chilli Crab Claws €14.95

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FREE Prawn Crackers with order over €45
or Large Bottle Drink and Prawn
Cracker with orders over €100



(does not include Munchies Box/any meal deal/online order)

Please note all dishes are standard, any extras may cost extra

Closed 25th December
Re-Open 26th December



Accept Debit & Credit Cards



THAI MENU

Authentic Thai Cuisine

Tom Yum Soups (Hot & Sour)

(Contain Soya Bean, Fish Sauce) 1,11

Chicken €6.90 King Prawn €7.90 2 Mushroom €4.90

Curry (Contains Shrimp Paste, Fish Sauce) 2,11

Green Curry: Cooked with Onion, Green Peppers, Peas

Red Curry: Cooked with Onion, Green Peppers, Bamboo Shoots

Massaman Curry: Cooked with Onion & Peanuts

Ren Dang Curry: The Most Flavourful Curries in the world
cooked in and Authentic Malaysian Spices.

Choice of:

Mixed Meat €14.95 King Prawn €15.95 Roast Duck €16.95

Chicken / Beef / Pork €13.90

Vegetables €12.95


Noodles Box

Phad Thai (Contains Fish Sauce, Rice Flour, Peanut, Egg) 3,4,5,11 

(Traditionally Thai Stir fried Flat Rice Noodles in Tamarind Sauce,
Served with Fresh Lime & Crushed Peanuts)

Choice of: Mixed Seafood €15.95 Chicken €13.95

King Prawn €15.95 ToFu €12.95

Spicy Chicken / Beef Rice Noodle 5,14  €13.95

(Stir Fried Rice Noodles with Onion, Green Peppers, Chilli, Garlic,
Mushroom, Beansprouts, Asian Green, Light Soya, Oyster Sauce
& Sweet Basil)

Munchies Box 12" 3,5,9

Chicken Balls (4)
Salt & Chilli Chips
Salt & Chilli Chicken Pieces Salt
& Chilli Chicken Wings Salt &
Chilli Ribs
Curry Sauce 8oz
with 2 FREE Cans of Coke

€33.95

Munchies Box 9" 3,5,9

Chicken Balls (2)
Salt & Chilli Chips
Salt & Chilli Chicken Pieces
Salt & Chilli Chicken Wings
Salt & Chilli Ribs
Curry Sauce 8oz
with 1 FREE Can of Coke

€19.95

China Mega Box 14" 3,5,9

Chicken Balls (8), Crispy Shredded Chicken, Crispy Chicken
Pieces, Salt & Chilli Chips, Curry Sauce 8oz (2), Egg Fried
Rice, Stir Fried Noodles, Large Bottle of Coke

€41.95



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IN OUR KITCHENS AND CROSS CONTAMINATION IS POSSIBLE

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|--------------|---------------------|--------------|------------|
| 1. Soya Bean | 2. Crustaceans | 3. Eggs | 4. Peanuts |
| 5. Wheat | 6. Nuts | 7. Sesame | 8. Celery |
| 9. Milk | 10. Sulphur Dioxide | 11. Fish | |
| 12. Mustard | 13. Lupin | 14. Molluscs | |

Pattaya 5,14

€15.95
(Duck Egg Noodle Stir Ried with Hoi sin Sauce, Chilli, Asian Green,
Peppers, Onion, Beansprouts)

Spicy Seafood Egg Noodles 1,2,14

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(King Prawn, Squid, Mussels with Onion, Green Peppers, Chilli, Garlic,
Mushroom, Beansprouts, Asian Green, Light Soya & Sweet Basil)

Stir Fried

Bangkok Stir Fried (Contain Fish Sauce, Soya Sauce) 1,11,14

Chilli Lemon Leaf & Sweet Soya with onion, Asian Green, Green Peppers, Mushrooms

Choice of:

Mixed Meat €14.95 King Prawn €15.95 Roast Duck €16.95

Chicken / Beef / Pork €13.95

Vegetables €12.95

Chilli Sweet Basil 1,14

with Onion, Asian Green, Peppers, Oyster Sauce, Light Soya & Mushroom

Choice of:

Mixed Meat €14.95 King Prawn €15.95 Roast Duck €16.95

Chicken / Beef / Pork €13.95

Vegetables €12.95

Seafood Combination 1,2,14

King Prawn, Squid, Mussels with Garlic, Chilli, Onions,
Peppers, Light Soya & Sweet Basil

Mekong Duck (half a duck) 1,14

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with Onion, Garlic, Chilli, Chinese Leaf, Beansprout & Sweet Basil

Bang Bang Chicken 14 Large €14.95

Crispy Shredded Chicken & Black Pepper with Onion, Garlic, Broccoli & Carrot

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Rebel Cities - Why Cork and Galway Are Outshining Dublin

For decades, Dublin has been the undisputed heart of Ireland, a magnet for ambition, culture, and economic opportunity.

But as the capital grapples with an increasingly untenable housing crisis and a saturated market, a fascinating shift is underway: Ireland's regional cities are rising, and they're not just catching up – they're carving out distinct, vibrant identities.

Cork and Galway, in particular, are leading this “rebel” resurgence, challenging the traditional Dublin-centric narrative and sparking a nationwide conversation about Ireland's future. Alongside Limerick and Waterford, these cities are experiencing a cultural and economic renaissance, drawing in talent, fostering innovation, and redefining what it means to live and work in Ireland.

The Exodus and the Opportunity:

The housing crisis in Dublin has become a catalyst for change. Young professionals, families, and creatives, priced out of the capital, are looking westward and southward, finding not just affordability, but a quality of life that Dublin, in its current state, can no longer guarantee. This exodus is fuelling a surge in regional investment and development.

Cork: The Rebel Spirit Reborn:

Cork, with its rich maritime history and fiercely independent spirit, is experiencing a cultural and economic boom. Its burgeoning tech sector, anchored by companies like Apple and VMware, is attracting talent from across the globe. The city's vibrant arts scene, with festivals like the Cork Midsummer Festival and the Cork International Film Festival, is flourishing. The English Market, a culinary institution, continues to draw food lovers, while new restaurants and bars are adding to the city's dynamic atmosphere. Cork's commitment to sustainable development and its focus on fostering a strong sense of community are proving to be powerful draws.

Galway: The Cultural Capital's Continued Rise:

Galway, already renowned for its arts and culture, is solidifying its position as a creative hub. Its thriving tech sector, anchored by companies like Medtronic, is driving economic growth. The city's vibrant arts scene,

with events like the Galway International Arts Festival, continues to attract international attention. Its stunning natural surroundings, from the shores of Galway Bay to the wild beauty of Connemara, offer a unique quality of life. Galway's focus on sustainable tourism and its commitment to preserving its unique cultural heritage are key to its continued success.

Beyond Cork and Galway:

Limerick, with its ambitious regeneration plans and growing tech sector, is transforming its image. Waterford, with its rich Viking heritage and revitalized city centre, is attracting investment and tourism. These cities, along with other regional centres, are demonstrating that Ireland's future lies in a more balanced and decentralized approach.

What This Means for Ireland's Future:

The rise of Ireland's regional cities has profound implications for the nation's future:

Decentralized Growth:

It offers a more sustainable and equitable model of economic development, reducing the pressure on Dublin and creating opportunities across the country.

Cultural Diversity:

It fosters a richer and more diverse cultural landscape, showcasing the unique strengths of each region.

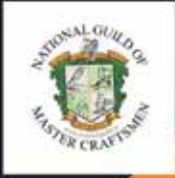
Enhanced Quality of Life:

It provides access to a higher quality of life, with more affordable housing, shorter commutes, and a stronger sense of community.

Attracting and Retaining Talent:

It enhances Ireland's ability to attract and retain talent, by offering diverse living and working options.

The “rebel cities” are not just challenging Dublin's dominance; they are redefining Ireland's identity. They are proving that a thriving nation is one where all its regions have the opportunity to flourish. As Ireland looks to the future, the success of Cork, Galway, Limerick, and Waterford will be crucial in shaping a more balanced, vibrant, and sustainable nation.



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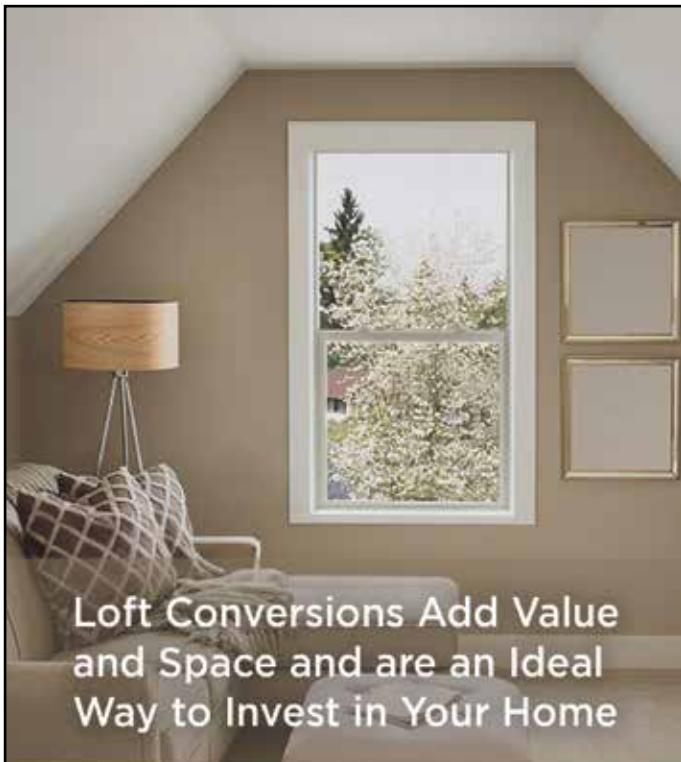
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Age Action

Age Equality

Age Action opposes the Employment (Restriction of Certain Mandatory Retirement Ages). Bill 2024

According to Dr Nat O'Connor, Age Action's Senior Policy Adviser: "Age Action strongly opposes the revival of the Employment (Restriction of Certain Mandatory Retirement Ages).

Bill 2024, which is an inadequate response to the growing demand for the abolition of mandatory retirement."

"Across political parties, in unions and among older persons, we see support for ending the practice of forcing people out of work before they are ready, but the proposed Bill

makes no meaningful progress toward that end. The aim set out in its title, to restrict certain mandatory retirement ages, betrays its lack of ambition. All it provides for is the establishment of a complex, formal procedure so that employees can make a written request to stay on past their contractual retirement age; a request which can still be denied by their employer. This is the sole 'restriction' the Bill would impose on mandatory retirement."

"This is a weak and ineffective Bill which is unlikely to help most employees who are forced out of work against their will for the offence of reaching a certain birthday. There is no reason for such timid action when we have seen other countries like Canada, New Zealand, Australia, the UK, and the United States abolish mandatory retirement entirely, in some cases decades ago. These countries have continued to enjoy well-functioning and productive labour markets and workplaces, showing that there is no foundation for the fears expressed by people who want to keep mandatory retirement."

"Mandatory retirement is age discrimination. If the State allows a form of discrimination to be

practiced, it must set out clear justifications for the practice. However, the popular arguments in favour of mandatory retirement are all myths. There is no evidence that older persons are less able to contribute to a workplace, or that they cost more than they contribute, or that they prevent younger workers from gaining employment. In fact, research has demonstrated the many benefits older workers bring to workplaces, including institutional experience, mentoring, and soft skills like better stress management."

"Mandatory retirement is based on gross and insulting stereotypes about ageing. It is experienced by workers as a humiliating and dehumanizing injustice. It takes away our autonomy and our control over how and when we retire, which is a major life event. People who had no choice in retiring report poorer mental health, life satisfaction, health status, dietary habits, marital satisfaction, self-efficacy, and income adequacy, even years into their retirement."

Dr. O'Connor concluded: "The proposed Bill is an incomplete and inadequate response to the problem of mandatory retirement, and by virtue of its incompleteness, reinforces and legitimises the dangerous ageism on which mandatory retirement is founded. We want our new government to take strong and decisive action, rather than tinkering around the edges of a serious problem. The Bill needs to be abandoned in favour of legislation that really helps the workers who wish to remain in work for longer."



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Greenwashing or Genuine?

Are Ireland's Big Brands Really Going Green?

If you believe the ads, Ireland's biggest brands are leading a green revolution — planting trees, cutting carbon, and wrapping everything in recycled paper.

Definition of Greenwashing

to make people believe that your company is doing more to protect the environment than it really is



From supermarkets to fashion chains, banks to beverage giants, it seems every company wants to be seen as climate conscious. But in 2025, Irish consumers are starting to ask: Is it all just clever marketing?

In other words — are these companies actually changing, or are they just talking the talk?

The Pressure to Be Green

There's no denying the pressure is on. Ireland has ambitious climate targets to meet, and businesses know that sustainability sells. A 2024 survey showed that 7 out of 10 Irish consumers are more likely to buy from a brand they believe is environmentally responsible.

From Bord Bia's Origin Green program to carbon-neutral claims from big names like SuperValu and Ryanair, brands are scrambling to prove their eco-credentials. But scratch beneath the surface, and the story gets murkier.

What Is Greenwashing?

Greenwashing happens when companies exaggerate or mislead the public about how environmentally friendly, they really are. Sometimes it's vague language — like calling a product “eco-friendly” without explaining why. Other times it's bigger, like focusing on small green initiatives while ignoring larger harmful practices.

“Switching to compostable coffee cups doesn't mean much if your supply chain is still built on fossil fuels,” says Dr. Siobhán McGrath, a sustainability expert at Trinity College. “Real sustainability means tackling the hard stuff — reducing emissions, cutting waste, and changing how you do business at a core level.”

Who's Walking the Walk?

Some Irish companies are making real moves. An Post, for example, has become a surprising climate leader — aiming for net-zero emissions by 2030 and rolling out one of the largest electric delivery fleets in Europe. Meanwhile, Irish Distillers has invested heavily in renewable energy for its Midleton distillery, and Dunnes Stores has introduced a circular fashion line, encouraging customers to return old clothes for reuse.

But for every genuine effort, there are plenty of examples of surface-

level sustainability. Take fast fashion brands operating in Ireland — who launch “conscious collections” while churning out thousands of new items weekly. Or airlines promoting carbon offsetting schemes while expanding their flight routes.

Consumer Confusion

The result? Many Irish consumers are left unsure who to trust. With labels like “climate neutral,” “green certified,” and “plastic-free” slapped

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on everything from bottled water to toilet roll, it's hard to know what actually makes a difference.

"Sometimes I just feel like I'm being manipulated," says Aoife, a 32-year-old shopper from Galway. "I want to buy better, but every product claims to be sustainable. Who's actually telling the truth?"

Holding Brands Accountable

This confusion has sparked a rise in green watchdogs — social media accounts, podcasts, and grassroots groups that fact-check corporate claims. Irish influencers like Fionnuala Moran and environmental groups like Friends of the Earth Ireland regularly call out companies for greenwashing, urging followers to look for real action rather than clever packaging.

"We need companies to understand that sustainability isn't a trend — it's a responsibility," says Clodagh Daly of Climate Case Ireland. "That means transparency, proper reporting, and a willingness to put planet before profit."

What's Next?

The next few years will be a test. New EU regulations are cracking down on misleading environmental claims, and Irish consumers are becoming increasingly savvy. Businesses who want to keep their eco-cred will need to show their work — clear carbon reporting, independent audits, and proof that sustainability is more than just a marketing department talking point.

Because in 2025, Irish people don't just want green promises — they want proof. And if brands can't deliver that, they may find that Irish loyalty, much like the climate itself, is changing fast.

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SuperValu and Centra enable over 43 million container returns in Dublin during the first 12 months of Deposit Return Scheme

SuperValu and Centra are marking over 43 million container returns in Dublin since the launch of the Deposit Return Scheme 12 months ago.

1 13 Reverse Vending Machines (RVMs) have been installed in SuperValu and Centra stores in Dublin - empowering communities across Dublin to conveniently make returns and move towards more sustainable shopping habits.

Dublin, Cork, Meath, Galway and Kildare stores have received the largest volume of returns to Reverse Vending Machines across the SuperValu and Centra store network.

Speaking about the scheme, Luke Hanlon, Managing Director of SuperValu and Centra said: “We are pleased that as a community retailer with the largest offering of Reverse Vending Machines across every county in Ireland that SuperValu and Centra have enabled the equivalent of every citizen in Ireland being able to make a positive recycling impact. We are delighted to see such a high level of interaction from our customers in Dublin with over 43 million containers returned in the last 12 months. This milestone is a testament to our customers who have made recycling containers a natural part of their grocery shopping routine – they see the benefits to them and the planet and have been supportive of the initiative.

“I would also like to thank our network of dedicated retailers who through investment and innovation have enabled a broader shift to sustainability. This is in line with our ‘Local Action Global Impact’ initiative, showing that small, community-based efforts can contribute to the broader fight against environmental challenges.”

Journey of your recycled containers

Under the Deposit Return Scheme PET bottles can be recycled up to seven times and aluminium cans have no recycling limit. The containers are collected from SuperValu and Centra stores at the end of each week and brought to a recycling facility in Limerick. They are then sorted by material and colour, while any waste that enters the system is removed.

Dublin	43,540,756	Louth	4,964,300
Cork	30,504,145	Mayo	4,725,815
Meath	11,923,174	Kilkenny	4,541,176
Galway	10,371,981	Roscommon	4,497,323
Kildare	8,954,412	Clare	3,774,619
Limerick	8,857,348	Cavan	4,396,137
Wexford	8,835,355	Sligo	4,350,572
Kerry	8,716,061	Carlow	3,414,087
Wicklow	6,614,853	Westmeath	3,204,411
Tipperary	6,386,213	Monaghan	2,804,729
Laois	5,769,932	Longford	2,752,640
Waterford	5,594,878	Offaly	2,170,219
Donegal	5,173,455	Leitrim	1,324,322

SuperValu and Centra invested €28 million in Reverse Vending Machines across their store networks nationwide, as part of their continued focus to build more sustainable communities.

According to SuperValu and Centra, consumer behaviour indicates strong adoption of the scheme with Saturdays being the busiest period for recycling in SuperValu stores due to customers doing their ‘big shop’, with consumers bringing higher volume of returns at once, averaging 23 containers per visit. Centra customers tend to recycle a smaller number of containers but make more regular trips to stores to return containers.

A total of 210 million container returned nationwide, the equivalent of every citizen in Ireland to recycle 42 containers under the first 12 months of Deposit Return Scheme

Saturdays are the most popular day for customer recycling in SuperValu stores due to customers doing their ‘big shop’, while Centra customers recycle smaller numbers but more often

Dublin, Cork, Meath, Galway and Kildare stores have received the largest volume of returns to Reverse Vending Machines across the SuperValu and Centra store network.



From Pint to Plate: How the Irish Pub Is Reinventing Itself

Ask anyone to picture an Irish pub, and they'll likely conjure up the same image: a snug corner, a creamy pint, maybe a fiddler in the corner playing *The Fields of Athenry*.

But in 2025, the iconic Irish pub is serving up something a little different — artisanal small plates, locally sourced seafood, craft cocktails, and even vegan tasting menus.

The Irish pub, once all about the drink, is becoming a destination for food lovers. But can it embrace this new era without losing the magic that made it famous in the first place?

Beyond the Toasted Special

For decades, food in the pub was a secondary thought — maybe a toasted ham and cheese sandwich or a bowl of soup if you were lucky. Pubs were for drinking, for talking, for gathering. Food was fuel, not the main event.

But tastes have changed. Younger drinkers are more health-conscious and less likely to spend all night on the pints. Visitors from abroad expect more than just a bag of crisps to go with their Guinness. And with food tourism booming, Irish pubs have realised that their kitchens can be just as much of a draw as their counters.

The Rise of the Gastropub

Enter the gastropub — a new breed of Irish pub where food takes centre stage. These aren't restaurants with a pub aesthetic, but pubs that have evolved their offering to match modern tastes. Think house-cured meats, seafood straight off the boat, or locally foraged ingredients paired with craft beers and natural wines.

Places like Mikey Ryan's in Cashel, The Roadside Tavern in Lisdoonvarna, or The Kings Head in Galway have built reputations not just for their atmosphere, but for seriously good food. And they're not just catering to tourists — locals are embracing the shift too, proud to see their neighbourhood pubs offer plates that rival high-end restaurants.

Keeping the Soul Intact

But with all this change, there's a fine line to walk. The Irish pub isn't just a place to eat and drink — it's a cultural institution, a community living room, a place where strangers become friends over a shared bowl of peanuts.

Some fear that this foodie focus could sterilise what makes Irish pubs special in the first place. "We want to raise the standard, but you don't want to lose the sense of welcome," says Tomás, a fourth-generation publican in Clare. "A pub is about people first — the food should be part of the story, not the whole story."

Tradition Meets Innovation

The best of these new-era pubs understand that balance. You might find a seafood chowder made with locally smoked fish, served alongside a perfectly pulled pint of stout. Or a venison burger with wild garlic mayo, paired with a whiskey flight featuring small-batch distillers.

In some cases, they're even bringing back lost traditions — baking brown bread in-house, reviving old foraging recipes, or celebrating regional produce that was once taken for granted.

It's food that tells a story, rooted in place and history, but served with a modern twist.

The New Gathering Place

Ultimately, what's emerging is a new kind of Irish pub — one that still honours the past but isn't afraid to evolve. Whether you're after a midweek pint and a hearty pie, or a Sunday seafood feast with natural wine, there's a seat for you at the table.

Because if the Irish pub has proven anything over the centuries, it's that it knows how to adapt — without ever forgetting where it came from.

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The History of St. Patrick's Day

St. Patrick's Day, celebrated annually on March 17, honours St. Patrick, the patron saint of Ireland.

Over the centuries, it has evolved from a solemn religious occasion into a global celebration of Irish culture. Here's a look at its history:

Origins and St. Patrick's Life (5th Century)

- St. Patrick was born in Roman Britain around 385 AD. His birth name was likely Maewyn Succat.
- At 16, he was kidnapped by Irish raiders and enslaved in Ireland for six years as a shepherd.
- He escaped, returned to Britain, and later became a Christian missionary.
- St. Patrick returned to Ireland to spread Christianity, using symbols like the shamrock to explain the Holy Trinity.
- He is credited with converting much of Ireland to Christianity and is associated with driving out snakes, though this is likely a myth.
- He died on March 17, around 461 AD, which became the date of his feast day.

Medieval Celebrations (9th–17th Century)

- The Catholic Church recognized March 17 as a feast day in his honour.
- It was mainly a religious observance in Ireland, marked by church services.
- Lenten restrictions on eating and drinking were lifted for the day, allowing for celebration.

Expansion to the U.S. and Global Popularity (18th–19th Century)

- Irish immigrants in America played a major role in popularizing St. Patrick's Day.
- The first St. Patrick's Day parade took place in New York City in 1762, organized by Irish soldiers in the British army.
- Over time, the day became more of a celebration of Irish identity than a purely religious event.

- The holiday spread worldwide, especially in places with large Irish diasporas, like the U.S., Canada, Australia, and the UK.

Modern-Day Traditions

- Parades: Cities like New York, Dublin, Chicago, and Boston hold large parades.
- Wearing green: This tradition stems from the Irish rebellion against British rule in 1798, when soldiers wore green uniforms.
- Shamrocks & Symbols: The shamrock is a key symbol, linked to St. Patrick's teachings.
- Dyeing Rivers Green: Chicago famously dyes its river green each year.
- Food & Drink: Irish staples like corned beef and cabbage, Guinness, and other Irish beers are commonly enjoyed.
- Global Landmarks Turn Green: Famous landmarks, including the Sydney Opera House, the London Eye, and the Empire State Building, light up green for the occasion.

Religious vs. Secular Observances

- In Ireland, St. Patrick's Day was a religious holiday for centuries, with pubs closed by law until the 1970s.
- Today, Ireland hosts some of the world's biggest St. Patrick's Day festivals, blending religion, history, and celebration.

Fun Fact

- The original colour associated with St. Patrick was blue, but green became dominant due to Ireland's nickname, "The Emerald Isle", the shamrock, and Irish nationalism.

St. Patrick's Day Today

Now, it's celebrated worldwide, not just by the Irish but by people of all backgrounds, embracing Irish culture with parades, music, dance, and a lot of green!



**For enquiries regarding our courses contact our Guidance Counsellors:
Derek Ball and Meabh Nimmo by email: guidance.dbc@lmetb.ie**

Course duration is 1 or 2 years depending on the course. All courses are full time requiring on campus attendance.

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- Pre-University Nursing
- GP Practice Assistant **NEW**
- Healthcare Assistant
- Pre-Paramedic Fire and Ambulance (with PHECC EFR)
- Physiotherapy Assistant
- Pre-Occupational Therapy Studies/OT Assistant
- Pre-Speech and Language Therapy Studies/SLT Assistant
- Pharmacy Assistant

Social Care, Criminology & Psychology

- Social Studies with Psychology/Social Care
- Youth and Community Work
- Applied Psychology with Criminology
- Criminology, Psychology with Law **NEW**

Education & Childcare

- Early Learning and Care (Childcare)
- Pre-University Arts/Teaching
- Special Needs and Classroom Assistant Primary and Post Primary

Science

- Pre-University Science
- Pre-University Agricultural Science
- Pre-University Biomedical and Pharmaceutical Science
- Pre-University Forensic Science
- Pre-University Environmental and Geographical Science
- Pre-University Science with Sports
- Pre-University Food Science and Nutrition
- Pre-University Physiotherapy Science
- Pre-University Animal Science
- Advanced Animal Science
- Animal Care Assistant

Law & Politics

- Pre-University Law
- Pre-University Law with Politics
- Pre-University Business Law
- Pre-University Politics, Economics and Social Science

Arts

- Pre-University Arts
- Pre-University Liberal Arts
- Theatre Studies and Performance

Animal & Equine

- Equine Studies
- Advanced Equine Studies
- Advanced Animal Science
- Animal Care Assistant

Engineering & Construction

- Pre-University Engineering **NEW**
- Pre-University Construction/Furniture Studies **NEW**

Business & Accountancy

- Pre-University Business
- Advanced Pre-University Business
- Human Resource Management
- Pre-University Business, Finance and Accounting
- Accounting Technician Apprenticeship **NEW**
- Auctioneering, Valuation and Estate Agency
- Office Administration - Legal and Medical Secretary
- Office Accounts and Administration
- Hospitality and Business with Event Management
- Pre-University Marketing and Public Relations **NEW**

Computing & Technology

- Software Development and Games Design
- Pre-University Computer Networks and Cyber Security
- Graphic Design with Digital Media
- Mobile App Development **NEW**
- Augmented and Virtual Reality **NEW**

Visual Art & Design

- Art and Design with Portfolio
- Animation
- Higher National Diploma In The Animation Industry
- Graphic Design with Digital Media
- Architectural Technology and Design

Music & Sound

- Music Performance
- Sound Production
- Higher National Diploma in Artist Development for Musicians
- Higher National Diploma in Sound Engineering

Film & Media

- Media and Film Production
- Higher National Diploma in Film Production
- Journalism

Hospitality & Tourism

- Hospitality and Business
- Tourism and Airline Studies
- Culinary Techniques
- Advanced Professional Cookery

Beauty & Hairdressing

- Beauty Therapy
- Pre-Apprenticeship Hairdressing
- Hairdressing Apprenticeship
- Advanced Beauty Therapy

Sports

- Pre-University PE Teaching and Coaching
- Sports Management with Business
- Personal Training and Fitness Instruction
- Sports Rehabilitation and Physiotherapy Assistant



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