Food is an essential part of Cork's culture and the English Market in the heart of the city is a Victorian wonderland of exciting local produce and goods imported from around the world. Since 1788, it has been feeding the city so why not sample its fare from its 44 stallholders or via some of the city's pubs, restaurants and cafés who regularly source their ingredients fresh from the Market's stalls?

CORK TASTING TRAIL - FAB FOOD TRAILS

Our Trails are the ideal way for visitors and locals who want to experience the best of Cork, the Food Capital! We visit different markets, cheesemongers, fishmongers, butchers, bakers and more and meet the people who produce some of the best food in Ireland. As we stroll, we point out the interesting architecture along the way and give a little of the history of the city.

Our Cork Tasting Trail starts from the city centre at 10.30am on Saturday morning, 16th & 30th August and finishes around 1.00pm.

Tel: 353 (0)1 497 1245
email: info@fabfoodtrails.ie
www.fabfoodtrails.ie/cork-tasting-trail/
TASTE THE VERY BEST OF THE ENGLISH MARKET AT THE FOLLOWING LOCATIONS:

PUBS
1. DEEP SOUTH
   086-7950544, hello@deepsouth.ie, www.deepsouth.ie, 51 Grand Parade

2. LE CHATEAU
   021 427 0216, info@lechateau.ie, www.lechateau.ie, 51 St. Patrick’s St

3. THE SEXTANT
   021 4480667, www.thesextant.ie, 1 Albert Street

4. L’ATTITUDE 51
   021 2390219, info@latitude51.ie, www.latitude51.ie, 1 Union Quay

5. BODEGA
   021 427 3715, bodegacorkinfo@gmail.com, www.bodegacork.ie, St Peters Market

6. THE LONG VALLEY
   021 427 2144, 10 West Hope St

7. ARTHUR MAYNES
   021 427 9449, www.corkheritagepubs.com, 7 Pembroke St

RESTAURANTS / CAFÉS
8. MARKET LANE
   021 427 4710, info@marketlane.ie, www.marketlane.ie, 5/6 Oliver Plunkett St

9. JACQUES
   021 495277, jacquesrestaurant@eircom.net, www.jacquesrestaurant.ie, 23 Oliver Plunkett St

10. HOUSE CAFÉ
    021 427 4710, housecafe@cornmill.ie, Open House, Emmet Place

11. NASH 19
    021 427 9319, info@nash19.com, www.nash19.com, 19 Princes Street

12. THE IVORY TOWER
    021 427 4665, ivorytower.ie, www.ivorytower.ie, 19 Princes Street

13. PERRY STREET MARKET CAFÉ
    021 427 2776, mulberryfairholdings@gmail.com, Perry Street

14. FARMGATE
    021 427 8134, marketcafe@farmgate.ie, www.farmgate.ie, The English Market

15. CORNSTORE
    021 427 477, cornstore.com, www.cornstorecork.com, 40A Cornmarket Street

16. NO. 5 FENN’S QUAY
    021 427 9527, fennsquay@gmail.com, www.fennsquay.net, Sheares Street

17. GULP’D CAFÉ
    021 404 555, gulpdc@envelope.com, Triskel Christchurch, Tobin St

Each of the above premises will have a symbol on their menus which means the dish has been sourced from an English Market Stallholder.