

#SligoFoodTrail



Sligo food trail

The Secret's in the Mix!

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Harvest Feast

Sligo is surprising, a taste to desire



Taste the Island Calendar 2019

#TastetheIsland



A showcase of Sligo Food Trail Chefs and local artisan producers #TastetheIsland

9 Course Tasting Menu

Radisson Blu Hotel & Spa, Sligo

On Friday, 18th October

Drinks Reception 7pm | Ticket: €75pp Available online or from members

Ticket includes 9 course tasting menu, drinks reception, wine and entertainment.



A Celebration of
Ireland's Food & Drink
6 SEP – 30 NOV 2019

For the Sligo Food Trail, Taste the Island Calendar
of Events & Tickets visit sligofoodtrail.ie



A Celebration
of Ireland's
Food & Drink

Visit sligofoodtrail.ie for full calendar of events & details



The Secret's in the Mix!

Sligo Food Trail, Taste the Island Calendar of Events 2019

Visit sligofoodtrail.ie for our full calendar of events...

Weekly Markets | Taste of Sligo Tours
Sligo Oyster Experience | Sligo Food Tours
Lough Gill Craft Beer Tasting Tour | Overnight Packages



SAT | 21 | SEPT

Ireland's Earliest Takeaway	With Anthony Gray, Hooked & Seatrails	Meet at Strand Bar, Strandhill - 11am-1pm	Booking: 087 2405071
Seaweed Cookery Demonstration	Eithna's By the Sea	Mullaghmore	Booking: 071 916 6407

SUN | 22 | SEPT

Sweet Beat Adventure Picnic	With Sweet Beat Café, Northwest Adventure Tours & Your Wellbeing Warrior	Meet at Mullaghmore Village 10am-4pm	Booking: yourwellbeingwarrior.com
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SAT | 28 | SEPT

Sligo Food Tours New Vegan Tour	With Hans & Gaby Wieland	Meet at Sligo Tourist Office 2pm	Booking: sligofoodtours.ie
Sligo Meets Sushi	With Yumiko Matsui & Eithna's By the Sea	Eithna's By the Sea Mullaghmore 2-4pm	Booking: 071 916 6407

SUN | 29 | SEPT

Wild Food Foraging Experience	With Neantóg Kitchen Garden School	Neantog, Cliffoney 2-5pm	Booking: 087 9029893
The Coney Island Experience	With Irish Seaweed Kitchen & Anthony Gray, Hooked	Meet at Strand Bar, Strandhill - 10.30am	Booking: irishseaweedkitchen.ie
Lettuce and Loaves	With Eithna's By the Sea & Tattie Hoaker Organic Farm	Eithna's By the Sea Mullaghmore 11-2pm	Booking: 071 916 6407

MON | 30 | SEPT

Sligo Seaweed Experience	With Dr. Prannie Rhatigan, Irish Seaweed Kitchen	Meet at Streedagh Sign, Grange - 12-3pm	Booking: irishseaweedkitchen.ie
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SAT | 5 | OCT

Sligo Tapa Trail	Sligo Food Trail Members	Various locations	No booking necessary
Sligo Meets Sushi	With Yumiko Matsui & Eithna's By the Sea	Eithna's By the Sea Mullaghmore 2-4pm	Booking: 071 916 6407

SUN | 6 | OCT

Fermented Foods & Drinks Experience	With Neantóg Kitchen Garden School	Neantog, Cliffoney 2-5pm	Booking: 087 9029893
Lettuce and Loaves	With Eithna's By the Sea & Tattie Hoaker Organic Farm	Eithna's By the Sea Mullaghmore 11-2pm	Booking: 071 916 6407

THURS | 10 | OCT

Taste of Coopershill Farm & Gardens - Farm to Fork	Coopershill Farm	Riverstown 7:30pm	Booking: 071 9165108
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FRI | 11 | OCT

Sea the Taste - Dining Experience to Savour	Waterfront Restaurant Enniscrone	Enniscrone 7pm	Booking: 096 37120
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SAT | 12 | OCT

Beekkeeping, Honey Tasting and Candle Making Workshop	WB's Coffee House	Stephen Street, Sligo 2-5pm	Booking: sligooysterexperience.ie
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SUN | 13 | OCT

Yoga in Strandhill dunes & Shells style yogi breakfast	With Your Wellbeing Warrior & Shells Café	Shells Café, Strandhill 9-11am	Booking: yourwellbeingwarrior.com
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THURS | 17 | OCT

Clean Fifteen/ Dirty Dozen	Sligo Wellness Centre	Wine Street, Sligo 8pm	Booking: 071 9153828
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FRI | 18 | OCT

Sligo Food Trail Harvest Feast	With Sligo Food Trail Chefs & Producers	Radisson Blu Hotel & Spa - 7pm	Booking: sligofoodtrail.ie
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SAT | 26 | OCT

Butter Making Demonstration & Workshop	With WB's Coffee House	Stephen Street, Sligo 2-4pm	Booking: sligooysterexperience.ie
An Irish Kaiseki Experience	With Brid Torrades	Osta Café & Wine Bar 7:30pm	Booking: 071 91 44639

FRI | 8 | NOV

Country House Dining	Temple House	Ballymote	Booking: 071 91 83329
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SUN | 10 | NOV

Single-origin Coffee Cupping	Carrow Coffee	Milligram Coffee, Wine Street - 11am	Booking: 087 7914162
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