

Péarla na Mara celebrates its first birthday



This month, Péarla na Mara in Oranmore celebrates its first birthday. A year after opening its doors, it has already been established as one of Oranmore's favourite restaurants.

Owners Justyna Kocjan and Kamel Ourdache are delighted with the success of the business, and said they wish to thank customers, friends, and staff for all support, help, and encouragement over the last year.

"Our concept was simply to create a friendly haven in Oranmore where anyone could find a shelter in the whirlpool of a day, have a cup of coffee, a glass of wine, a platter of really good food and sink into conversation or their own thoughts, or their reading," said Ms Kocjan. "Simplicity was the key, be it in our menu, our décor, or our low-key but efficient and friendly service. We hoped that our guests would feel at home; that's the way we like to feel when we go out."

The restaurant serves breakfast, lunch, and dinner with an Irish inspired menu with a Mediterranean touch.

"I wished to please the Irish palate, but also to blend my own culinary heritage in my dishes," said owner and head chef, Mr Ourdache. "The West of Ireland has remarkable quality of seafood, meats and dairy on offer. It is a great pleasure to work with such fine ingredients."

Péarla na Mara's kitchen philosophy embraces the 'slow food' movement. The restaurant keeps lean stocks, sourcing as many ingredients as possible locally, with every dish cooked from scratch. This ensures that food is always of the highest quality and tastes exceptional.

"We opened our premises in the middle of very difficult times and we had to find a winning, recession-proof formula," said Ms Kocjan. "We believe that anyone will find something appealing and something their pocket can stand. Among others, the BYOB [bring your own bottle] concept proved very popular."

The restaurant has also been widely acclaimed for filtering water on-site, using Eco Pure Waters, and serving it in reusable branded bottles. As well as reducing the business' carbon footprint, customers can enjoy unlimited still or sparkling water at €1 per table.

The restaurant is popular with families, and it is child-friendly. It is fully equipped with high chairs, baby changing facilities, toys, and games. There is a special kids' menu for €5 with soft drink included. Customers can avail of free parking spaces at Howley Square, and free wi-fi. Located at Unit 10, Howley Square, next door to the Bank of Ireland, it is conveniently situated in the centre of Oranmore. Péarla na Mara is open from 8am to 11pm, Monday to Saturday, and from 10am to 11pm on Sundays. For more information see www.pearlanamara.ie or Péarla na Mara on Facebook. Call 091 483 900 to make a reservation.



Justyna Kocjan and Kamel Ourdache - would like to thank all customers, friends and staff for all the support, trust, help and encouragement received over this special year

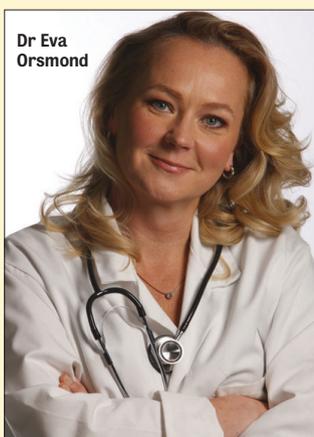
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Dr Eva Orsmond has become widely recognised as one of Ireland's leading diet and nutrition experts following her role on RTE's hugely popular programme, *Operation Transformation*.

Dr Orsmond is now bringing her expertise to the people of Galway. Her private specialist service, Orsmond Clinic, is located in Oranmore. The clinic offers a medically supervised, professional approach to the treatment of obese and overweight people, and conditions arising from excess weight. It also offers weight loss programmes for children and patients with diabetes. The clinic focuses on the underlying issues of obesity, rather than curing the symptoms.

"Obesity is still too often not treated as a disease in medical practice, but rather its symptoms, (eg, high blood pressure, high cholesterol, Type 2 diabetes)," said Dr Orsmond. "In reality numerous medical conditions can be treated through diet and lifestyle changes of which weight reduction and a balanced healthy diet form a fundamental part."

Orsmond Clinics are located at Oranmore, Baggot Street and Loughlinstown in Dublin, Newbridge in



Dr Eva Orsmond

Co Kildare, and Limerick.

To book a consultation with one of Orsmond Clinic's fully qualified dieticians or nutritionists at a cost of €45, call 01 282 7500, or email info@orsmondclinics.com, or visit www.orsmondclinics.com for more information.

Péarla na Mara
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Including a toast and a regular tea or filtered coffee

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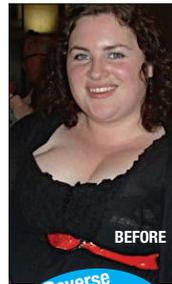


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I had always struggled with my weight as a teenager and in trying to lose weight I tried every diet. No matter what I tried I would lose very little weight and give up in frustration and disappointment. I knew I had to do something about my weight. That's when my mother told me about Orsmond Clinics. Since starting the programme in February I have lost over 4 stone and continue to lose more.



BEFORE



AFTER

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Orsmond Clinics are located at Oranmore Galway, Baggot St & Loughlinstown Dublin, Newbridge Kildare & Limerick.