

Major investment in new Skibbereen bakery

BY JACKIE KEOGH

A CONSIDERABLE investment has enabled Field's to move their bakery to a new state-of-the-art facility at Tragumna Road in Skibbereen. The ultra-modern bakery comes equipped with new ovens and refrigeration units that are energy efficient and

comply with the most up-to-date energy regulations, as well as complimenting the facility's new solar power heating system.

In an increasingly energy conscious society, people have a collective duty to protect the environment and reduce their carbon footprint. This was an important consideration for

the owner, John Field, when it came to designing and building the new bakery.

Another vital consideration behind the recent investment, according to the owners of the family-run business, was 'to secure jobs within the Skibbereen area and consolidate the future of the bakery.'

Field's Bakery continues to

supply most of West Cork with fresh bread and confectionery on a daily basis and it is likely to continue that tradition for many more years to come.

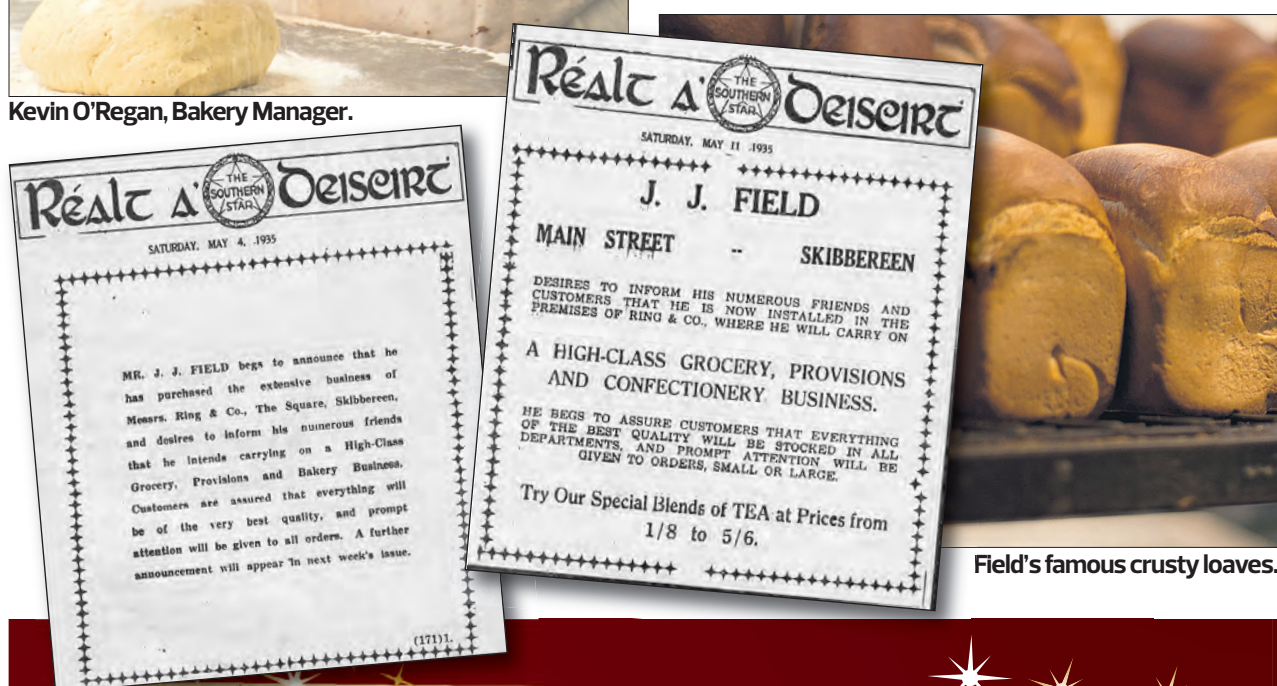
The company trademark of 'consistency and quality' remains as strong today as it has been over the long history of this West Cork institution.



Kevin O'Regan, Bakery Manager.



Paddy Twomey and Susan Deane.



Field's famous crusty loaves.



Christy Dempsey, Manager.



Kevin Collins displaying local cheeses.

A meeting place in the heart of Skibb town

BY JACKIE KEOGH

FIELD'S Coffee Shop is more than a place to buy good coffee, healthy snacks and delicious breads and cakes, it is a meeting place.

But, even if you are just taking a break before starting in on the weekly shop, or just want ten minutes of 'me time', the newly-revamped coffee shop is the perfect place to sit and watch the world go by.

As far as locations go, there isn't a better one in all of Skibbereen because the two huge windows that open on to the town's main square offer a vantage point unlike any other.

Comfortable seats in soothing chocolate and vanilla tones has a wonderful soporific effect, which means that for a few euro you can experience that same feeling you get when you are on holiday - re-

laxed, away from the phone, and feeling ever so slightly indulgent.

A lot of people swear by the café's wholesome soups, like carrot and coriander; others are addicted to Field's own custard slices and Danish pastries; but there are some who wouldn't go past its delicious and nutritious sandwiches.

The famous Field's sliced pan is used in the making of all of the sandwiches, like tuna and salad on white, or the perfectly seasoned egg on wholemeal brown bread.

Knowing that it has been freshly made that day is a major consideration because today all too many of our foodstuffs come pre-packaged and with an unfeasibly long shelf life.

Real flavour

The soups also have real flavour: the tasty soups, which

are prepared fresh every day, come out piping hot from the kitchen and are served with your favourite kind of bread.

A lot of people find it comforting that Field's still make their ham salad roll in exactly the same way.

There is a perkiness to these sandwiches - a slight pick of salt offset by a light mayonnaise and salad dressing - that have made them firm favourites down through the years.

It has to be said that the staff working in the coffee shop are just as well thought of as the cheerful and friendly staff working in the supermarket. Nothing is too much trouble: they will just take your order and allow you to find a seat before bringing your freshly made sandwich, panini, or quiche directly to your table.

And, no matter how busy it

looks, the queue always moves swiftly and there is always a seat to be found somewhere in the spacious ground floor restaurant, or the elegant timber floored coffee shop extension on the first floor.

Bustling with life is a good way to describe Field's Coffee Shop: At any time of the day it's the perfect place to sit and read your daily newspaper, daydream while looking out the window, or use it as a jolly, central place to meet up with family and friends.

So what if you have a trolley load of groceries; at Field's you can leave them safely to one side.

The helpful tellers will keep an eye on them for you. And when you are ready to leave, chances are that you'll find no shortage of staff willing to help you bring groceries to your car.

John Field & Staff
invite you to our
**December Celebration of
75 Years in Business**

Please join us for a Best of Christmas
cooking demonstration by
Kevin Dundon on
Monday the 6th at 6.30pm

Wednesday the 8th December
Irish Coffees, sausage rolls and great food from
local suppliers, Kids entertainment including face
painting & live music

John Field

Fields Bakery Skibbereen
Producing quality fresh bread & confectionery daily.
Try our delicious range of christmas confectionery
combining centuries old and modern recipes.
Gluten Free & Spelt Range also available



Join us Instore for a
**Best of Christmas Cooking
Demonstration by
TV Chef Kevin Dundon on
Monday the 6th December
at 6.30pm**



*Taste our fabulous range of wines and sample our
Christmas catering range on the night*

**Double Points
for Your Half Price
Fresh Irish Turkey
Wednesday
8th December**



SuperValu Quality Irish Whole Turkey. Offer valid from November 1st to December 11th 2011. Subject to terms & conditions, see in participating stores for details.

**Complimentary Fresh Cream
Sponge from Field's Bakery
on Wednesday the 8th
December for all customers and
fantastic offers across all departments**



Fields of Skibbereen

SuperValu
Real Food, Real People