



L'ECRIVAIN

L'ECRIVAIN RESTAURANT was port of call for Pat's evening meal. Pat is a regular customer here, and speaks very highly about the food on offer. This exclusive restaurant offers an extensive variety of French cuisine. Lunch is served throughout the week, and dinner every evening Monday - Saturday. The restaurant manager is seen serving Pat's meal, which was thoroughly enjoyed. Private parties are catered for.

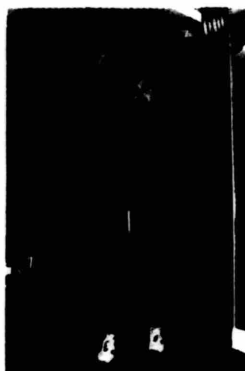
112 Lower Baggot St., Dublin 2.
Tel.: (01) 661-1919. Mobile: 088 596219.



TONY QUINN HEALTH CENTRE

ON OUR travels, Pat insisted on visiting the Tony Quinn Health Shop, which he visits on a regular basis. The Tony Quinn Group are health food specialists, who are up to date on all the latest nutritional developments. It aims to educate the nation through courses and publications on all aspects of health and nutrition. Qualified dieticians are available for advice at all 7 centres. Here, Mr. Vincent Harford is seen advising Pat.

67 Eccles St., Dublin 7. Tel.: (01) 830-3717.



SPORTSMITH

PAT FEELS right at home at Sportsmith. A huge range of sportsgear is carried and prices are very reasonable. Here he is wearing an Umbro Pro Training fleece top £33.99. Umbro Pro Training fleece bottoms £27.99. Nike Air Edge Mens Cross Trainers £64.99. A full range of Weider weights and accessories are also available. "For all your sporting needs".

8 Cathedral St., Dublin 1 (off O'Connell St).
Tel.: (01) 8731742.



LITTLE CEASERS

PAT HAD lunch at Little Ceaser's. Little Ceaser's specialises in pizzas and is renowned for its excellent cuisine, and the value for money offered. Pizza lovers will absolutely worship this restaurant - it is one of Dublin's finest. Head Chef is shown here tossing the base for Pat's feast.

6 Baffe St., Dublin 2.
Tel.: (01) 671-8714.

a day in the life of PAT HENRY



ITS MAGIC

PAT DECIDED to get some of his Christmas Shopping out of the way. He headed straight to its Magic. An extensive range of Christmas Gifts are available here for both young and old alike. The emphasis is on unusual and innovative goods, including toys and games, rather than the standard fare readily available elsewhere. For the adventurous Christmas Shopper, its Magic should be at the top of your list. Check it out!

St. Stephen's Green Centre, Dublin 2.
Tel.: (01) 478-3440.



RYANS PUB

PAT LIKES to visit Ryans Pub whenever he gets a chance. Although he doesn't drink, Ryans has an atmosphere that is always comfortable to be in. Pat also stressed that Ryans serve up the best steak in Ireland. He eats here regularly, and highly recommends that you try these steaks at your earliest opportunity.

Main St., Rathesh, Co. Meath.
Tel.: (01) 825-6201.



LOUIS COPELAND

NEXT, WE brought Pat to Louis Copeland & Sons Ltd. Mr. Adrian Copeland spruced up Pat's image in a matter of minutes. Adrian is well used to dressing Pat, as he buys all his clothes from this shop. Here, he is wearing a blue Hound's Tooth jacket with green over-check by Comi di Roma 249. Polo neck in pure botany wool by John Smedley 49. Misty blue pure wool slacks by Louis Copeland £69.95.

29/30 Lr. Pembroke St., Dublin 2.
Tel.: (01) 661-0110.



CHERUBS

PAT STARTED off his day at Cherubs Cafe. Here he had a breakfast he most definitely would not normally have. Having said that, champagne and chips are a Cherubs speciality, and are well worth trying. Cherubs serve excellent food all day long and are situated at 5-6 Lower Leeson Street. Manager, Mr. Antonio Secordino, promises to serve you a meal you won't forget.

Tel.: (01) 676-0546.