



# POST HOUSE CARVERY

— TULLYGLASS HOTEL —

*Complete Menu*

# Salad and Fish

## Fish

Dressed Crab 4  
Whole Lobster 4  
Crayfish 4  
Shrimp 4  
Squid 4

Anchovy 4  
Salmon 4  
Trout 4  
Eel 4  
Smoked Mackerel 4

## Produce

### GREENS

Kale  
Organic Baby Spinach  
Cabbage  
Rocket  
Iceberg Lettuce  
Garden Mix

### GRAINS

Warm Freekeh  
Organic Red Quinoa

### CHEESES

Blue Cheese 7  
Cheddar 7  
Chevre 7  
Greek Feta 7  
Shaved Parmesan 7

### COOKED

Marinated Artichokes 1  
Organic Black Beans  
Cauliflower, Organic Corn  
Green Beans  
Mushroom  
Red Onions  
Sweet Potato

### CRUNCH

Sliced Almonds  
Chia Seeds  
Crispy Chickpeas  
Croutons 1  
Hemp Seeds  
Fried Onions Pepitas  
Sunflower Seeds

### RAW

Apple  
Beets  
Blueberries  
Lemon Wedge  
Organic Carrots  
Red Onions  
Cherry Tomatoes  
Cucumbers

## Protein

Crispy Bacon  
Roasted Herb Chicken  
Salami  
Roasted Flank Steak  
Wild Caught Atlantic Tuna 4

## Dressing

### VINAIGRETTE

Garden Vinaigrette 10  
Olive Oil  
Balsamic Vinegar 10  
Tomato Basil 10

### OTHERS

Basil 7  
Caesar 7  
Dill 7  
Curried yogurt 7,10

## Our Creations

### SWEET POTATO FETA SALAD

Cranberries, Sweet Potato, Feta, Coriander (GF) 7,10

### SMOKEY BACON RED CABBAGE PEA SALAD

Radishes, Bacon, Peas, Red Cabbage, Vinaigrette (GF) 11

### MOROCCAN CARROT, QUINOA SALAD

Grated Carrots, Chillies, Quinoa, Spring Onions (V)

### ITALIAN ROASTED MUSHROOM PASTA

Mushroom Dressing, Pasta, Red Onions (V)

### CINNAMON ROASTED BUTTERNUT SQUASH & POMEGRANATE

Slow Cooked Butternut, Fresh Pomegranate, Basmati Rice (GF) (V)

### ORANGE GLAZED CARAMELISED BABY CARROTS

Carrots, Pearl Onions, Sesame Seeds, Coriander (GF) 11,14

### PLUM FENNEL SALAD WITH HONEY GINGER

Fresh Plums, Shredded Fennel, Honey Ginger Dressing (GF) (V) 11

Any Food Allergies please notify our Service Staff

Food Allergens Guide

(GF) Gluten free (DF) Dairy Free (V) Vegan Option (V) Vegetarian Option (N) Contains Nuts

### Allergen Chart

1 Gluten	5 Peanuts	9 Celery	13 Lupin
2 Crustaceans	6 Soya	10 Mustard	14 Molluscs
3 Eggs	7 Milk	11 Sesame seed	
4 Fish	8 Nuts	12 Sulphur dioxide	

This is a sample menu board products listed are subject to seasonal availability. A selection of the listed products and dishes will be selected by our chef daily. From time to time the demand for a popular dish may result in us selling out therefore an alternative dish will be offered in its place.



# Soup and Bread

## Produce

### GREENS

Broccoli  
Onion  
Leek  
Cabbage  
Spinach  
Celery

### GRAINS

Farro  
Millet  
Buckwheat  
Rye  
Teff

### COOKED

Zucchini  
Marinated Artichokes  
Organic Black Beans  
Organic Corn  
Green Beans  
Mushroom  
Red Onions  
Sweet Potato

### CRUNCH

Croutons  
Kale Chips  
Crispy Chickpeas  
Tortilla Strips  
Chopped Bacon

### RAW

Beets  
Organic Carrots  
Red Onions  
Cucumbers  
Kale  
Scallions

### CHEESES

Blue Cheese  
Cheddar Chevre  
Greek Feta  
Shaved Parmesan

## Bread

### FRESHLY BAKED MINI BREAD ROLLS

White	Buttermilk
Malted	Wheaten
Wholemeal	Gluten Free

## Dressing / Bread Dips

Olive Oil  
Balsamic Vinegar

## Our Creations

### CLASSIC VEGETABLE BROTH

Carrots, Leek, Red Lentil, Split Peas & Celery (GF) (V) 1,9

### CREAM OF VEGETABLE

Red Onion, Carrots, Leek, Barley, Lentils, Cream, Peas & Celery (GF) (V) 1,9,7

### POTATO AND LEEK

Potatoes, Leek, Vegetable Stock & Cream (GF) (V) 9,7

### CARROT AND CHORIZO

Carrots, Chorizo, Onions, Celery, Chilli (GF) (DF) 9,6,7

### ROASTED RED PEPPER AND TOMATO SOUP

Peppers, Onion, Slow Roasted Tomatoes, Celery, Chillies (GF) (DF) (V) 9

### CURRIED PARSNIP & COCONUT SOUP

Pumpkins, Coconut Milk, Curry Powder, Potatoes (GF) (V) 9,1

### CREAMY CAULIFLOWER SOUP WITH BACON AND CORN

Bacon Lardons, Sweetcorn, Cauliflower, Chicken Stock, Leeks (GF) 9,7,12

### FRENCH ONION SOUP

Onions, French Mustard, Beef Stock (GF) 9,10,1

### BROCCOLI & CHEDDAR CHEESE SOUP

Broccoli, Onions, Celery, Mature Cheddar, Leeks, Potato (GF) 9,7

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# Desserts

## Cheesecakes

Strawberry 1,7

Lemon 1,7

White Chocolate and Raspberry 1,7

Mint Aero 1,7

w 1,7

Daim Bar 1,7

Chocolate 1,7

Vanilla 1,7

Salted Caramel 1,7

Peanut Butter 1,7

Baileys 1,7

Rolo 1,7

## Gâteaux & Brownies

### GÂTEAUX

Chocolate Fudge 1,7,3

Salted Caramel 1,7,3

Toffee 1,7,3

Strawberry 1,7,3

Lemon Layer 1,7,3

Butterscotch Toffee 1,7,3

### BROWNIES

Vegan Chocolate 1,7,3

Chocolate & Raspberry 1,7,3

## Pies & Crumble

### PIES

Apple 1,3

Rhubarb 1,3

Banoffee 1,3

Pecan 1,3

Lemon Meringue 1,3

### CRUMBLE

Apple 1,3,7

Rhubarb 1,3,7

Peach 1,3,7

## Sponge & Puddings

### SPONGE

Jam and Coconut 1,3,7

Bread & Butter 1,3,7

Lemon Drizzle 1,3,7

## Meringues & Roulades

### MERINGUES

Wild Berry Pavlova 3

Summer Fruit Pavlova 3

### ROULADES

Lemon & Raspberry 3

Chocolate 3

Toffee & Pecan 3

## Pastries

### PASTRIES

Croissant 1,3

Eclair 1,3

Vanilla Slice 1,3

Profiteroles 1,3

### CRÊPE

Nutella 1,3

Banana & Chocolate 1,3

Strawberry 1,3

## Trifles

Traditional Strawberry 1,3

Chocolate & Pear 1,3

Lemon & Raspberry 1,3

## Frozen Desserts

### ICE CREAM SUNDAES

Chocolate Caramel 7

Strawberry Shortcake 7

Toffee Fudge 7,8

### ICE-CREAM

Vanilla 7

Raspberry Ripple 7

Strawberry 7

Chocolate 7

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# Carvery

## Roasts

**GAMMON  
TURKEY  
BEEF**

**LAMB  
CHICKEN**

## Vegetables

### DISHES

Honey Rosted Carrots  
Broccoli Casserole  
Cauliflower Cheese 1,7  
Roasted Green Beans  
Roasted Asparagus  
Butternut Squash Hash  
Roasted Sweet Potatos  
Pan Rainbow Vegetables  
Baked Mushrooms  
Roasted Broccoli  
Creamed Corn

### LEAF

Brussel Sprouts  
Cabbage  
Spinach  
Pea

### ROOT

Beetroot  
Carrot  
Parsnip  
Radish  
Turnip

### FLOWER

Cauliflower  
Artichoke  
Broccoli  
Courgettes

### BULB

Chives  
Garlic  
Onion  
Leek  
Shallot

## Potatos

### DISHES

Seasonal Roast  
Double Cooked Chips  
Baby Boiled  
Creamed 7  
Champ 7  
Lyonnaise  
Dauphinoise

### WHITE

Navan  
Cultra  
Saxon

### BABY

Maris Piper  
Charlotte  
Nicola

### SPECIALIST

King Edward  
Pomeroiy  
Champions

### SEASONAL

Cumber  
Emma  
Allianz

## Condiments

Ketchup 1  
Mustard 1, 10  
Brown Sauce 1  
Horseradish  
Mayonnaise 3

Salt & Pepper  
Relish  
Soy 6  
Cranberry  
Tabasco

## Sauce

Gravy 1  
Black peppercorn 1  
Chasseur 1  
Gluten Free Gravy

## Our Creations

These dishes can be selected as an alternative to our Carvery Roast.  
(\* Symbol Indicates £5 supplement payable at reception. (receipt required)

### MEAT FREE CARVERY

All your favourites from the Carvery without the Meat

### ROAST AUBERGINE AND COURGETTE TORTE

Tossed Green Salad (GF) (V) 3,7

### STUFFED MUSHROOM

Mushrooms Stuffed with Onion and Tomato Duxelle with Garlic dressing (V) 1,3,7

### VEGETABLE SESAME STIR-FRY

Seared Chicken Strips with Stir Fried Vegetables, Teriyaki sauce served with Fluffy Boiled Rice (GF) (V) 6

### \*10 OZ SIRLOIN STEAK

All Steaks are Served with a Grilled Tomato, Flat Mushroom and Crisp Homemade Onion Ring (GF) 1

### PAN-FRIED SALMON

Served with Wilted Spinach, Crispy Chorizo and Red Pepper Sabayon (GF) 4

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12 Sulphur dioxide

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14 Molluscs

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# Breakfast

## Continental

### BAKED

White Bread 1,3  
Wholemeal Bread 1,3  
Wheaten Bread 1,3  
Croissants 1,3

### CEREALS

Cornflakes 1  
Rice Krispies 1  
Weetabix 1  
Alpen 1

### FRUIT

Prunes  
Grapefruit  
Fresh Fruit

### FRUIT JUICES

Orange  
Pineapple  
Grapefruit  
Tomato

### YOGHURT

Strawberry 7  
Toffee 7

### CURED

Cured Ham 7  
Artisan Cheese 7

## Buffet Breakfast

Bacon  
Sausage 1,2  
Fried / Boiled Eggs  
Tomato

Mushrooms  
Soda Bread 1  
Potato Bread 1  
Pancakes 1

Hash Brown 1,7  
Baked Beans

## Porridge

Jam 1,3,7  
Sugar 1,3,7  
Honey 1,3,7  
Maple Syrup 1,3,7

## Crêpe

Jam 1,3,7  
Sugar 1,3,7  
Honey 1,3,7  
Maple Syrup 1,3,7

## Condiments

Ketchup 1,10  
Brown Sauce 1  
Mustard 1,10  
Sugar  
Honey  
Maple Syrup

Salt & Pepper  
Relish  
Lemon  
Cheese 7  
Tabasco  
Butter

## Jams

Strawberry  
Marmalade

## Our Creations

These dishes can be selected as an alternative to our buffet Breakfast  
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### ROCKET POACHED EGG

Poached Egg with Crisp Rocket Salad (GF) (DF) 3

### OMELETTE OF YOUR CHOICE

Bacon, Ham, Mushrooms, Cheese, Onion, Tomato, Mixed Peppers (GF) 3

### FRIED EGG OF YOUR CHOICE

Sunny Side Up, Over Easy, Over Medium, Over Hard (GF) (DF) 3

### SCRAMBLED EGGS THE WAY YOU LIKE THEM

Bacon, Ham, Mushrooms, Cheese, Onion, Tomato, Mixed Peppers (GF) 1,3,7

### BUSHMILLS PORRIDGE

Porridge with Homemade Fruit Compote and Bushmills Whiskey 3,7

### TULLYGLASS CRÊPE

Local Wild Berry and Cream 3,7

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