



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. If you have a specific Vegetarian requirement please ensure that you notify reception upon booking

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
Pomeroy
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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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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