



POST HOUSE CARVERY

— TULLYGLASS HOTEL —

Soups and Bread

Produce

Greens

Broccoli	kcal 28
Onion	kcal 35
Leek	kcal 22
Cabbage	kcal 26
Spinach	kcal 25
Celery	kcal 7

Cooked

Zucchini	kcal 17
Artichokes	kcal 45
Black Beans	kcal 132
Organic Corn	kcal 59
Green Beans	kcal 80
Mushroom	kcal 106
Red Onions	kcal 95
Sweet Potato	kcal 84

Raw

Beets	kcal 43
Carrots	kcal 34
Red Onions	kcal 35
Cucumbers	kcal 10
Kale	kcal 33
Scallions	kcal 23

Grains

Farro (V)	kcal 337
Millet (V)	kcal 354
Buckwheat (V)	kcal 80
Rye (V)	kcal 251
Teff (V)	kcal 354

Crunch

Croutons (V)	kcal 498
Kale Chips	kcal 140
Chickpeas	kcal 378
Tortilla Strips	kcal 462
Chopped Bacon	kcal 483

Cheeses

Blue Cheese (V)	kcal 410
Cheddar Chevre (V)	kcal 412
Greek Feta (V)	kcal 250
Parmesan (V)	kcal 415

Bread

Freshly baked Mini Bread Rolls

White (V)	kcal 217
Malted (V)	kcal 237
Wholemeal (V)	kcal 217
Buttermilk (V)	kcal 307
Wheaten (V)	kcal 307
Gluten Free	kcal 206

Dressings / Bread Dips

Olive Oil	kcal 889
Balsamic Vinegar	kcal 88

Our Creations

Classic Vegetable Broth (V) (GF) kcal 96

Onion, Carrots, Leek, Barley, Lentil Peas & Celery (DF) (V)

Cream of Vegetable (V) (GF) kcal 140

Red Onion, Carrots, Leek, Barley, Lentils, Cream, Peas & Celery (V)

Potato & Leek (V) (GF) kcal 109

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

Pea & Ham (V) (GF) kcal 75

Peas, Smoked Ham, Onion, Celery & Coriander (GF) (V) (DF)

Broccoli & Sweet Potato (V) (GF) kcal 118

Broccoli, Onion, Vegetable Stock, Sweet Potatoes, Cream & Chives (GF) (V)

Chicken Noodle Soup (V) (GF) kcal 125

Chicken, Onion, Pepper, Carrot, Noodles & Chicken Stock (DF)

Roasted Butternut Squash (V) (GF) kcal 105

Butternut Squash, Carrot, Celery, Black Pepper & Garlic (GF) (V) (DF) (DF)

Spiced Parsnip (V) (GF) kcal 106

Parsnip, Curry, Onion, Vegetable Stock & Mixed Spices (V) (GF)

Tomato & Basil (V) (GF) kcal 215

Sun Ripened Tomatoes, Oregano, Basil, Onion & Celery (GF) (V) (DF) (DF)

Curried Carrot & Lentil Soup (V) (GF) kcal 114

Carrots, Lentils, Red Onion, Turmeric & Celery (GF) (V) (DF) (DF)

Cabbage & Bacon Soup (V) (GF) kcal 167

Bacon Lardons, Cabbage, White Onion, Cream and Beef Bouillon (DF)

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	

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Food Allergens Guide

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EWING'S



DIAGEO

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Salads and fish

Fish

Dressed Crab (2) (4) <small>kcal 85</small>	Anchovies (2) (4) <small>kcal 210</small>
Whole Lobster (2) (4) <small>kcal 103</small>	Salmon (2) (4) <small>kcal 216</small>
Crayfish (2) (4) <small>kcal 67</small>	Trout (2) (4) <small>kcal 112</small>
Shrimp (2) (4) <small>kcal 73</small>	Eel (2) (4) <small>kcal 130</small>
Squid (2) (4) <small>kcal 81</small>	Smoked Mackerel (2) (4) <small>kcal 283</small>

Produce

Greens	Grains	Cheeses
Kale <small>kcal 33</small>	Warm Freekeh <small>kcal 85</small>	Blue Cheese (7) <small>kcal 410</small>
Baby Spinach <small>kcal 25</small>	Red Quinoa <small>kcal 111</small>	Cheddar (7) <small>kcal 412</small>
Cabbage <small>kcal 26</small>		Greek Feta (7) <small>kcal 250</small>
Rocket <small>kcal 25</small>		Parmesan (7) <small>kcal 415</small>
Iceberg Lettuce <small>kcal 13</small>		
Garden Mix (8) <small>kcal 64</small>		
Cooked	Crunch	Raw
Marinated Artichokes <small>kcal 50</small>	Sliced Almonds (8) <small>kcal 612</small>	Apple <small>kcal 56</small>
Organic Black Beans <small>kcal 313</small>	Chia Seeds <small>kcal 470</small>	Beets <small>kcal 43</small>
Cauliflower Corn <small>kcal 98</small>	Crispy Chickpeas <small>kcal 115</small>	Blueberries <small>kcal 57</small>
Green Beans <small>kcal 54</small>	Croutons (1) <small>kcal 498</small>	Carrots <small>kcal 30</small>
Mushroom Olives <small>kcal 140</small>	Hazelnuts (8) <small>kcal 650</small>	Red Onions <small>kcal 35</small>
Red Onions <small>kcal 95</small>	Hemp Seeds <small>kcal 553</small>	Tomatoes <small>kcal 14</small>
Sweet Potato <small>kcal 115</small>	Sunflower Seeds <small>kcal 576</small>	Cucumbers <small>kcal 15</small>

Protein

Crispy Bacon <small>kcal 337</small>
Roast Herb Chicken <small>kcal 177</small>
Salami (1) (10) <small>kcal 400</small>
Roast Flank Steak <small>kcal 196</small>
Wild Caught Tuna (4) <small>kcal 107</small>

Dressing

Traditional	Others
Vinaigrette <small>kcal 248</small>	Basil Caesar <small>kcal 120</small>
Olive Oil <small>kcal 899</small>	Curried yogurt <small>kcal 282</small>
Balsamic Vinegar <small>kcal 88</small>	
Tomato Basil <small>kcal 96</small>	

Our Creations

Tullyglass Oven Roasted BBQ Ratatouille (1) (9) (10) kcal 174

Peppers, Courgette, Onions, Tomatoes, Aubergines Roasted then bonded together with our delicious Homemade Barbeque Sauce (GF) (DF)

North West Bowl (1) kcal 178

Tagliatelle Pasta with Mange Tout, Baby Corn, Asparagus (GF)

Slemish Pickle (10) (11) kcal 80

Pickled Cucumber Strips, Red Onion, Honey Mustard Seeds (GF) (DF) (V) (V)

Causeway Sunrise (8) kcal 214

Butternut Squash, Red Onion, Spinach, Cranberries & Pecan Nuts

Glens Beetroot (3) (7) (8) kcal 215

Beetroot Slow Roasted served with Goats Cheese, Chilli & Toasted Walnuts (GF) (V)

Cowboy Up (1) (7) kcal 310

Chorizo Sausage served with Red Peppers, Chickpeas, Feta Cheese, Paprika & Rocket Leaves

Mediterranean Dream (3) (5) (11) kcal 320

Egg Noodles, Peanut Butter, Sesame Seeds, Beansprouts & Fresh Coriander (DF) (V)

Winterfell Wild Rice kcal 75

Basmati Rice mixed With Fresh Cranberries, Spring Onion, Spinach & Flat Leaf Parsley (GF) (DF) (V) (V)

Kale Caesar (9) (8) kcal 190

Walnuts, Celery Slices, Red Apple & Crunchy Kale with homemade Caesar Sauce (GF) (DF)

Antrim Almond (8) kcal 132

Mandarin Orange's, Fresh Baby Gem Lettuce, Pancetta, Onions & Almonds (GF) (DF)

Allergen Chart

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Carvery

Roasts

Gammon	<i>Kcal 204</i>	Lamb	<i>Kcal 242</i>
Turkey	<i>Kcal 505</i>	Chicken	<i>Kcal 177</i>
Beef	<i>Kcal 244</i>		

Vegetables

Dishes	Leaf	Flower
Honey Rosted Carrots <i>Kcal 121</i>	Brussel Sprouts <i>Kcal 42</i>	Cauliflower (1) <i>Kcal 28</i>
Broccoli Casserole <i>Kcal 130</i>	Cabbage <i>Kcal 16</i>	Artichoke <i>Kcal 51</i>
Cauliflower Cheese (1) <i>Kcal 94</i>	Spinach <i>Kcal 25</i>	Broccoli <i>Kcal 28</i>
Roasted Green Beans <i>Kcal 24</i>	Peas <i>Kcal 34</i>	Courgette <i>Kcal 16</i>
Rosted Asparagus <i>Kcal 26</i>		
Butternut Squash Hash <i>Kcal 32</i>	Root	Bulb
Roasted Sweet Potatoes <i>Kcal 115</i>	Beetroot <i>Kcal 28</i>	Chives <i>Kcal 27</i>
Pan Rainbow Vegetables <i>Kcal 31</i>	Carrots <i>Kcal 29</i>	Garlic <i>Kcal 98</i>
Baked Mushrooms <i>Kcal 106</i>	Parsnips <i>Kcal 124</i>	Onion <i>Kcal 35</i>
Roasted Broccoli <i>Kcal 35</i>	Radish <i>Kcal 15</i>	Leek <i>Kcal 21</i>
Creamed Corn <i>Kcal 505</i>	Turnips <i>Kcal 12</i>	Shallot <i>Kcal 71</i>

Potatoes

Dish	White	Specialist
Seasonal Roast <i>Kcal 85</i>	Navan <i>Kcal 81</i>	Kind Edward <i>Kcal 88</i>
Double Cooked Chips (1) <i>Kcal 287</i>	Cultra <i>Kcal 90</i>	Pomeroiy <i>Kcal 84</i>
Baby Boiled <i>Kcal 75</i>	Saxon <i>Kcal 82</i>	Champions <i>Kcal 88</i>
Creamed (1) <i>Kcal 118</i>		
Champ (1) <i>Kcal 110</i>	Baby	Seasonal
Lyonnaise <i>Kcal 140</i>	Maris Piper <i>Kcal 85</i>	Cumber <i>Kcal 80</i>
Dauphinoise (1) <i>Kcal 400</i>	Charlotte <i>Kcal 91</i>	Emma <i>Kcal 82</i>
	Nicola <i>Kcal 82</i>	Allianz <i>Kcal 83</i>

Condiments

Ketchup <i>Kcal 115</i>	Salt <i>Kcal 0</i>	Gravy (1) <i>Kcal 407</i>
Mustard (10) <i>Kcal 135</i>	pepper <i>Kcal 251</i>	Peppercorn (1) <i>Kcal 137</i>
Brown Sauce (1) <i>Kcal 120</i>	Relish <i>Kcal 114</i>	Chasseur (1) <i>Kcal 46</i>
Chutney <i>Kcal 144</i>	Soy <i>Kcal 79</i>	
Cranberry <i>Kcal 151</i>	Horseradish <i>Kcal 48</i>	
Mayonnaise <i>Kcal 688</i>	Tabasco <i>Kcal 12</i>	

Sauces

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 *Kcal 258*

All your favourites from the Carvery without the Meat

Vegetable Tartlet (1) (7) (9) *Kcal 406*

Served with Green Salad and White Truffle Oil (GF) (V)

Vegetable Sesame Stir-fry (11) (9) *Kcal 269*

Stir Fried Vegetables, Teriyaki sauce served with Fluffy Boiled Rice (GF) (V) (DF) (V)

*10oz Sirloin Steak *Kcal 300*

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

*Grilled Wild Glenarm Salmon Fillet (1) (4) (7) (9) *Kcal 299*

with Gubbeen Chorizo, Spinach and Fish Velouté (GF)

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Desserts

Cheesecakes

Strawberry (1) (7)	kcal 834	Chocolate (1) (7)	kcal 397
Lemon (1) (7)	kcal 322	Vanilla (1) (7)	kcal 635
White Chocolate & Raspberry (1) (7)	kcal 417	Salted Caramel (1) (7)	kcal 694
Mint Aero (1) (7)	kcal 419	Peanut Butter (1) (7) (8)	kcal 743
Malteser (1) (7)	kcal 530	Baileys (1) (7) (12)	kcal 622
Crunchie (1) (7)	kcal 540		

Gâteaux & Brownies

Gâteaux

Chocolate Fudge (1) (3) (7)	kcal 574	Black Forrest (1) (3) (7)	kcal 270
Salted Caramel (1) (3) (7)	kcal 905	Strawberry (1) (3) (7)	kcal 274
Chocolate (1) (3) (7)	kcal 523	Peach & Raspberry (1) (3) (7)	kcal 300
Toffee (1) (3) (7)	kcal 659	Lemon Layer (1) (3) (7)	kcal 290

Brownies

Vegan Chocolate	kcal 327	Chocolate & Raspberry (1) (3) (7)	kcal 144
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Pies & Crumbles

Pies

Apple (1) (3) (7)	kcal 601
Rhubarb (1) (3) (7)	kcal 665
Banoffee (1) (3) (7)	kcal 458
Pecan (1) (3) (7)	kcal 643
Lemon Meringue (1) (3) (7)	kcal 216

Crumbles

Apple (1) (7)	kcal 398
Rhubarb (1) (7)	kcal 428
Peach (1) (7)	kcal 202

Sponge & Puddings

Sponge

Jam & Coconut (1) (3) (7) (8)	kcal 326	Lemon Drizzle (1) (3) (7)	kcal 368
Bread & Butter (1) (3) (7)	kcal 966		

Meringues & Roulades

Meringues

Wild Berry Pavlova (3) (7)	kcal 455
Summer Fruit Pavlova (3) (7)	kcal 450

Roulades

Lemon & Raspberry (3) (7)	kcal 260
Chocolate (3) (7)	kcal 448
Toffee & Pecan (3) (7) (8)	kcal 500

Pastries

Pastries

Croissant (1) (3) (7)	kcal 304
Eclair (1) (3) (7)	kcal 172
Vanilla Slice (1) (3) (7)	kcal 127
Profiteroles (1) (3) (7)	kcal 551

Crêpes

Nutella (1) (3) (8)	kcal 500
Banana & Chocolate (1) (3)	kcal 480
Strawberry (1) (3)	kcal 400

Trifles

Traditional Strawberry (1) (3)	kcal 570
Chocolate & Pear (1) (3)	kcal 580
Lemon & Raspberry (1) (3)	kcal 600

Frozen Desserts

Ice Cream Sundaes

Chocolate Caramel (7)	kcal 800
Strawberry Shortcake (7)	kcal 500
Toffee Fudge (7)	kcal 520

Ice-Cream

Vanilla	kcal 179
Raspberry Ripple (7)	kcal 170
Strawberry (7)	kcal 185
Chocolate (7)	kcal 210

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Hot Beverages

Coffees

Espresso

kcal 1

Brewed by forcing a small amount of nearly boiling water under pressure through finely ground coffee beans

Americano

kcal 15

Prepared by brewing espresso with added hot water, giving it a similar strength to, but different flavor from drip coffee

Caffè Latte

kcal 120

A shot or two of bold, tasty espresso with milk over it, some prefer to add syrup

Cappuccino

kcal 74

An Italian coffee drink traditionally prepared with espresso, hot milk and steamed milk foam

Macchiato

kcal 10

An espresso with a small amount of foamed milk on top. The name macchiato means “marked.”

Teas

Black

kcal 1

Peppermint

kcal 0

Green

kcal 2

Earl Grey

kcal 2

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DIAGEO



Rewley's
1840