



POST HOUSE CARVERY

— TULLYGLASS HOTEL —

Soups and Bread

Produce

Greens

Broccoli
Onion
Leek
Cabbage
Spinach
Celery

Grains

Farro (v)
Millet (v)
Buckwheat (v)
Rye (v)
Teff (v)

Cooked

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

Crunch

Croutons (v)
Kale Chips
Chickpeas
Tortilla Strips
Chopped Bacon

Raw

Beets
Carrots
Red Onions
Cucumbers
Kale
Scallions

Cheeses

Blue Cheese
Cheddar Chevre (v)
Greek Feta
Parmesan (v)

Bread

Freshly baked Mini Bread Rolls

White (v)
Malted (v)
Wholemeal (v)
Buttermilk (v)
Wheaten (v)
Gluten Free

Dressings / Bread Dips

Olive Oil
Balsamic Vinegar

Our Creations

Classic Vegetable Broth (v) (v)

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

Cream of Vegetable (v) (v)

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

Potato & Leek (v) (v)

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

Pea & Ham

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

Broccoli & Sweet Potato (v) (v)

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

Chicken Noodle Soup (v) (v)

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

Roasted Butternut Squash (v) (v)

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

Spiced Parsnip (v) (v)

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

Tomato & Basil (v) (v)

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

Curried Carrot & Lentil Soup (v) (v)

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

Cabbage & Bacon Soup (v) (v)

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	

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

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EWING'S



DIAGEO

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Salads and fish

Fish

Dressed Crab (2) (4)	Anchovies (2) (4)
Whole Lobster (2) (4)	Salmon (2) (4)
Crayfish (2) (4)	Trout (2) (4)
Shrimp (2) (4)	Eel (2) (4)
Squid (2) (4)	Smoked Mackerel (2) (4)

Produce

Greens	Grains	Cheeses
Kale	Warm Freekeh	Blue Cheese (7)
Baby Spinach	Red Quinoa	Cheddar (7)
Cabbage		Greek Feta (7)
Rocket		Parmesan (7)
Iceberg Lettuce		
Garden Mix (6)		
Cooked	Crunch	Raw
Marinated Artichokes	Sliced Almonds (6)	Apple
Organic Black Beans	Chia Seeds	Beets
Cauliflower Corn	Crispy Chickpeas	Blueberries
Green Beans	Croutons (4)	Carrots
Mushroom Olives	Hazelnuts	Red Onions
Red Onions	Hemp Seeds	Tomatoes
Sweet Potato	Sunflower Seeds	Cucumbers

Protein

Crispy Bacon
Roast Herb Chicken
Salami
Roast Flank Steak
Wild Caught Tuna (4)

Dressing

Traditional	Others
Vinaigrette	Basil Caesar
Olive Oil	Curried yogurt
Balsamic Vinegar	
Tomato Basil	

Our Creations

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

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

North West Bowl (1)

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

Slemish Pickle (10) (11)

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

Causeway Sunrise (6)

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

Glens Beetroot (3) (7) (8)

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

Cowboy Up (1) (7)

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

Mediterranean Dream (3) (5) (11)

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

Winterfell Wild Rice

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

Kale Caesar (9) (8)

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

Antrim Almond (6)

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

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Carvery

Roasts

Gammon
Turkey
Beef

Lamb
Chicken

Vegetables

Dishes

Honey Rosted Carrots
Broccoli Casserole
Cauliflower Cheese (N)
Roasted Green Beans
Rosted Asparagus
Butternut Squash Hash
Roasted Sweet Potatoes
Pan Rainbow Vegetables
Baked Mushrooms
Roasted Broccoli
Creamed Corn

Leaf

Brussel Sprouts
Cabbage
Spinach
Peas

Root

Beetroot
Carrots
Parsnips
Radish
Turnips

Flower

Cauliflower (N)
Artichoke
Broccoli
Courgette

Bulb

Chives
Garlic
Onion
Leek
Shallot

Potatoes

Dish

Seasonal Roast
Double Cooked Chips (N)
Baby Boiled
Creamed (N)
Champ (N)
Lyonnaise
Dauphinoise (N)

White

Navan
Cultra
Saxon

Baby

Maris Piper
Charlotte
Nicola

Specialist

Kind Edward
Pomeroiy
Champions

Seasonal

Cumber
Emma
Allianz

Condiments

Ketchup
Mustard (N)
Brown Sauce (N)
Chutney
Cranberry
Mayonnaise

Salt
pepper
Relish
Soy
Horseradish
Tabasco

Sauces

Gravy (N)
Peppercorn (N)
Chasseur

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

Vegetable Tartlet (1) (7) (8)

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

Vegetable Sesame Stir-fry (11) (8)

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

*10oz Sirloin Steak

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) (8)

with Gubbeen Chorizo, Spinach and Fish Velouté (GF)

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Desserts

Cheesecakes

Strawberry (1) (7)
Lemon (1) (7)
White Chocolate & Raspberry (1) (7)
Mint Aero (1) (7)
Malteser (1) (7)
Crunchie (1) (7)

Chocolate (1) (7)
Vanilla (1) (7)
Salted Caramel (1) (7)
Peanut Butter (1) (7) (8)
Baileys (1) (7) (12)

Gâteaux & Brownies

Gâteaux

Chocolate Fudge (1) (3) (7)
Salted Caramel (1) (3) (7)
Chocolate (1) (3) (7)
Toffee (1) (3) (7)

Black Forrest (1) (3) (7)
Strawberry (1) (3) (7)
Peach & Raspberry (1) (3) (7)
Lemon Layer (1) (3) (7)

Brownies

Vegan Chocolate
Chocolate & Raspberry (1) (3) (7)

Pies & Crumbles

Pies

Apple (1) (3) (7)
Rhubarb (1) (3) (7)
Banoffee (1) (3) (7)
Pecan (1) (3) (7)
Lemon Meringue (1) (3) (7)

Crumbles

Apple (1) (7)
Rhubarb (1) (7)
Peach (1) (7)

Sponge & Puddings

Sponge

Jam & Coconut (1) (3) (7) (8)
Bread & Butter (1) (3) (7)
Lemon Drizzle (1) (3) (7)

Meringues & Roulades

Meringues

* Wild Berry Pavlova (3) (7)
Summer Fruit Pavlova (3) (7)

Roulades

Lemon & Raspberry (3) (7)
Chocolate (3) (7)
Toffee & Pecan (3) (7) (8)

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)
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)

Ice-Cream

Vanilla
Raspberry Ripple (7)
Strawberry (7)
Chocolate (7)

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Hot Beverages

Coffees

Espresso

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

Americano

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

Caffè Latte

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

Cappuccino

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

Macchiato

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

Teas

Black

Peppermint

Green

Earl Grey

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DIAGEO



Bewley's
1840