

# SOUP AND BREAD



POST HOUSE  
CARVERY

— TULLYGLASS HOTEL —

## PRODUCE

### GREENS

Broccoli  
Onion  
Leek  
Cabbage  
Spinach  
Celery

### GRAINS

Farro  
Millet  
Buckwheat  
Rye  
Teff

### CHEESES

Blue Cheese  
Cheddar Cheese  
Greek Feta  
Parmesan

### COOKED

Mushrooms  
Artichokes  
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

## BREAD

### FRESHLY BAKED MINI BREAD ROLLS

White  
Malted  
Wholemeal  
Buttermilk  
Wheaten  
Gluten Free

## DRESSING / BREAD DIPS

### FRESHLY BAKED MINI BREAD ROLLS

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

## ANY FOOD ALLERGIES PLEASE NOTIFY OUR SERVICE STAFF

### Food Allergens Guide

(GF) Gluten free (DF) Dairy Free 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.

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# SALAD AND FISH



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## FISH

Dressed Crab  
Whole Lobster  
Crayfish  
Shrimp  
Squid

Anchovy 4  
Salmon 4  
Trout 4  
Eel 4  
Smoked Mackerel

## PRODUCE

### GREENS

Kale  
Organic Baby  
Spinach  
Cabbage  
Rocket  
Iceberg Lettuce  
Garden Mix

### GRAINS

Warm Freekeh  
Red Quinoa

### CHEESES

Cheddar 7  
Chevre 7  
Greek Feta 7  
Parmesan 7

### COOKED

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

### CRUNCH

Sliced Almonds  
Chia Seeds  
Crispy Chickpeas  
Croutons 1  
Hemp Seeds  
Sunflower Seeds

### RAW

Apple  
Beets  
Blueberries  
Lemon Wedge  
Organic Carrots  
Red Onions  
Tomatoes  
Cucumbers

## PROTEIN

Crispy Bacon  
Roasted Chicken  
Salami  
Roasted Flank  
Steak  
Atlantic Tuna 4

## DRESSING

### VINAIGRETTE

Vinaigrette 10  
Olive Oil  
Balsamic Vinegar 10  
Tomato Basil 10

### OTHERS

Basil 7  
Caesar 7  
Dill 7

## OUR CREATIONS

### SALADS

#### QUINOA

Fresh Tomatoes, Cucumber, Pomegranate Dressing  
(GF) (V) (Df) 7, 10

#### CAESAR

Baby Gen. Caesar Dressing and Grated  
Parmesan Cheese (V) 7

#### MOROCCAN COUSCOUS

Roasted Chickpeas, Cranberries, Turmeric Dressing  
(GF) (DF) (V)

#### GREEK

Cherry Tomatoes, Cucumber, Red Onions, Peppers,  
Olives, Feta Cheese & Olive Oil (GF) 7

#### SUMMER POTATO

Honey Mustard Dressing, Baby Potatoes, Scallions 1

#### CHINESE NOODLE

Fresh Peppers, Onions, Sweet Chilli and  
Soya Dressing 1

#### TOMATO & HERB PASTA

Rustic Tomatoes Sauce, Mixed Herbs,  
Feta Cheese Cubes 1, 7

## HOT

### STICKY OVEN BARBEQUE RIBS

Sweet Chilli, Orange Pineapple, Tomato Puree,  
Soya Sauce, Brown Sugar (DF)

### CRISPY CHICKEN WINGS

Ginger, Onion, Garlic and Cajun Seasoning (GF)

### STOVETOP COCKTAIL SAUSAGES

Oven Baked (DF)

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# MAIN COURSE

## ROASTS

CAMMON LAMB  
TURKEY CHICKEN  
BEEF

## VEGETABLES

### DISHES

Honey Roasted Carrots  
Broccoli Casserole  
Cauliflower Cheese 7  
Green Beans  
Roasted Asparagus  
Butternut Squash  
Sweet Potatoes  
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

## POTATOES

### DISHES

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

### WHITE

Nawan  
Cultra  
Saxon

### BABY

Maris Piper  
Charlotte  
Nicola

### SPECIALIST

King Edward  
Pomeroi  
Champions

### SEASONAL

Cumber  
Emma  
Allianzw

## DISHES

Ketchup 1  
Mustard 1, 10  
Brown Sauce 1  
Horseradish  
Mayonnaise  
Salt & Pepper  
Relish  
Soy 6  
Cherry  
Tabasco

## SAUCE

Gravy 1  
Black pepper corn 1  
Chasseur 1  
Gluten Free Gravy

## OUR CREATIONS

These dishes can be selected as an alternative to our Carvery Roast  
(\*) Symbol Indicates £10 supplement payable at reception. (receipt required)

### MEAT FREE CARVERY

All your favourites from the Carvery without the Meat

### VEGAN WELLINGTON

Stir-Fried Vegetables, Breton Sauce, Carrots and Lentils  
Whapped in Vegan Puff Pastry (V) (DF) (VEGAN) 1,3,7

### \*10 OZ SIRLOIN STEAK

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

### \*GRILLED SALMON

Sundried Tomatoes, Asparagus, Tenderstem  
Broccoli, Spinach, Baby Potatoes, Salsa Verde (GF)

### VEGETABLE STIR -FRY

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

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# DESSERTS



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## MERINGUES AND ROULADES

### MERINGUES

*Wild Berry Pauloua 3*  
*Fruit Pauloua 3*

### ROULADES

*Lemon & Raspberry 3*  
*Chocolate 3*

## GATEAUX / BROWNIES

### GATEAUX

*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 AND CRUMBLE

### PIES

*Apple 1,3*  
*Rhubarb 1,3*  
*Banoffee 1,3*  
*Lemon Meringue 1,3*

### CRUMBLE

*Apple 1,3,7*  
*Rhubarb 1,3,7*

## SPONGE AND PUDDINGS

### SPONGE

*Jam and Coconut 1,3,7*  
*Bread & Butter 1,3,7*  
*Lemon Drizzle 1,3,7*

## CHEESECAKES

*Strawberry 1,7*  
*Lemon 1,7*  
*Chocolate 1,7*  
*Vanilla 1,7*  
*Salted Caramel 1,7*

## PASTRIES

### PASTRIES

*Croissant 1,3*  
*Eclair 1,3*  
*Vanilla Slice 1,3*  
*Profiteroles 1,3*

### CREPE

*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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