



Premier Inn

Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any **"may contains"** information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR Premier Inn ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



Premier Inn

Premier Inn Breakfast Phase 2 Menu Allergy July 2021

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
UNLIMITED COOKED BREAKFAST																											
Unsmoked Back Bacon (10001540)																										No	No
PI Breakfast Pork Sausage (10001400)	Yes														Yes											No	No
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																			No	Yes
EGGS SCRAMBLED																											
Cage Free Med Barn Eggs (10001067)						Yes	Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
EGGS FRIED																											
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
EGGS POACHED																											
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
EGGS BOILED																											
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
HASH BROWNS																											
Hash Browns (10000446, 10001329)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Black Pudding (53673)	Yes		Yes																							No	No
CLOSED CUP MUSHROOMS																											
Mushroom Cup (54218)							Yes																			Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

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GRILLED TOMATOES																									Yes	Yes	
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
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UNLIMITED CONTINENTAL																												
BAKERY																												
Croissant 20 (51768)	Yes					Yes	Yes																				No	Yes
Mini Pain Aux Chocolat (10000935)	Yes				Yes	Yes	Yes																				No	Yes
Chocolate Muffin (10002736)	Yes				Yes	Yes	Yes																				No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																				No	Yes
Plain Bagel	Yes	Yes	Yes																								Yes	Yes
Sourdough Crumpet (53706)	Yes																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																								Yes	Yes
Gluten Free Bread Slice (54731)						Yes																					No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																				No	Yes

PRESERVE, SPREADS & JAMS																												
Nutella Choc Spread Portions (53496)					Yes		Yes										Yes										No	Yes
Orange Marmalade Portions (52229)																											Yes	Yes
Honey Portions (52228)																											No	Yes
Assorted Jam Portions (10001621)																											Yes	Yes
Marmite Portions (45570)	Yes	Yes	Yes	Yes							Yes																Yes	Yes
Maple Syrup Sachets (53662)																											Yes	Yes
Peanut Butter (54052)													Yes														Yes	Yes
Larderfresh Sunflower Spread (47177)																											Yes	Yes
Salted Butter Ptns (54661)							Yes																				No	Yes

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FRUITS																											
Bananas (10002199)																										Yes	Yes
Apples Green (54605)																										Yes	Yes
Clementine (10002624)																										No	Yes
Fruit Berry Mix (54409)																										Yes	Yes
Del Monte Fresh Fruit (52205)																										Yes	Yes
YOGHURTS & CEREALS																											
Greek Yoghurt (53510)							Yes																			No	Yes
Strawberry Yog Org Creamy (51102)							Yes																			No	Yes
Kelloggs Muesli Fruit (10000339)	Yes	Yes	Yes	Yes			Yes								Yes											No	Yes
Coco Pops Bag Pack (53882)			Yes																							No	Yes
Cornflakes (50790)			Yes																							Yes	Yes
Weetabix (51114)	Yes		Yes																							Yes	Yes
Granola Quaker Oat Raisin (10000937)	Yes			Yes																						No	Yes
Special K (10000837)	Yes		Yes																							No	Yes
Rice Krispies Bag Pak (51195)			Yes																							No	Yes
PORRIDGE WITH COWS MILK																											
Oats2Go Porridge Sachets (10000838)				Yes			Yes																			Yes	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
PORRIDGE WITH SOYA MILK DRINK																											
Oats2Go Porridge Sachets (10000838)				Yes	Yes																					Yes	Yes
Alpro Soya Milk (54298, 60213)					Yes																					Yes	Yes
MILKS																											
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Whole Milk (10001942)							Yes																			No	Yes
Alpro Soya Milk (54298, 60213)					Yes																					Yes	Yes

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	UNLIMITED DRINKS																											
TEA & COFFEES	See manufacturers websites																											
Demerra Sachet Sugar Brown (10002462)																											Yes	Yes
Sweet & Low (26181)																											No	Yes
White Sugar Sachets (10002463)																											Yes	Yes
Sunpride Apple Juice (10002729)																											Yes	Yes
Sunpride Cranberry Juice Drink (10002728)																											Yes	Yes
Sunpride Orange Juice (10002730)																											Yes	Yes

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PREMIER INN BREAKFAST MENU								
UNLIMITED COOKED BREAKFAST per item or as specified								
Bacon	207	49	3.0	1.2	0.1	0.1	5.4	0.8
BREAKFAST SAUSAGE	479	114	7.4	2.6	2.9	0.6	8.7	0.5
Quorn Sausage	325	78	3.2	0.3	4.2	0.4	6.4	0.5
EGGS SCRAMBLED per 100g	1028	245	22.6	12.1	1.1	1.1	9.6	0.2
EGGS FRIED	452	108	8.5	1.8	0.1	0.1	7.9	0.0
EGGS POACHED	332	79	5.8	1.7	0.0	0.0	6.8	0.2
EGG BOILED	341	82	5.8	1.7	0.0	0.0	6.8	0.2
HASH BROWNS	420	100	5.3	2.2	12.8	0.3	1.0	0.3
Black Pudding per slice	509	122	8.1	3.0	5.5	0.1	6.6	0.9
CLOSED CUP MUSHROOMS per 100g	680	162	16.9	10.5	0.5	0.3	1.6	0.3
GRILLED TOMATO per half	117	28	2.1	0.2	1.6	1.6	0.4	0.0
BEANS per 100g	310	74	0.2	0.0	11.9	4.8	4.4	0.5
UNLIMITED CONTINENTAL								
BAKERY per item								
CROISSANT	850	203	12.1	7.7	19.4	3.1	3.8	0.3
MINI PAIN AU CHOCOLAT	821	196	11.1	7.2	19.7	6.2	3.6	0.3
CHOC CHIP MUFFIN	1134	271	13.1	2.6	35.5	17.3	2.5	0.2
BLUEBERRY MUFFIN	1047	250	11.3	1.1	34.3	17.6	2.4	0.2
PLAIN BAGEL	1062	254	1.4	0.2	50.0	4.5	9.0	0.7
SOURDOUGH CRUMPETS	366	88	0.4	0.1	17.6	0.8	2.9	0.6
WHITE SANDWICH BREAD	378	90	1.0	0.2	16.9	1.0	3.0	0.3
MALTED SANDWICH BREAD	379	91	0.8	0.1	16.5	0.7	3.5	0.3
GLUTEN FREE BREAD SLICE	353	84	1.7	0.1	13.7	0.3	2.2	0.4
REDUCED SUGAR PANCAKE	402	96	3.0	0.4	14.3	1.0	2.7	0.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PRESERVE, SPREADS & JAM per item								
NUTELLA CHOCOLATE SPREAD PORTIONS	338	81	4.6	1.6	8.6	8.4	0.9	0.0
ORANGE MARMALADE PORTIONS	140	33	0.0	0.0	8.3	8.1	0.0	0.0
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
MIXED JAM CASE	141	34	0.0	0.0	8.3	7.0	0.0	0.0
MARMITE PORTIONS	87	21	0.0	0.0	2.4	0.1	2.7	0.9
MAPLE SYRUP PORTIONS	262	63	0.1	0.0	15.3	15.3	0.1	0.2
PEANUT BUTTER	337	81	6.0	1.2	2.4	1.4	3.5	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
SALTED BUTTER PORTIONS	192	46	5.0	3.2	0.0	0.0	0.0	0.1
FRUITS per items								
BANANA MED LARGE	785	188	0.5	0.2	42.5	38.2	2.2	0.1
APPLES GREEN	283	68	0.1	0.0	15.0	15.0	0.4	0.0
EASY PEELERS	192	46	0.1	0.0	10.8	10.8	1.1	0.0
FRUIT BERRY MIX	117	28	0.0	0.0	5.9	5.8	1.1	0.0
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
YOGHURTS & CEREALS per item or as specified								
GREEK STYLE YOGHURT	327	78	0.0	0.0	8.1	8.1	11.4	0.3
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
KELLOGG'S MUESLI FRUIT per 45g	695	166	2.3	0.4	30.2	8.1	4.2	0.0
COCO POPS per 30g	482	115	0.6	0.3	25.2	5.1	1.9	0.2
CORNFLAKES per 30g	475	113	0.3	0.1	25.2	2.4	2.1	0.3
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.7	4.5	0.1
GRANOLA QUAKER OAT RAISIN per 30g	525	125	2.8	0.4	21.3	6.9	2.4	0.0
SPECIAL K per 30g	471	113	0.5	0.1	23.7	4.5	2.7	0.3
RICE KRISPIES per 30g	482	115	0.5	0.1	25.5	2.4	2.1	0.3
PORRIDGE WITH COWS MILK as made	1413	337	9.3	4.0	44.4	14.6	16.4	0.3
PORRIDGE WITH SOYA MILK DRINK as made	1357	324	10.2	1.6	38.4	8.0	16.4	0.2
MILKS per 100ml								
MILK SEMI SKIMMED 4 X 2LTR	194	46	1.6	1.1	4.7	4.7	3.3	0.1
WHOLE MILK	270	64	3.6	2.3	4.6	4.6	3.4	0.1
SOYA DRINK	176	42	1.9	0.3	2.7	2.5	3.3	0.1
UNLIMITED DRINKS Per 100ml or Sachet								
TEAS	SEE MANUFACTURERS WEBSITES OR PACK							
COFFEES	SEE COSTA COFFEE WEBSITE FOR SPECIFIC DRINKS							
SILVERSPOON DEM SACHETS	58	14	0.0	0.0	3.5	3.5	0.0	0.0
SWEET N LOW	15	4	0.0	0.0	0.9	0.0	0.0	0.0
SILVERSPOON WHT SACHETS	59	14	0.0	0.0	3.5	3.5	0.0	0.0
APPLE JUICE	197	47	0.0	0.0	11.2	11.2	0.1	0.0
CRANBERRY JUICE DRINK	84	20	0.0	0.0	4.5	4.5	0.0	0.0
ORANGE JUICE	193	46	0.0	0.0	10.4	10.4	0.5	0.0