



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

Ingredient /Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
ACCOMPANIMENTS																											
Semi Skimmed Milk (10001941)							Yes																		No	Yes	
Alpro Soya Drink (54298, 60213)					Yes																					Yes	Yes
Demerra Sachet Sugar Brown (10002462)																										Yes	Yes
Sweet & Low (26181)																										No	Yes
White Sugar Sachets (10002463)																										Yes	Yes
Tomato Ketchup Sachets (53167)												Yes														No	Yes
HP Sauce Sachets (53163)		Yes	Yes																							No	Yes
Pepper Sachets (48818)																										Yes	Yes
Salt Sachets (48815)																										Yes	Yes
UNLIMITED CONTINENTAL BREAKFAST																											
CEREALS																											
PORRIDGE				Yes			Yes																			No	Yes
Porridge Jumbo Oats Jersey Cream (52888)				Yes			Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
GRANOLA	Yes			Yes																						No	Yes
Granola Quaker Oat Raisin (10000937)	Yes			Yes																						No	Yes
MUESLI	Yes	Yes	Yes	Yes											Yes											No	Yes
Kelloggs Muesli Fruit (10000339)	Yes	Yes	Yes	Yes			Yes								Yes											No	Yes
YOGHURT							Yes																			No	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
FRUITS																											
SELECTION OF WHOLE FRUITS																											
Bananas (10002199)																										Yes	Yes
Apples Green (54605)																										Yes	Yes
Clementine																										No	Yes
FRESH FRUIT SALAD																										Yes	Yes
Del Monte Fresh Fruit (52205)																										Yes	Yes
RED BERRY MIX																										Yes	Yes
Fruit Berry Mix (10003254)																										Yes	Yes

Hub Lounge Breakfast Menu March 2022 Full Allergy

Ingredient /Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BAKERY																											
BAGEL	Yes	Yes	Yes																						Yes	Yes	
Plain Bagel	Yes	Yes	Yes																							Yes	Yes
BLUEBERRY MUFFIN	Yes					Yes	Yes																		No	Yes	
Blueberry Muffin (10002737)	Yes					Yes	Yes																		No	Yes	
CROISSANT	Yes					Yes	Yes																		No	Yes	
Croissant 20 (51768)	Yes					Yes	Yes																		No	Yes	
PAIN AU CHOCOLAT	Yes				Yes	Yes	Yes																		No	Yes	
Mini Pain Aux Chocolat (10000935)	Yes				Yes	Yes	Yes																		No	Yes	
TOAST																											
WHITE	Yes																								Yes	Yes	
White Bloomer 12 Slices (53456)	Yes																								Yes	Yes	
BROWN	Yes		Yes																						Yes	Yes	
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																						Yes	Yes	
PRESERVE, SPREADS & JAMS																											
BUTTER						Yes																			No	Yes	
Salted Butter PTN (54661)						Yes																			No	Yes	
SUNFLOWER SPREAD																									Yes	Yes	
Larderfresh Sunflower Spread (47177)																									Yes	Yes	
HAZELNUT CHOCOLATE SPREAD				Yes		Yes											Yes								No	Yes	
Nutella Choc Spread Portions (53496)				Yes		Yes											Yes								No	Yes	
JIM JAMS HAZELNUT CHOCOLATE SPREAD						Yes											Yes								No	Yes	
Jim Jams Hazelnut Chocolate Spread (10003498)						Yes											Yes								No	Yes	
MARMALADE																									Yes	Yes	
Orange Marmalade Portions (52229)																									Yes	Yes	
HONEY																									No	Yes	
Honey Portions (52228)																									No	Yes	
JAM																									Yes	Yes	
Assorted Jam Portions (10001621)																									Yes	Yes	
MARMITE	Yes	Yes	Yes	Yes							Yes														Yes	Yes	
Marmite Portions (45570)	Yes	Yes	Yes	Yes							Yes														Yes	Yes	
MAPLE SYRUP																									Yes	Yes	
Maple Syrup Sachets (53662)																									Yes	Yes	
PEANUT BUTTER														Yes											Yes	Yes	
Peanut Butter (54052)														Yes											Yes	Yes	

Hub Lounge Breakfast Menu March 2022 Full Allergy

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UNLIMITED COOKED BREAKFAST																											
BACON																										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No
SAUSAGE	Yes														Yes											No	No
PI Breakfast Pork Sausage (10001400)	Yes														Yes											No	No
GARDEN GOURMET SENSATIONAL VEGAN SAUSAGES					Yes																					Yes	Yes
Garden Gourmet Vegan Sausage (10003018)					Yes																					Yes	Yes
SOFT WHITE ROLL	Yes	Yes																								No	Yes
Soft White Roll 70G (10001290)	Yes	Yes																								No	Yes
BAKED BEANS																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
SCRAMBLED EGG						Yes	Yes																			No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Salt Sachets (48815)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
ORANGE JUICE																										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)
LOUNGE								
CONTINENTAL BREAKFAST								
PORRIDGE PER Bowl	1217	291	6.6	3.2	42.6	21.9	13.5	0.4
GRANOLA per 45g portion	788	188	4.1	0.5	32.0	10.4	3.6	0.0
YOGHURTS Per Portion	327	78	0.0	0.0	8.1	8.1	11.4	0.3
BAKERY								
BAGEL Per Portion	1062	254	1.4	0.2	50.0	4.5	9.0	0.7
BLUEBERRY MUFFINS Per Portion	984	235	9.3	0.9	34.5	17.0	3.0	0.2
CROISSANT Per Portion	850	203	12.1	7.7	19.4	3.1	3.8	0.3
PAIN AU CHOCOLAT Per Portion	821	196	11.1	7.2	19.7	6.2	3.6	0.3
BROWN TOAST per Slice	691	165	1.9	0.4	29.2	3.8	6.3	0.6
WHITE TOAST per Slice	708	169	2.5	0.3	30.4	1.6	5.5	0.6
PRESERVE, SPREADS & JAM								
HAZELNUT CHOCOLATE SPREAD Per Portion	338	81	4.6	1.6	8.6	8.4	0.9	0.0
JIM JAM HAZELNUT CHOCOLATE SPREAD Per Portion	347	83	5.5	1.1	7.4	1.3	1.3	0.0
MARMALADE Per Portion	140	33	0.0	0.0	8.3	8.1	0.0	0.0
HONEY Per Portion	274	65	0.0	0.0	16.2	15.0	0.1	0.0
JAM Per Portion	141	34	0.0	0.0	8.3	7.0	0.0	0.0
MARMITE Per Portion	87	21	0.0	0.0	2.4	0.1	2.7	0.9
MAPLE SYRUP Per Portion	262	63	0.1	0.0	15.3	15.3	0.1	0.2
PEANUT BUTTER Per Portion	410	98	8.3	1.5	1.5	0.8	3.6	0.1
BUTTER Per Portion	192	46	5.0	3.2	0.0	0.0	0.0	0.1
SPREAD Per Portion	178	43	4.7	1.1	0.0	0.0	0.0	0.1
DRINK								
ORANGE JUICE per glass	289	69	0.0	0.0	15.6	15.6	0.8	0.0
LOUNGE HOT								
BACON Per Rasher	132	31	2.0	0.6	0.1	0.0	3.2	0.5
SAUSAGE Per Sausage	511	122	8.6	3.2	3.9	0.6	7.1	0.7
GARDEN GOURMET VEGAN SAUSAGE Per 2 Plated	586	140	8.2	3.7	3.2	0.8	11.0	0.8
SOFT WHITE ROLL Per Portion	963	230	3.7	0.8	40.6	3.2	7.2	0.8
BAKED BEANS Per Spoon	186	44	0.1	0.0	7.1	2.9	2.6	0.3
SCRAMBLED EGGS per Spoon	1171	280	25.7	13.8	1.3	1.3	11.0	0.2
SAUCE & SPREAD	0	0	0.0	0.0	0.0	0.0	0.0	0.0
HP SAUCE Per Sachet	49	12	0.0	0.0	2.8	2.3	0.1	0.1
KETCHUP Per Sachet	41	10	0.0	0.0	2.3	2.3	0.1	0.2
BUTTER Per Portion	192	46	5.0	3.2	0.0	0.0	0.0	0.1