



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

Ingredient 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?
Premier Inn Reopening Menu																										
Band 1																										
Garlic Bread Slices	Yes						Yes																		No	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Nachos with Beef Chilli Con Carne		Yes		Yes	Yes	Yes						Yes	Yes												No	No
Chunky Chipotle Chilli (10001886)		Yes		Yes		Yes						Yes													No	No
Nacho Cheese Sauce (10001897)																									No	Yes
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Tortilla Chips (54045)																									Yes	Yes
Sour Cream Dip (10001291)						Yes	Yes						Yes												No	Yes
Tomato Salsa Dip (10001292)																									Yes	Yes
Nachos with Chilli Non Carne		Yes		Yes	Yes	Yes						Yes	Yes												No	Yes
Sloppy Joes Vegan (10001740)		Yes		Yes								Yes													Yes	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Tortilla Chips (54045)																									Yes	Yes
Sour Cream Dip (10001291)						Yes	Yes						Yes												No	Yes
Tomato Salsa Dip (10001292)																									Yes	Yes
Vegan Nachos with Chilli Non Carne		Yes		Yes								Yes													Yes	Yes
Sloppy Joes Vegan (10001740)		Yes		Yes								Yes													Yes	Yes
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Tortilla Chips (54045)																									Yes	Yes
Tomato Salsa Dip (10001292)																									Yes	Yes
Margherita Pizza	Yes						Yes																		No	Yes
Rocket Leaf (54258)																									Yes	Yes
Margherita Pizza (10001381)	Yes						Yes																		No	Yes
Pepperoni Pizza	Yes						Yes																		No	No
Rocket Leaf (54258)																									Yes	Yes
Sliced Pepperoni (49056)																									No	No
Margherita Pizza (10001381)	Yes						Yes																		No	Yes
The Classics																										
Chicken Makhani Curry							Yes																		No	No
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Pappodums (51643)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Chicken Makhani (10001361)							Yes																		No	No
Long Grain Rice (10002397)																									Yes	Yes

Ingredient 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?	
Jacket Potato with Beef Chilli			Yes		Yes	Yes	Yes					Yes	Yes												No	Yes	
Chunky Chipotle Chilli (10001886)			Yes		Yes		Yes					Yes														No	No
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Sour Cream Dip (10001291)						Yes	Yes						Yes													No	Yes
Jacket Potato																										Yes	Yes
Beef Chilli Con Carne			Yes		Yes	Yes	Yes					Yes	Yes													No	No
Chunky Chipotle Chilli (10001886)			Yes		Yes		Yes					Yes														No	No
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Tortilla Chips (54045)																										Yes	Yes
Sour Cream Dip (10001291)						Yes	Yes						Yes													No	Yes
Long Grain Rice (10002397)																										Yes	Yes
Jacket Potato with Veg Chilli			Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Jacket Potato																										Yes	Yes
Chilli Non Carne			Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Tortilla Chips (54045)																										Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes
Sweet Potato & Spinach Curry												Yes														No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pappodums (51643)																										Yes	Yes
Sweet Potato & Spinach Curry (10001323)													Yes													Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes
Piri Piri Shredded Chicken					Yes	Yes							Yes		Yes											No	No
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Sour Cream Dip (10001291)						Yes	Yes						Yes													No	Yes
Long Grain Rice (10002397)																										Yes	Yes
Piri Piri Shredded Chicken (10001310)							Yes								Yes											No	No
Rigatoni Bolognese	Yes						Yes					Yes			Yes											No	No
Garlic Bread Slices (53571)	Yes						Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Rigatoni Bolognese (10001312)												Yes			Yes											No	No

Ingredient 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?
Desserts																										
Sticky Toffee Pudding with custard	Yes					Yes	Yes																		No	Yes
Custard - Ready To Serve (53399)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																		No	Yes
Sticky Toffee Pudding with ice cream	Yes					Yes	Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
Triple Chocolate Brownie	Yes				Yes	Yes	Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
Mini Lemon Drizzle Cake	Yes					Yes	Yes																		No	Yes
Mini Lemon Drizzle Cake (10001746)	Yes					Yes	Yes																		No	Yes
Kids																										
Kids Tomato Pasta	Yes						Yes					Yes													No	Yes
Tomato Pasta Kids (10001986)	Yes											Yes													Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Kids Spaghetti Beef Bolognese	Yes						Yes																		No	No
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
New Kids Spaghetti Beef Bolognese	Yes																								No	No
Kids Ice Cream	Yes				Yes	Yes	Yes																		No	Yes
Chocstix (54617)					Yes		Yes																		No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes	Yes																		No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																		No	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)
Thyme Band 1								
Sharers & Starters								
Garlic Bread	912	218	9.1	2.9	28.3	1.0	4.7	0.6
Nachos with Chilli Con Carne	4825	1152	57.6	8.5	105.7	28.7	42.3	4.3
Nachos with Chilli Non Carne	4411	1054	51.1	5.5	117.8	38.2	21.8	4.9
Vegan Nachos	3119	745	24.3	3.0	103.8	27.3	19.1	3.6
Pizza Time								
Margherita	3248	776	19.8	8.6	115.4	4.4	31.5	5.0
Pepperoni	3793	906	31.8	12.2	115.6	4.7	36.9	6.2
The Classics								
Chicken Makhani Curry	2131	509	18.6	3.5	55.9	5.8	26.8	2.1
Chilli Con Carne with Jacket Potato	3245	775	29.8	5.0	79.8	19.5	38.8	2.8
Chilli Con Carne with Rice	3686	880	35.9	5.7	92.7	16.8	39.3	1.9
Chilli non Carne with Jacket Potato	1898	453	3.6	0.7	81.5	19.4	17.5	2.7
Chilli Non Carne with Rice	2339	559	9.7	1.4	94.3	16.7	18.0	1.8
Sweet Potato & Spinach Curry	1982	473	13.4	9.6	73.2	11.3	11.1	2.0
Shredded Piri Piri Chicken	3105	742	37.4	6.2	63.5	15.6	36.3	2.1
Rigatoni Bolognese with Garlic Bread	4106	981	35.6	12.4	126.6	13.0	34.2	3.9
Something Sweet?								
Sticky Toffee Pudding	3155	754	37.7	17.0	94.1	66.7	8.8	0.6
Triple Chocolate Brownie	2656	634	22.9	13.0	94.8	71.8	8.8	0.3
Mini Lemon Drizzle Cake	558	133	5.5	0.6	19.0	11.4	1.8	0.3

Thyme Breakfast Menu April 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?	
Accompaniments																											
Semi Skimmed Milk (10001941)						Yes																				No	Yes
Whole Milk (10001942)						Yes																				No	Yes
Alpro Soya Milk (54298, 60213)				Yes																						Yes	Yes
Sweet & Low (26181)																										No	No
Demerra Sachet Sugar Brown (10002462)																										Yes	Yes
White Sugar Sachets (10002463)																										Yes	Yes
Full breakfast																											
Unsmoked Back Bacon (10001540)																										No	No
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Vegetarian Sausage	Yes					Yes	Yes																			No	Yes
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Scrambled Eggs						Yes	Yes																			No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Salted Butter PTN (54661)							Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Fried Egg						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Poached Egg						Yes																				No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes

Thyme Breakfast Menu April 2021

Boiled Egg						Yes																No	Yes	
Cage Free Med Barn Eggs (10001067)						Yes																	No	Yes

Hash Browns																							Yes	Yes
Hash Browns (10000446, 10001329)																							Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																							Yes	Yes

Black Pudding (53673)	Yes	Yes																					No	No
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Sauteed Mushrooms							Yes																No	Yes
Mushroom Cup (54218)																							Yes	Yes
Salted Butter PTN (54661)							Yes																No	Yes

Tomato M (54216)																							Yes	Yes
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Baked Beans In Tomato Sauce (10001944)																							Yes	Yes
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Continental Bakery																									
Croissant 20 (51768)	Yes					Yes	Yes																No	Yes	
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																No	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	
Mini Pain Aux Chocolat (10000935)	Yes					Yes	Yes	Yes																No	Yes
Assorted Jam Portions (10001621)																							Yes	Yes	
Salted Butter PTN (54661)							Yes																No	Yes	
Larderfresh Sunflower Spread (47177)																							Yes	Yes	
Honey Portions (52228)																							No	Yes	
Nutella Choc Spread Portions (53496)						Yes	Yes										Yes						No	Yes	
Orange Marmalade Portions (52229)																							Yes	Yes	

Fruits																								
Bananas (10002199)																							Yes	Yes
Fruit Berry Mix (54409)																							Yes	Yes
Apples Green (54605)																							Yes	Yes
Easy peelers																							No	Yes

Yoghurts & cereals																				
Coco Pops Bag Pack (53882)			Yes																No	Yes
Cornflakes (50790)			Yes																Yes	Yes
Kelloggs Muesli Fruit (10000339)	Yes	Yes	Yes	Yes			Yes											Yes	No	Yes
Weetabix (51114)	Yes		Yes																Yes	Yes
Greek Yoghurt 150G (53510)							Yes												No	Yes
Strawberry Yog Org Creamy (51102)							Yes												No	Yes

Porridge with Cows Milk																				
Oats2Go Porridge Sachets (10000838)			Yes				Yes												No	Yes
Semi Skimmed Milk (10001941)							Yes												No	Yes

Porridge with Soya Drink																				
Oats2Go Porridge Sachets (10000838)			Yes	Yes															Yes	Yes
Alpro Soya Milk (54298, 60213)							Yes												Yes	Yes

Drinks																				
Teas & Coffees	See manufacturers websites																			
KULANA APPLE JUICE (10002046)																			Yes	Yes
BRAMBLE HILL CRANBERRY JUICE (10002069)																			Yes	Yes
KULANA ORANGE JUICE (10002045)																			Yes	Yes

Condiments																				
Ground White Pepper (48047)																			Yes	Yes
Heinz HP Sauce (52037)		Yes	Yes																No	No
Heinz Tomato Ketchup (52036)									Yes										No	Yes
Table Salt (48046, 54744)																			Yes	Yes

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Reference Intake (RI)	Energy kJ	Energy kcal	Total Fat g	Saturates g	Carbohydrate g	Sugars g	Protein g	Salt 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)
THYME BREAKFAST MENU								
Accompaniments per 100ml or sachet								
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	163	39	1.8	0.3	2.5	2.5	3.0	0.1
SWEET N LOW	15	4	0.0	0.0	0.9	0.0	0.0	0.0
SILVERSPoon DEM SACHETS	58	14	0.0	0.0	3.5	3.5	0.0	0.0
SILVERSPoon WHT SACHETS	59	14	0.0	0.0	3.5	3.5	0.0	0.0
Full breakfast								
Bacon (Per Rasher)	207	49	3.0	1.2	0.1	0.1	5.4	0.8
Sausage (each)	479	114	7.4	2.6	2.9	0.6	8.7	0.5
Vegetarian Sausage (each)	325	78	3.2	0.3	4.2	0.4	6.4	0.5
Scrambled Eggs (per 100g)	723	173	13.8	5.6	0.5	0.5	10.9	0.5
Fried Egg (each)	452	108	8.5	1.8	0.1	0.1	7.9	0.0
Poached Egg (each)	332	79	5.8	1.7	0.0	0.0	6.8	0.2
Boiled Egg (each)	341	82	5.8	1.7	0.0	0.0	6.8	0.2
Hash Browns (each)	392	94	4.9	2.1	12.0	0.3	0.9	0.2
Black Pudding (per slice)	509	122	8.1	3.0	5.5	0.1	6.6	0.9
Sauteed Mushrooms (Per 100g)	674	161	16.7	10.5	0.5	0.3	1.6	0.3
Tomato (per half)	42	10	0.2	0.1	1.6	1.6	0.4	0.0
Baked Beans (per 100g)	310	74	0.2	0.0	11.9	4.8	4.4	0.5
Continental								
Bakery Nutrition per item								
CROISSANT	850	203	12.1	7.7	19.4	3.1	3.8	0.3
REDUCED SUGAR PANCAKE	402	96	3.0	0.4	14.3	1.0	2.7	0.3
WHITE SANDWICH BREAD	384	92	1.0	0.2	17.1	1.0	3.1	0.3
MALTED SANDWICH BREAD	386	92	0.8	0.1	16.7	0.7	3.5	0.3
GLUTEN FREE BREAD SLICE	353	84	1.7	0.1	13.7	0.3	2.2	0.4
MINI PAIN AU CHOCOLAT	821	196	11.1	7.2	19.7	6.2	3.6	0.3
MIXED JAM CASE	141	34	0.0	0.0	8.3	7.0	0.0	0.0
SALTED BUTTER PORTIONS	309	74	8.1	5.2	0.1	0.1	0.1	0.2
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
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

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Fruits (nutrition per fruit)								
BANANA MED LARGE	590	141	0.4	0.1	31.9	28.7	1.7	0.0
FRUIT BERRY MIX	117	28	0.0	0.0	5.9	5.8	1.1	0.0
APPLES GREEN	283	68	0.1	0.0	15.0	15.0	0.4	0.0
CLEMENTINE	172	41	0.1	0.0	9.7	9.7	1.0	0.0
Yoghurts & Cereals								
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
KELLOGG'S MUESLI FRUIT per 45g	695	166	2.3	0.4	30.2	8.1	4.2	0.0
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.7	4.5	0.1
GREEK STYLE YOGHURT per pot	327	78	0.0	0.0	8.1	8.1	11.4	0.3
STRAWBERRY YOGHURT per pot	482	115	4.7	3.1	12.7	12.4	5.5	0.2
Porridge with semi skimmed milk per bowl	1315	314	8.5	3.5	42.0	12.3	14.8	0.3
Porridge with soya drink per bowl	1238	296	9.0	1.5	36.5	6.8	14.0	0.2
Drinks (per 100ml)								
KULANA APPLE JUICE	188	45	0.0	0.0	11.0	11.0	0.0	0.0
BRAMBLE HILL CRANBERRY JUICE	82	20	0.0	0.0	4.9	4.8	0.0	0.0
KULANA ORANGE JUICE	167	40	0.1	0.0	8.6	8.6	0.9	0.0

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
THYME DRINKS MENU																				
GIN																				
GORDONS GIN	NO	NO																		
GORDONS PINK GIN 70CL	YES	YES																		
TANQUERAY GIN (70CL)	NO	NO																		
TANQUERAY SEVILLA GIN 70CL	YES	YES																		
WARNERS LONDON DRY GIN	YES	YES																		
WARNER EDWARDS RHUBARB GIN 70CL	YES	YES																		
WARNERS RASPBERRY GIN 70CL	YES	YES																		
BOMBAY SAPPHIRE	YES	YES																		
BOMBAY BRAMBLE	YES	YES																		
HENDRICKS 70CL	YES	YES																		
WHITLEY NEILL PINK GRAPEFRUIT	YES	YES																		
RUM & WHISKEY																				
CAPTAIN MORGAN SPICED RUM	NO	NO																		
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
CAPTAIN MORGAN DARK RUM	NO	NO																		
BACARDI SUPERIOR	YES	YES																		
KRAKEN RUM 70CL	YES	YES																		
JAMESON IRISH WHISKEY	YES	YES																		
JACK DANIELS No.7	YES	YES																		
JACK DANIEL'S TENNESSEE APPLE	YES	NO																		
TALISKER	NO	NO																		
DEAD MANS FINGER SPICED RUM 70CL	YES	YES																		
BULLEIT BOURBON	YES	YES																		
VODKA																				
SMIRNOFF RED	NO	NO																		
ABSOLUT ORIGINAL 70CL	YES	YES																		
LET THE FUN BE-GIN																				
Classic G&T with a Elderflower Twist																				
WARNERS LONDON DRY GIN	YES	YES																		
FEVERTREE LIGHT ELDERFLOWER TONIC	YES	YES																		
LIMES SMALL	YES	NO																		
MINT LEAVES	YES	YES																		
Classic G&T with a Elderflower Twist																				
	YES	NO																		

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
Warner's Rhubarb and Ginger																				
WARNER EDWARDS RHUBARB GIN 70CL	YES	YES																		
Schweppes Ginger Ale	YES	YES																		
ORANGE MEDIUM	YES	NO																		
Warner's Rhubarb and Ginger	YES	NO																		
Bramble & Tonic																				
BOMBAY BRAMBLE	YES	YES																		
FEVERTREE LIGHT TONIC WATER	YES	YES																		
BLACKBERRIES	YES	YES																		
MINT LEAVES	YES	YES																		
Bramble & Tonic	YES	YES																		
Gordon's Lemon Drop																				
GORDON'S SICILIAN LEMON	YES	YES																		
SCHWEPPES LEMONADE 24 X200ML	YES	YES																		
LEMONS	YES	NO																		
FRESH THYME	YES	YES																		
Gordon's Lemon Drop	YES	NO																		
VODKA VACATION																				
Classic VR																				
SMIRNOFF RED	NO	NO																		
RED BULL SUGARFREE	YES	NO																		
LIMES SMALL	YES	NO																		
Classic VR	NO	NO																		
Vodka Pink Smash																				
SMIRNOFF RED	NO	NO																		
SCHWEPPES PINK SODA	YES	YES																		
STRAWBERRY	YES	YES																		
Vodka Pink Smash	NO	NO																		
Vodka Blood Orange Spritz																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
FRESH THYME	YES	YES																		
FEVERTREE BLOOD ORANGE SODA	YES	YES																		
Vodka Blood Orange Spritz	YES	YES																		

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
Vodka Mexican Lime Spritz																				
ABSOLUT ORIGINAL 70CL	YES	YES																		
FEVERTREE MEXICAN LIME SODA	YES	YES																		
LIMES SMALL	YES	NO																		
MINT LEAVES	YES	YES																		
Vodka Mexican Lime Spritz	YES	NO																		
RUM-WITH-A-VIEW																				
Classic Cuba libre																				
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																		
Cocoa Cola 1 x 7L	YES	YES																		
LIMES SMALL	YES	NO																		
Classic Cuba libre	YES	NO																		
Dead Spicy																				
DEAD MANS FINGER SPICED RUM 70CL	YES	YES																		
FEVER TREE GINGER ALE	YES	YES																		
LIMES SMALL	YES	NO																		