



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

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)
Hub Small Menu								
Chicken Makhani Curry	2055	491	16.6	3.4	55.9	5.8	26.8	2.1
Sweet Potato & Spinach Curry	1982	473	13.4	9.6	73.2	11.3	11.1	2.0

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Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
HUB BREAKFAST MENU								
CONTINENTAL BREAKFAST								
CEREAL								
PORRIDGE per bowl	513	123	3.4	2.1	15.5	10.7	7.1	0.2
GRANOLA QUAKER OAT RAISIN	525	125	2.8	0.4	21.3	6.9	2.4	0.0
GREEK STYLE YOGHURT	327	78	0.0	0.0	8.1	8.1	11.4	0.3
FRUITS per item or 100g								
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 SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
FRUIT BERRY MIX	117	28	0.0	0.0	5.9	5.8	1.1	0.0
BAKERY per item								
PLAIN BAGEL	1062	254	1.4	0.2	50.0	4.5	9.0	0.7
BLUEBERRY MUFFIN	1047	250	11.3	1.1	34.3	17.6	2.4	0.2
BUTTER CROISSANT	769	184	10.3	6.6	17.7	2.8	4.6	0.5
BUTTER PAIN AU CHOCOLAT	906	216	11.8	7.7	22.4	6.1	4.3	0.3
MALTED BROWN BLOOMER BREAD	702	168	2.0	0.5	29.6	3.9	6.4	0.6
WHITE BLOOMER BREAD	697	166	2.4	0.3	29.9	1.5	5.4	0.6
PRESERVE, SPREADS & JAMS per packet								
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
SALTED BUTTER PORTIONS	192	46	5.0	3.2	0.0	0.0	0.0	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
COOKED BREAKFAST per item								
STREAKY BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
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
WHITE BREAKFAST BAP	963	230	3.7	0.8	40.6	3.2	7.2	0.8
EGGS SCRAMBLED per 100g	1028	245	22.6	12.1	1.1	1.1	9.6	0.7
UNLIMITED DRINKS								
TEA	SEE MANUFACTURERS WEBSITE							
COFFEE	SEE COSTA COFFEE WEBSITE FOR SPECIFIC DRINKS							
ORANGE JUICE	193	46	0.0	0.0	10.4	10.4	0.5	0.0

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
ACCOMPANIMENTS per 100ml or each								
SOYA DRINK	176	42	1.9	0.3	2.7	2.5	3.3	0.1
MILK SEMI SKIMMED 4 X 2LTR	194	46	1.6	1.1	4.7	4.7	3.3	0.1
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
SWEET N LOW	15	4	0.0	0.0	0.9	0.0	0.0	0.0
CONDIMENTS per sachet								
HP SAUCE SACHETS	49	12	0.0	0.0	2.8	2.3	0.1	0.1
TOMATO KETCHUP SACHETS	41	10	0.0	0.0	2.3	2.3	0.1	0.2
BLACK PEPPER SACHETS	47	11	0.1	0.0	1.9	0.0	0.3	0.0
SALT SACHETS	0	0	0.0	0.0	0.0	0.0	0.0	1.2

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?	
Premier Inn Hub																											
Small Reopening Menu																											
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)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Chicken Makhani (10001361)						Yes																				No	No
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)																										No	Yes
Sweet Potato & Spinach Curry (10001323)												Yes														Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes

Premier Inn Hub Breakfast Phase 2 Menu July 2021 Allergy

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?	
Hub Breakfast																											
ACCOMPANIMENTS																											
Semi Skimmed Milk (10001941)						Yes																				No	Yes
Alpro Soya Milk (54298, 60213)					Yes																					Yes	Yes
Sweet & Low (26181)																										No	Yes
Demerra Sachet Sugar Brown (10002462)																										Yes	Yes
White Sugar Sachets (10002463)																										Yes	Yes
COOKED BREAKFAST																											
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																			No	Yes
Soft White Roll 70G (10001290)	Yes	Yes																								No	Yes
Scrambled Eggs																											
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
CONTINENTAL BREAKFAST																											
Butter Croissant (10002141)	Yes					Yes	Yes																			No	Yes
Butter Pain Au Chocolat (10002140)	Yes				Yes	Yes	Yes																			No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																			No	Yes
Plain Bagel	Yes	Yes	Yes																							Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Orange Marmalade Portions (52229)																										Yes	Yes
Assorted Jam Portions (10001621)																										Yes	Yes
Honey Portions (52228)																										No	Yes
Salted Butter Ptns (54661)							Yes																			No	Yes
Larderfresh Sunflower Spread (47177)																										Yes	Yes
Maple Syrup Sachets (53662)																										Yes	Yes

Premier Inn Hub Breakfast Phase 2 Menu July 2021 Allergy

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?	
Marmite Portions (45570)	Yes	Yes	Yes	Yes								Yes													Yes	Yes	
Nutella Choc Spread Portions (53496)					Yes	Yes												Yes							No	Yes	
Peanut Butter (54052)														Yes											Yes	Yes	
Greek Yoghurt (53510)							Yes																		No	Yes	
Fruit Berry Mix (54409)																									Yes	Yes	
Granola Quaker Oat Raisin (10000937)	Yes			Yes																					No	No	
Bananas (10002199)																									Yes	Yes	
Apples Green (54605)																									Yes	Yes	
Clementine (10002588)																									No	Yes	
Del Monte Fresh Fruit (52205)																									Yes	Yes	
Porridge with Semi Skimmed Milk				Yes		Yes																			No	Yes	
Porridge Jumbo Oats Jersey Cream (52888)				Yes		Yes																			No	Yes	
Semi Skimmed Milk (10001941)						Yes																			No	Yes	
DRINKS																											
Tropicana Smooth (10002281)																										Yes	Yes
Sunpride Orange Juice (10002730)																										Yes	Yes
TEA	PLEASE SEE PACK OR MANUFACTURERS WEBSITE																										
COSTA COFFEE	ALLERGY DEPENDS ON DRINK SEE COSTA WEBSITE																										
Condiments																											
Pepper Sachets (48818)																										Yes	Yes
Salt Sachets (48815)																										Yes	Yes
Tomato Ketchup Sachets (53167)												Yes														No	Yes
HP Sauce Sachets (53163)		Yes	Yes																							No	Yes