



Welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

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

The allergen 'Tree Nuts' refers to the following tree nuts and their by-products: almond, Brazil, cashew, hazelnut, macadamia (Queensland nut), pecan, pistachio and walnut. The column 'Tree Nut source (if present)' will show the specific tree nut.

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 hub by Premier Inn ALLERGY INFORMATION GUIDE**

- Y The allergen is present
- YES Suitable for ovo-lacto vegetarians/ vegans
- NO Not suitable for ovo-lacto vegetarians/ vegans



PD	Lounge	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														
<b>HUB MENU</b>																						
<b>FROZEN</b>																						
✓	✓	CROISSANT	YES	NO	Y					Y	Y											
✓	✓	MINI PAIN AUX RAISIN	YES	NO	Y					Y	Y											
✓	✓	MINI PAIN AUX CHOCOLAT	YES	NO	Y				Y	Y	Y											
✓	✓	CINNAMON AND RAISIN BAGELS	YES	YES	Y		Y															
✓	✓	PORRIDGE JUMBO OATS AND JERSEY CREAM	YES	NO				Y			Y											
✓	✗	CHEDDAR CHEESE SANDWICH	YES	NO	Y	Y	Y				Y											
✓	✗	BACON SANDWICH	NO	NO	Y	Y	Y				Y											
<b>CHILLED</b>																						
✓	✓	WHOLE MILK NATURAL YOGHURT	YES	NO							Y											
✓	✓	SALTED BUTTER PORTIONS	YES	NO							Y											
<b>MILK</b>																						
✓	✓	SEMI SKIMMED MILK	YES	NO							Y											
✓	✓	WHOLE MILK	YES	NO							Y											
✓	✓	SKIMMED MILK	YES	NO							Y											
✓	✓	ALPRO SOYA MILK	YES	YES					Y													
✓	✓	PHILADELPHIA LIGHT PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION																			
✓	✓	ORANGE JUICE	YES	YES																		
✓	✓	FRUIT SALAD	YES	YES																		
✓	✗	QUINOA WHEAT BERRIES VEG N GREEN PESTO	YES	NO	Y		Y				Y											
✓	✗	ROASTD VEG N BULGHUR WHT SALAD	YES	YES	Y																	
✓	✗	TOTAL YOGHURT POTS WITH GRANOLA & COMPOTE	YES	YES	Y			Y			Y											
✓	✗	TOTAL YOGHURT POTS WITH DRIED FRUIT & HONEY	YES	YES							Y			Y								
✓	✓	APPLES GREEN	YES	YES																		
✓	✓	APPLES RED	YES	YES																		
✓	✓	ORANGE MEDIUM	YES	YES																		
✓	✓	LIMES SMALL	YES	YES																		
✓	✓	LEMON CASE	YES	YES																		

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					Wheat Products	Rye Products	Barley Products	Oat Products														
✓	✓	BANANAS	YES	YES																		
✗	✓	CRANBERRY JUICE	YES	YES										Y								
<b>AMBIENT</b>																						
✓	✓	DRIED APRICOTS	YES	YES										Y								
✓	✓	DRIED CRANBERRIES	YES	YES																		
✓	✓	ASSORTED JAM PORTIONS- APRICOT			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	ASSORTED JAM PORTIONS- BLACKCURRANT			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	ASSORTED JAM PORTIONS- RASPBERRY			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	ASSORTED JAM PORTIONS- STRAWBERRY			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	NUTELLA CHOCOLATE SPREAD PORTIONS			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	PEANUT BUTTER			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	SALT SACHETS			PLEASE REFER TO SACHET FOR INFORMATION																	
✓	✓	BLACK PEPPER SACHETS			PLEASE REFER TO SACHET FOR INFORMATION																	
✓	✓	BRANSTON PICKLE ORIGINAL	YES	YES										Y								
✓	✓	MAPLE SYRUP PORTIONS			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	HONEY PORTION			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	MARMITE PORTIONS			PLEASE REFER TO PACKET FOR INFORMATION																	
✓	✓	PUMPKIN SEEDS	YES	YES																		
✓	✓	ASSORTED MUFFINS - DARK CHOCOLATE	YES	NO	Y			Y	Y	Y												
✓	✓	ASSORTED MUFFINS - LEMON AND POPPY SEED	YES	NO	Y				Y	Y												
✓	✓	ASSORTED MUFFINS - BLUEBERRY	YES	NO	Y				Y	Y												
✓	✓	ASSORTED MUFFINS - RASPBERRY AND WHITE CHOCOLATE	YES	NO	Y			Y	Y	Y										Y		ALMOND
✓	✓	BOROUGH SOURDOUGH WHITE	YES	NO	Y																	
✓	✓	BOROUGH SOURDOUGH BROWN	YES	NO	Y																	
✓	✓	BRIOCHE BUN	YES	NO	Y				Y	Y												
<b>PM OFFER</b>																						
✓	✗	MEXICAN BEEF CHILLI	NO	NO						Y						Y						
✓	✓	CHARRED VEG AND QUINOA SOUP	YES	NO						Y						Y						
✓	✓	BEAN SAUSAGE AND KALE SOUP	NO	NO	Y		Y							Y								

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					Wheat Products	Rye Products	Barley Products	Oat Products															
✓	✓	MAC CHEESE, CHICKEN AND CHORIZO MEATBALLS	NO	NO	Y					Y							Y						
✓	✓	MOZZARELLA N SALAMI SANDWICH	NO	NO	Y					Y													
✓	✓	HAM HOCK N CHEDDAR SANDWICH	NO	NO	Y	Y	Y			Y													
✓	✓	TUNA N EMMENTAL SANDWICH	NO	NO	Y	Y	Y			Y	Y	Y						Y					
✓	✓	PORK PIE	NO	NO	Y					Y													
✓	✓	SMOKED DRY CURED STREAKY BACON	NO	NO																			
✓	✓	PI SAUSAGES	NO	NO	Y										Y								
✓	✓	SCRAMBLED EGGS	YES	NO						Y	Y												
✓	✓	CHICKEN PATE WITH HERBS	NO	NO	Y					Y	Y												
✓	✓	BRIE	YES	NO							Y												
✓	✓	BARBERS VINTAGE CHEDDAR	YES	NO							Y												
✓	✓	BLUE STILTON WEDGE	YES	NO							Y												
✓	✓	ROCKET LEAF	YES	YES																			
✓	✓	APPLES GREEN	YES	YES																			
✓	✓	APPLES RED	YES	YES																			
✓	✓	CELERY	YES	YES													Y						
✓	✓	BRANSTON PICKLE ORIGINAL	YES	YES											Y								
✓	✓	CHARCUTERIE WOODALLS CUMBRIAN HAM	NO	NO																			
✓	✓	CHARCUTERIE WOODALLS CUMBERLAND SALAMI	NO	NO																			
✓	✓	CHARCUTERIE WOODALLS MUSTARD SALAMI	NO	NO																	Y		
✓	✓	MARINATED OLIVES	YES	YES																			
✓	✓	BREAD BAGUETTINI	YES	NO	Y	Y																	
✓	✓	BREAD ROLLS WHOLEMEAL	YES	NO	Y						Y												
✓	✓	BREAD ROLLS SEEDED	YES	NO	Y	Y	Y	Y							Y								
✓	✓	WATER BISCUITS	YES	YES	Y																		
✓	✓	HORSERADISH SAUCE	YES	NO						Y	Y										Y		
✓	✓	MIXED NUTS SALTY MIX	YES	YES																Y		Y	CASHEWS

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					Wheat Products	Rye Products	Barley Products	Oat Products														
<b>PASTRIES &amp; CAKES</b>																						
✓	✗	PAIN AU RAISIN	YES	NO	Y					Y	Y											
✓	✗	PAIN AU CHOCOLAT	YES	NO	Y				Y	Y	Y											
✓	✗	CHELSEA BUN	YES	NO	Y					Y	Y											
✓	✓	BLUEBERRY CRUMBLE TIN CAKE	YES	NO	Y					Y	Y									Y	ALMONDS	
✓	✓	LEMON AND POPPY SEED	YES	NO	Y					Y	Y									Y	ALMONDS	
✓	✓	BANANA HONEY AND PECAN GLAZE TIN CAKE	YES	NO	Y					Y				Y						Y	PECANS	
✓	✓	GLAZED CHOCOLATE CAKE	YES	NO	Y				Y	Y	Y											
✓	✓	CHOCOLATE BROWNIE	YES	NO	Y				Y	Y	Y											
✓	✗	ASSORTED MUFFINS - DARK CHOCOLATE	YES	NO	Y				Y	Y	Y											
✓	✗	ASSORTED MUFFINS - LEMON AND POPPY SEED	YES	NO	Y					Y	Y											
✓	✗	ASSORTED MUFFINS - BLUEBERRY	YES	NO	Y					Y	Y											
✓	✗	ASSORTED MUFFINS - RASPBERRY AND WHITE CHOCOLATE	YES	NO	Y				Y	Y	Y									Y	ALMOND	
✓	✗	JALEPENO CORNBREAD MUFFIN	NO	NO	Y					Y	Y											
✓	✓	CHOCOLATE CHIP COOKIE	YES	NO	Y				Y	Y	Y											
✓	✓	WHITE CHOCOLATE CHIP AND HAZELNUT COOKIE	YES	NO	Y				Y	Y	Y									Y	HAZELNUT	
✓	✗	APPLE TURNOVER	YES	NO	Y					Y	Y											
✓	✗	FRUIT SCONE	YES	NO	Y					Y	Y											
✓	✗	HEALTH NUT BAR	YES	NO	Y			Y		Y										Y	ALMOND	