

FOOD AT THE  
**SOCIAL**

Premier Inn  
*Rest easy*





KIDS  
EAT  
FREE<sup>†</sup>

# BREAKFAST

## UNLIMITED CONTINENTAL BREAKFAST

Feeling fluffy and buttery? Fresh and creamy? A bit fruity? Any or all of the above, and our unlimited continental breakfast is for you. Help yourself to pastries, cereals, fruit and more.

THIS INCLUDES UNLIMITED CONTINENTAL BREAKFAST AND UNLIMITED DRINKS.

### BAKERY

**PAIN AU CHOCOLAT**  (184kcal)

*If you'd like this toasty and warmed up, just ask our team*

**CROISSANT**  (203kcal)

*If you'd like this toasty and warmed up, just ask our team*

**BLUEBERRY MUFFIN**  (235kcal)

**PANCAKE**  (96kcal)

**SOURDOUGH CRUMPET**  (88kcal)

### PRESERVE, SPREADS AND JAMS

**ASSORTED JAMS**  (34kcal)

**PEANUT BUTTER**  (98kcal)

**HONEY**  (65kcal)

**ORANGE MARMALADE**  (33kcal)

**HAZELNUT SPREAD**  (83kcal)

**MAPLE SYRUP**  (63kcal)

**MARMITE**  (21kcal)

**SUNFLOWER SPREAD**  (43kcal)

### BAKERY

**WHITE BREAD**  (90kcal per slice)

**MALTED BROWN BREAD**  (91kcal per slice)

**GLUTEN-FREE BREAD\*\***  (84kcal per slice)

### FRUITS

**BANANAS** 

**FRUIT BERRY MIX\*** 

(39kcal per spoon)

**EASY PEELERS** 

**FRESH FRUIT  
SALAD** 

(62kcal per spoon)

**APPLES** 

### YOGURTS & CEREALS

**GLUTEN-FREE MUESLI\*\*** 

(182kcal per 50g\*)

**PORRIDGE** 

With Cow's Milk (337kcal)

With Soya Drink (324kcal)

*Available from our kitchen -  
ask a team member*

**GRANOLA** 

(188kcal per 45g\*)

**MUESLI FRUIT\*** 

(166kcal per pack\*)

**SPECIAL K** 

(113kcal per 30g\*)

**COCO POPS** 

(115kcal per 30g\*)

**CORNFLAKES** 

(113kcal per 30g\*)

**WEETABIX** 

(136kcal per 2 biscuits\*)

**RICE KRISPIES** 

(117kcal per 30g\*)

**A SELECTIONS  
OF YOGURTS** 

(see packaging for calories)

## UNLIMITED COOKED BREAKFAST

Sometimes you just can't beat a Full English, and it doesn't get fuller than our unlimited cooked breakfast.

We've now got plenty of options for a great plant-based breakfast too, so sit back and enjoy!

THIS INCLUDES UNLIMITED COOKED AND CONTINENTAL BREAKFAST, AND UNLIMITED DRINKS.

**EGGS**  - **SCRAMBLED** (280kcal), **FRIED** (108kcal),

**POACHED** (79kcal) **OR BOILED** (82kcal)

**HASH BROWNS**  (100kcal per hash brown)

**BACK BACON** (49kcal per rasher)

**THIS™ ISN'T BACON**  (38kcal per rasher)

**PREMIUM PORK SAUSAGES** (122kcal per sausage)

**GARDEN GOURMET® SENSATIONAL™**

**VEGAN SAUSAGE**  (70kcal per sausage)

**BAKED BEANS**  (74kcal per spoon)

**BLACK PUDDING** (122kcal per slice)

**HALVED GRILLED TOMATO**  (28kcal per half tomato)

**MUSHROOMS**  (53kcal per spoon)

## UNLIMITED TEA, COFFEE & JUICE

### HOT DRINKS

#### COFFEE

Latte (97kcal), Cappuccino (93kcal), Americano - Black (6kcal),  
Americano - White (50kcal with 95ml milk), Espresso (4kcal)

#### TEA

Selection of teas available

*Please see our Drinks Menu for full range and calorie information*

### COLD DRINKS

**CRANBERRY JUICE DRINK**  (30kcal)

**APPLE JUICE**  (71kcal)

**ORANGE JUICE**  (69kcal)

FANCY A GREAT DEAL ON  
DINNER + BREAKFAST?

See offers page for full details.

Children between 5-10 years need 1,800 kcal a day. Adults need around 2,000kcal a day

# DAYTIME

Available every day 11am – 5pm

READY TO ORDER? POP TO THE BAR  
(AND DON'T FORGET YOUR TABLE NUMBER)

## LUNCH DEAL

Choose a fresh toastie, salted crisps  
and selected soft drink,  
upgrade to an alcoholic drink extra.

## NIBBLES

### TORTILLA CHIPS & DIP <sup>VE</sup>

Served with a tomato salsa (297kcal)

### CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (409kcal)

### SKIN-ON CHIPS <sup>VE</sup> (277kcal)

### CHEDDAR CHEESE PLATE <sup>VE</sup>

Cheddar cheese, crackers, caramelised onion  
chutney and apple wedges (536kcal)

## SOUPS & SALADS

### TOMATO SOUP <sup>VE</sup>

Topped with garlic and herb croutons (220kcal)  
*Vegan option available, just ask!* (199kcal)

### CAESAR SALAD <sup>VE</sup>

Crisp cos lettuce drizzled with a rich, creamy reduced-calorie  
Caesar dressing, topped with mature Cheddar shavings  
and garlic & herb croutons (262kcal)  
*Add crispy chicken goujons* (+261kcal)  
*Add chopped ham* (+67kcal)

## SWEET TREATS

### TRIPLE CHOCOLATE BROWNIE <sup>VE</sup> (521kcal)

### BLUEBERRY MUFFIN <sup>VE</sup> (467kcal per 2 muffins)

### CROISSANT <sup>VE</sup> (196kcal)

### PAIN AU CHOCOLAT <sup>VE</sup> (167kcal)

### CHOCOLATE CHIP COOKIE <sup>VE</sup> (325kcal)

## HOT DRINKS

### AMERICANO

Black (6kcal) or with  
95ml milk (50kcal)

### CAPPUCCINO (93kcal)

### LATTE (97kcal)

### HOT CHOCOLATE (222kcal)

### ESPRESSO (4kcal)

### TEA

A selection of flavours available, just ask one of the team

ULTIMATE WIFI,  
A SWEET TREAT  
AND UNLIMITED  
TEA & COFFEE

## TOASTIES

Freshly toasted, served with fresh rocket and salted crisps

### CHEESE TOASTIE <sup>VE</sup> (678kcal)

### CHEESE & TOMATO TOASTIE <sup>VE</sup> (694kcal)

### CHEESE & HAM' TOASTIE (711kcal)

## PIZZA

### MARGHERITA <sup>VE</sup>

Stonebaked pizza, topped with tomato sauce  
and mozzarella cheese (871kcal)

### PEPPERONI

Stonebaked pizza, topped with tomato sauce,  
mozzarella cheese and pepperoni (1,001kcal)

## JACKET POTATOES

All served with fresh rocket

### CHIPOTLE BEEF CHILLI & SOUR CREAM (487kcal)

### CHEESE & BEANS <sup>VE</sup> (634kcal)

*Vegan option available, just ask!* (412kcal)

## DESSERTS

### TRIPLE CHOCOLATE BROWNIE & ICE CREAM <sup>VE</sup>

Served warm with vanilla ice cream (604kcal)

### VANILLA ICE CREAM <sup>VE</sup>

(188kcal)

### FRUIT SALAD <sup>VE</sup>

A selection of fruit (100kcal)

## FOR THE LITTLE ONES

## MAINS

### MARGHERITA PIZZA <sup>VE</sup>

Topped with tomato, mozzarella and  
Cheddar cheese (377kcal)

### SPAGHETTI BOLOGNESE <sup>1</sup>

Beef bolognese sauce cooked with tomatoes,  
onions, carrots and spaghetti (209kcal)

## DESSERTS

### VANILLA ICE CREAM <sup>VE</sup>

(125kcal)

### FRUIT SALAD <sup>VE</sup> <sup>2</sup>

A selection of fruit (50kcal)

Adults need around 2,000kcal a day.  
Children between 5-10 years old need around 1,800kcal a day.



SCAN FOR OUR  
NON-GLUTEN-CONTAINING  
INGREDIENTS MENU.

# DINNER

Served from 5pm - 10pm

LITTLE ONES  
FEELING PECKISH?  
ASK A MEMBER OF OUR TEAM  
FOR OUR KIDS' MENU

## FANCY SHARING?

Try 3 or 4 small plates. Available everyday 5pm-10pm

### LIGHT BITES

**BEER-BATTERED ONION RINGS<sup>S</sup>**  (323kcal)

**TOMATO SOUP** 

Served with garlic and herb croutons (219kcal)

*Vegan option available, just ask!* (199kcal)

**GARLIC BREAD SLICES**  (350kcal)

**SKIN-ON CHIPS**  (256kcal)

**CRISPY CHICKEN GOUJONS**

Served with a smoky BBQ dip (409kcal)

**BREADED FISH BITES\*\***

Served with a tartare dip (390kcal)

**TORTILLA CHIPS & DIPS** 

Served with a tomato salsa  
and Cheddar cheese sauce (382kcal)


### GRILLS

All our beef is 100% British and Irish

**8OZ\* SIRLOIN STEAK**

30-day-aged British & Irish beef, served with skin-on chips,  
grilled tomato and garden peas (632kcal)

**Add peppercorn sauce** (+39kcal)

 1.99 supplement as part of meal deal

**MIXED GRILL**

4oz\* sirloin steak, gammon steak, half a chicken breast and pork  
sausages. Served with beer-battered onion rings<sup>S</sup>, garden peas,  
a fried egg, half a grilled tomato and skin-on chips (1,228kcal)

 2.99 supplement as part of meal deal

**5OZ\* GRILLED GAMMON STEAK**

With skin-on chips, garden peas, grilled tomato (511kcal) and  
your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal)  
or one of each (+130kcal)

**Double up your gammon** (+198kcal)

**SMOTHERED CHICKEN**

Topped with bacon, Cheddar cheese and smoky BBQ sauce.  
Served with skin-on chips, garlic bread and a salad garnish (733kcal)

### BURGERS

**THE HOUSE STACK BURGER**

Two 4oz\* steak burgers, Cheddar cheese, lettuce, tomato ketchup and mayo.  
Served in a brioche-style bun, with skin-on chips and onion rings<sup>S</sup> (1,221kcal)

**Add 2 back bacon rashers** (+99kcal)

**CHICKEN STACK BURGER**

A stack of chicken goujons with lettuce and mayo. Served in a brioche-style bun,  
with skin-on chips, onion rings<sup>S</sup> and tomato ketchup (1,025kcal)

**BBQ GARDEN GOURMET® SENSATIONAL™ BURGER** 

GARDEN GOURMET® Sensational™ burger, lettuce and BBQ sauce.

Served in a brioche-style bun, with skin-on chips, onion rings<sup>S</sup> and tomato ketchup (845kcal)

# FANCY A GREAT DEAL

Includes 2-course dinner, a drink & breakfast -

## PIZZA

### CREATE YOUR OWN PIZZA

Get a slice of the action with our tomato sauce base, topped with mozzarella cheese (871kcal) and your choice of three toppings:

**PEPPERONI** (+130kcal)

**HAM**<sup>†</sup> (+40kcal)

**MUSHROOM** (V) (+23kcal)

**TOMATO** (V) (+20kcal)

**PINEAPPLE** (V) (+22kcal)

**CHICKEN** (+78kcal)

**BACON** (+49kcal)

*Add an extra topping*

## CLASSICS

### BEER-BATTERED FISH & CHIPS\*\*§

Served with skin-on chips, peas and tartare sauce (1,040kcal)

### CHICKEN MAKHANI CURRY

Medium spiced curry with marinated chargrilled chicken in a rich, creamy masala sauce.

Served with white rice, a poppadom and mango chutney (640kcal)

### TOMATO & CHILLI LINGUINE<sup>§</sup> (VB)

With rocket and a hint of garlic and chilli (343kcal)

*Add a chicken breast* (+155kcal)

### RIGATONI BOLOGNESE

Rigatoni pasta with a rich beef bolognese.

Served with a slice of garlic bread (879kcal)

### CHICKEN KATSU CURRY

Crispy chicken goujons topped with our signature curry sauce. Served with white rice (1,025kcal)

### CAESAR SALAD (V)

Crisp cos lettuce drizzled with a rich, creamy reduced-calorie Caesar dressing, topped with mature Cheddar shavings

and garlic and herb croutons (262kcal)

*Add a chicken breast* (+155kcal)

## SIDES

**SKIN-ON CHIPS** (VB) (256kcal)

**BEER-BATTERED ONION RINGS<sup>§</sup>** (VB) (323kcal)

**GARLIC BREAD SLICES** (V) (350kcal)

**CAESAR SALAD** (V)

Crisp cos lettuce drizzled with a rich, creamy reduced-calorie Caesar dressing, topped with mature Cheddar shavings

and garlic and herb croutons (113kcal)

## DESSERTS

### STICKY TOFFEE PUDDING (V)

Served with vanilla ice cream (586kcal)

### TRIPLE CHOCOLATE BROWNIE & ICE CREAM (V)

Served warm with vanilla ice cream (604kcal)

### ICE CREAM SUNDAE WITH CADBURY®

#### DAIRY MILK CARAMEL NIBBLES (V)

Vanilla ice cream with Cadbury® Dairy Milk Caramel Nibbles and chocolate sauce. Topped with a whip of cream and a crumbled chocolate flake (456kcal)

### FRUIT SALAD (VB)

A selection of fruit (100kcal)

### VANILLA ICE CREAM (V) (188kcal)

*Vegan option available, just ask!* (272kcal)

### BERRY PANCAKE STACK<sup>†</sup> (V)

American-style pancakes topped with fruit berries.

Served with vanilla ice cream (367kcal)

# AL ON YOUR MEAL?

see the back of the menu for more details

# DEALS AT THE SOCIAL

## MEAL DEAL

2-course dinner, a drink and  
unlimited breakfast the following morning

Upgrade to 3 courses

CHOOSE YOUR TIPPLE FROM THE OPTIONS BELOW:

### SOFT DRINKS

Coca-Cola Zero Sugar  
Coca-Cola, Diet Coke  
Schweppes Slimline Lemonade  
J20 (275ml)  
Still or Sparkling Water (330ml)

### ALCOHOLIC DRINKS

Heineken  
Peroni  
Corona  
Heineken 0.0  
House Wine (White / Red / Rosé) (175ml)  
Draught beer & cider may be available,  
head up to the bar or ask a team member to find out.

### UPGRADE TO ONE OF THE FOLLOWING FOR AN EXTRA CHARGE:

Rekorderlig (500ml)  
Pinot Grigio (175ml)  
Jam Shed, Chardonnay (175ml)  
Steakmaker, Malbec (175ml)  
Fever-Tree Sparkling Drinks  
Drinks may vary, check with a team member for current range.

\*Dishes marked with ⚡ will incur a supplementary charge as priced.  
Any dish upgrades and sides come at an extra cost as priced  
on the Dinner Menu.

## ULTIMATE WIFI, A SWEET TREAT + UNLIMITED TEA & COFFEE

Ask a member of our team for details

## HIRE OUR SPACE!

SPEAK TO A TEAM  
MEMBER TO BOOK  
OUR SPACE FOR YOUR  
FUNCTION TODAY

Adults need around 2,000kcal a day. @ Suitable for vegetarians. @ Suitable for vegans and vegetarians. ⚡ 2 of your 5 a day. ⚡ 1 of your 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. **Dinner Menu** \*Approximate weight uncooked. \*\*May contain small bones/shell pieces. †Formed ham. ‡May contain traces of alcohol. §May contain fruit stones/stone fragments. **Breakfast Menu** ¥May contain fruit stones/stone fragments. \*Without milk. Choose from semi-skimmed (46kcal/100ml) or whole milk (64kcal/100ml). Alpro soya drink (42kcal/100ml) also available on request. The additional milk calories are based on semi-skimmed milk. \*\*As gluten is present in our kitchen, please tell your server and we will take care to minimise the risk of cross-contamination. †T&Cs apply - Up to two kids stay and eat breakfast for free with a full paying adult - subject to availability. **Daytime Menu** †Formed ham. Lunch bundle for £8 entitles the holder(s) to a freshly toasted Toastie, Salted Crisps and selected soft drink. For an additional £3, selected alcoholic drink can be selected. Choose from the Daytime Menu in the associated restaurant only. Any items ordered in addition to the lunch bundle will be an additional charge, payable in the restaurant. This offer is available for a limited period only, is subject to availability and the Restaurant Manager reserves the right to withdraw this offer at any time. **Meal Deal Menu**. Choose courses from main menu. Some menu dishes have a supplementary charge and charges are correct at time of print. Usual chargeable extras, upgrades and dish supplement dish charges apply (as per main menu). Side dishes will be charged separately. Two courses cannot be ordered from the same section. Two courses comprise of Starter & Main or Main & Dessert. This offer is only applicable to Premier Inn guests. Proof of stay will be required. **Don't worry, we know there are allergens in our food and drink which we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive.** The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more. Full nutrition information is available on our website. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. Alcohol served to over 18s only. Proof of age may be required when asked. Full alcoholic content (ABVs) and units can be found on our drinks menu or ask to see bottle. We remind all our guests to drink responsibly. For more information on responsible drinking visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk). GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Cadbury® is a registered trademark of Mondelez International used under licence. TMRegistered Trademark. All prices include VAT. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. Promoter: Whitbread Group PLC, PO Box 777, Dunstable LU5 5XE.



MSC-C-55716  
All our pollock  
and haddock  
comes from an  
MSC certified  
sustainable fishery.  
[www.msc.org](http://www.msc.org)

be [drinkaware.co.uk](http://drinkaware.co.uk)