

FOOD AT THE
SOCIAL

Premier Inn
Rest easy



KIDS EAT
FREE†

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

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*)

**GLUTEN FREE
MUESLI**** 

(182kcal per 50g*)

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

Choose from a selection of teas

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 old need around 1,800kcal 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

**FRESH TOASTIE, SALTED CRISPS
AND SOFT DRINK ONLY**
UPGRADE TO AN ALCOHOLIC DRINK.

NIBBLES

TORTILLA CHIPS & DIP ^{VB}

Served with a tomato salsa (297kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (408kcal)

SKIN-ON CHIPS ^{VB} (277kcal)

CHEDDAR CHEESE PLATE ^V

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

SOUPS & SALADS

TOMATO SOUP ^V

Served with garlic & herb croutons (220kcal)
Vegan option available, just ask! (199kcal)

HOUSE SALAD ^V

A mix of cos lettuce, cherry tomatoes, red peppers, cucumber,
sweetcorn and garlic & herb croutons (143kcal)
Add your choice of dressing:
French Dressing ^{VB} (+66kcal)
Marie Rose Dressing ^V (+98kcal)
Honey and Mustard Dressing ^V (+139kcal)

Add a chicken breast (+155kcal)
Add chopped ham ¹ (+67kcal)
Add prawns ^{**} (+52kcal)

SWEET TREATS

TRIPLE CHOCOLATE BROWNIE ^V (521kcal)

BLUEBERRY MUFFIN ^V (469kcal per 2 muffins)

CROISSANT ^V (161kcal)

PAIN AU CHOCOLAT ^V (167kcal)

CHOCOLATE CHIP COOKIE ^V (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

HOUSE TOASTIES

Freshly toasted, served with fresh rocket and salted crisps

CHEESE TOASTIE ^V (678kcal)

CHEESE & TOMATO TOASTIE ^V (694kcal)

CHEESE & HAM' TOASTIE (711kcal)

PIZZA

MARGHERITA PIZZA ^V

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

PEPPERONI PIZZA

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

JACKET POTATOES

All served with a salad garnish

CHIPOTLE BEEF CHILLI & SOUR CREAM (508kcal)

CHEESE & BEANS ^V (655kcal)

Vegan option available, just ask! (433kcal)

PRAWN & SEAFOOD SAUCE ^{**} (542kcal)

DESSERTS

TRIPLE CHOCOLATE BROWNIE & ICE CREAM ^V

Served warm with vanilla ice cream and chocolate sauce (612kcal)

VANILLA ICE CREAM ^V (188kcal)

FRUIT SALAD ^{VB}

A selection of fruit (100kcal)

FOR THE LITTLE ONES

MAINS

MARGHERITA PIZZA ^V

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

SPAGHETTI BOLOGNESE ¹

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

DESSERTS

VANILLA ICE CREAM ^V

(193kcal)

FRUIT SALAD ^{VB 2}

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

STARTERS

5 BBQ CHICKEN WINGS (389kcal)

SALT & PEPPER CALAMARI®

With spicy mayo (422kcal)

TOMATO SOUP ①

Served with garlic & herb croutons (220kcal)

Vegan option available, just ask (199kcal)

CLASSIC PRAWN COCKTAIL**

Served with malted bread (369kcal)

GARLIC BREAD ① (350kcal)

Add mozzarella & Cheddar ① (+223kcal)

LOADED NACHOS ③

Topped with nacho cheese sauce, red chillies, spring onion, tomato salsa and reduced-fat soured cream (471kcal)

Add chipotle beef chilli (+125kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (429kcal)

GARLIC & HERB MUSHROOMS

Served with a smoky BBQ dip (442kcal)

SHARING PLATTER

Crispy chicken goujons, garlic & herb mushrooms, beer-battered onion rings[§], cheesy potato dippers and garlic bread. Served with spicy mayo, reduced-fat soured cream and smoky BBQ dip

(1,566kcal serves 2, 783kcal per serve)

⊕ 4.99 supplement as part of meal deal

CHEESY POTATO DIPPERS

With mozzarella, Cheddar, bacon and spring onions.

Served with reduced-fat soured cream (441kcal)

FANCY SHARING?

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

SALADS

HOUSE SALAD ①

A mix of cos lettuce, cherry tomatoes, red peppers, cucumber, sweetcorn and garlic & herb croutons (143kcal)

Add your choice of dressing:

French Dressing ③ (+66kcal)

Marie Rose Dressing ① (+98kcal)

Add a grilled chicken breast (+155kcal)

BATTLE OF THE BURGERS

Six new burgers, battling it out this summer. Make your choice

All our burgers are served in a brioche-style bun with skin-on chips, unless otherwise stated. Swap your bun for a chopped side salad

THE GOURMET VEGAN ③

GARDEN GOURMET® Sensational™ burger with a Violife slice, lettuce, gherkin, red onion, burger sauce and vegan slaw (877kcal with bun, 742kcal with salad)

THE KICKIN' KATSU

Crispy coated chicken breast with mayo, lettuce, pickled red onions and our signature curry sauce (981kcal with bun, 846kcal with salad)

THE KOREAN CRUNCH

Crispy coated chicken breast with lettuce, Asian crunchy slaw and Korean chilli sauce[§] (963kcal with bun, 828kcal with salad)

Swap to grilled chicken breast

(739kcal with bun, 604kcal with salad)

THE BIG BOMBAY ①

Crispy coated Indian spiced potato, pumpkin, red onion and pea burger, with lettuce, yoghurt slaw, pickled red onion and mango & tomato chutney (806kcal with bun, 671kcal with salad)

THE TEX-MEX

Two 1/4lb* steak burgers with Cheddar, chipotle mayo, lettuce, tomato salsa, reduced-fat soured cream and tortilla chips, served with coleslaw (1,246kcal with bun, 1,111kcal with salad)

THE SMOKEY BIG STACK

Two 1/4lb* steak burgers, Cheddar, lettuce, gherkin, red onion, BBQ sauce and onion rings[§], served with coleslaw (1,308kcal with bun, 1,173kcal with salad)

THE CLASSIC CHEESE & BACON

1/4lb* steak burger with tomato, lettuce, red onion and burger sauce, served with coleslaw (967kcal with bun, 832kcal with salad)

BURGER UPGRADE

2 Streaky bacon rashers (+63kcal)

2 THIS™ Isn't Bacon rashers ③ (+58kcal)

1/4lb* Steak burger (+214kcal)

Cheese slice ① (+83kcal)

Vegan burger with Violife Slice ③ (+258kcal)

SIDES

SKIN-ON CHIPS ③ (277kcal)

BEER-BATTERED ONION RINGS[§] (436kcal)

CHOPPED SIDE SALAD ③ (42kcal)

COLESLAW ① (154kcal)

KATSU CHICKEN TOPPED CHIPS

Topped with our signature curry sauce, fresh chilli, coriander and spring onion (445kcal)

Go LARGE (Serves 2, 890kcal, 445kcal per portion)

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Topped with cheese sauce and reduced-fat soured cream (401kcal)

Go LARGE (Serves 2, 802kcal, 401kcal per portion)

PIZZA

All our pizzas are hand-rolled and freshly made to order

CREATE YOUR OWN PIZZA

Get a slice of the action with our tomato sauce base, topped with mozzarella and Cheddar cheese (V) (947kcal) and your choice of three toppings:

Add an extra topping

PEPPERONI (V) (+130kcal)

HAM¹ (+40kcal)

MUSHROOM (V) (+23kcal)

CHICKEN (+78kcal)

RED ONION (V) (+8kcal)

RED PEPPER (V) (+7kcal)

TOMATO (V) (+12kcal)

RED CHILLI (V) (+1kcal)

PINEAPPLE (V) (+22kcal)

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, grilled flat mushroom and garden peas (713kcal).

Swap chips for our chopped salad (-235kcal)

Add peppercorn sauce (+39kcal)

★ 1.99 supplement as part of meal deal

MIXED GRILL

Grilled 4oz* sirloin steak, half a gammon steak, half a chicken breast and pork sausages. Served with garden peas, two fried eggs and half a grilled tomato (1,241kcal)

Upgrade to an 8oz* sirloin (+160kcal)

★ 2.99 supplement as part of meal deal

7OZ* CHARGRILLED GAMMON STEAK

With skin-on chips, garden peas, grilled tomato (661kcal) and your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kcal)

CLASSICS

BEEF & ALE PIE^S

Served with skin-on chips, garden peas and gravy (949kcal)

BEER-BATTERED FISH & CHIPS**^S

Served with tartare sauce and your choice of garden peas (974kcal) or mushy peas (1,012kcal)

Add white bread and butter (+258kcal)

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 (642kcal)

Add naan bread (+191kcal)

TOMATO & CHILLI LINGUINE^S (VE)

With fresh cherry tomatoes and a hint of garlic and chilli (360kcal)

THAI GREEN VEGETABLE CURRY (VE)

With red pepper, sweet potato, garden peas and bamboo shoots, served with white rice (627kcal)

Add a grilled chicken breast (+155kcal)

CHICKEN KATSU CURRY

Chicken goujons topped with our signature curry sauce, served with white rice (641kcal)

CLASSIC BEEF LASAGNE

Served with a chopped salad and garlic bread (738kcal)

WHOLETAIL SCAMPI & CHIPS***

Served with tartare sauce and your choice of garden peas (803kcal) or mushy peas (841kcal)

Add white bread and butter (+258kcal)

SMOTHERED CHICKEN

Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce.

Served with skin-on chips, coleslaw, garlic bread and a salad garnish (862kcal)

Upgrade to double-smothered chicken (+325kcal)

CREAMY CHICKEN & PULLED HAM PIE

With a cheesy crumb topping, served with skin-on chips and garden peas (1,127kcal)

DESSERTS

STICKY TOFFEE PUDDING (V)

Served with custard (604kcal) or vanilla ice cream (594kcal)

TRIPLE CHOCOLATE BROWNIE (V)

Served warm with vanilla ice cream and chocolate sauce (620kcal)

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 (480kcal)

FRUIT SALAD (VE)

A selection of fruit (106kcal)

CHOCOLATE TORTE (VE)

Decadent chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (279kcal)

Add vanilla ice cream (V) (+70kcal)

BANOFFEE CHEESECAKE (V)

Baked New York-style cheesecake, topped with banana, caramel sauce and crumbled chocolate flake.

Served with vanilla ice cream (782kcal)

BERRY PANCAKE STACK* (V)

American-style pancakes topped with fruit berries.

Served with vanilla ice cream (375kcal)

FANCY A GREAT DEAL ON YOUR MEAL?

Includes 2 course dinner, a drink & breakfast - see the back of the menu for more details

Please see back page for further allergen and dietary information. Adults need around 2,000kcal a day

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. ① Suitable for vegetarians. ② Suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. ③ 1 of your 5 a day. ④ 2 of your 5 a day. 1 of your 5 a day = a minimum of 40g of fruit or vegetables, or 150ml pure juice. **Dinner Menu** *Approximate weight uncooked. *May contain rings & tentacles. *May contain one or more tail per piece. **May contain small bones/shell pieces. †Formed ham. ‡May contain traces of alcohol. *May contain fruit stones. **Breakfast Menu** *May contain fruit stones. *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** **May contain small bones/shell pieces. †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, an 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. Ingredient 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. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Cadbury® is a registered trademark of Mondelēz International used under licence. All prices include VAT. Some items may differ to those shown. 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

bedrinkaware.co.uk