

FOOD AT THE SOCIAL

Premier Inn
Rest easy



DEALS AT THE SOCIAL

FANCY A GREAT DEAL ON DINNER + BREAKFAST?

You can get a 2-Course Dinner, a drink and breakfast, so you can save up to 20% if you're looking to eat well and keep a little extra pocket money.

UPGRADE TO 3 COURSES

DRINKS INCLUDED

SOFT DRINKS

Coca-Cola Zero Sugar
Coca-Cola
Diet Coke
J20
Still or Sparkling Water

BEER

Peroni
Corona
Doom Bar
Heineken 0.0

UPGRADE DRINKS

WINE

Sauvignon Blanc, Rosé, Malbec or
Sparkling Wine

PREMIUM SOFT DRINKS

Fever-Tree Sparkling Cloudy British Apple or
Fever-Tree Sparkling Sicilian Lemonade

CIDER

Rekorderlig

Drinks may vary regionally, please speak to a team member for our current range.

BIG OFFERS FOR SMALL APPETITES

Kids' dinner menu
available every day

BREAKFAST OFFER
KIDS EAT FREE[†]

DINNER

Served during restaurant opening times

LIGHT BITES

TORTILLA CHIPS & DIP

Served with a tomato salsa (297kcal)

SKIN-ON CHIPS

(256kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (315kcal)

PIZZA

MARGHERITA PIZZA

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

PEPPERONI PIZZA

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

PLATES

CHICKEN MAKHANI CURRY

Medium spiced curry with marinated chargrilled chicken in a rich, creamy masala sauce served with white rice (534kcal)

BEER-BATTERED FISH & CHIPS**

Served with skin-on chips and tartare sauce (990kcal)

MACARONI CHEESE

Macaroni pasta in a rich and creamy Cheddar cheese sauce (743kcal)

RIGATONI BOLOGNESE

Rigatoni pasta with a rich beef bolognese (763kcal)

CHICKEN KATSU CURRY

Crispy chicken goujons topped with our signature curry sauce. Served with white rice (518kcal)

TOMATO & CHILLI LINGUINE^s

Linguine with a hint of garlic and chilli, topped with rocket (396kcal)

DESSERTS

TRIPLE CHOCOLATE BROWNIE

Served warm with vanilla ice cream (601kcal)

VANILLA ICE CREAM

Three scoops of vanilla ice cream topped with a crumbled chocolate flake and wafer (265kcal)

FRUIT SALAD

A selection of fruit (100kcal)

KIDS

MAINS

10-VEG TOMATO PASTA

(235kcal)

MARGHERITA PIZZA

(377kcal)

CHICKEN GOUJONS

Served with skin-on chips (366kcal)

DESSERTS

CHOCOLATE BROWNIE

Served warm with vanilla ice cream (320kcal)

VANILLA ICE CREAM

With a wafer and sprinkled with chocolate (186kcal)

FRUIT SALAD

A selection of fruit (50kcal)

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

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 children will need more.

DRINKS

BOTTLED BEER & CIDER

PERONI
(330ml, 5.0%, 1.7 units)

CORONA
(330ml, 4.5%, 1.5 units)


DOOM BAR
(500ml, 4.3%, 2.2 units)


HEINEKEN 0.0
(330ml, 0.0%, 69kcal)


BULMERS ORIGINAL APPLE CIDER
(500ml, 4.5%, 2.3 units)


REKORDERLIG STRAWBERRY & LIME
(500ml, 4.0%, 2.0 units)

WINES BY THE CAN FROM *NICE*

SPARKLING WINE 
Dry. Crisp. Sparkly.
(200ml, 10.0%, 2.0 units)

PALE ROSÉ 
Dry. Proudly Pale. South of France.
(187ml, 11.0%, 2.1 units)

SAUVIGNON BLANC 
Dry. Crisp. Secretly peachy.
(187ml, 11.0%, 2.1 units)

MALBEC 
Juicy. Darkly Fruity. Smoothly Argentinian.
(187ml, 13.5%, 2.5 units)

SPIRIT & MIXER CANS

ABSOLUT & SPRITE
Absolut® Vodka mixed with Sprite. (250ml, 5.0%, 1.3 units)

BOMBAY SAPPHIRE & TONIC
Expertly mixed Bombay Sapphire London Dry Gin with premium tonic water for a fresh, bubbly and superior taste. (250ml, 6.5%, 1.6 units)

JACK DANIEL'S & COCA-COLA ZERO SUGAR
Unmistakable taste of Jack Daniel's mixed with Coca-Cola Zero Sugar. (330ml, 5.0%, 1.7 units)

BACARDI MOJITO
BACARDÍ Carta Blanca White Rum mixed with natural flavours of tangy lime and cool mint for a high-quality flavoured rum cocktail. (250ml, 5.0%, 1.3 units)

BACARDI RUM & COLA
Bubbly and refreshing, BACARDÍ & Cola is full of timeless and classic flavour and is a great way to conjure up the sun-soaked atmosphere of the Caribbean (250ml, 5.0%, 1.3 units)

SOFT DRINKS

**FEVER-TREE SPARKLING CLOUDY BRITISH APPLE
WITH TWIST OF GARDEN MINT**
275ml (49kcal)

COCA-COLA ICON
330ml (139kcal)

DIET COKE ICON
330ml (1kcal)

COCA-COLA ZERO SUGAR ICON
330ml (2kcal)

**FEVER-TREE SPARKLING SICILIAN
LEMONADE**
275ml (49kcal)

J2O ORANGE & PASSION FRUIT
275ml (52kcal)

HOT DRINKS

LATTE
(97kcal)

CAPPUCCINO
(93kcal)

FLAT WHITE
(57kcal)

AMERICANO
(6kcal)

ESPRESSO
(4kcal)

DOUBLE ESPRESSO
(6kcal)

PG TIPS TEA

ENGLISH BREAKFAST (1kcal, 39kcal with Semi Skimmed Milk 84ml),
MINT (1kcal), **RASPBERRY** (1kcal), **GREEN TEA** (1kcal)

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 ① (184kcal)

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

CROISSANT ① (203kcal)

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

BLUEBERRY MUFFIN ① (235kcal per muffin)

PANCAKE ① (96kcal)

SOURDOUGH CRUMPET ① (88kcal)

PRESERVE, SPREADS AND JAMS

ASSORTED JAMS ① (34kcal)

PEANUT BUTTER ① (98kcal)

HONEY ① (65kcal)

ORANGE MARMALADE ① (33kcal)

HAZELNUT SPREAD ① (81kcal)

MAPLE SYRUP ① (63kcal)

MARMITE ① (21kcal)

SUNFLOWER SPREAD ① (43kcal)

BAKERY

WHITE BREAD ① (90kcal per slice)

MALTED BROWN BREAD ① (91kcal per slice)

GLUTEN-FREE BREAD** ① (84kcal per slice)

FRUITS

BANANAS ①

FRUIT BERRY MIX* ①

EASY PEELERS ①

**FRESH FRUIT
SALAD** ①

APPLES ①

YOGHURTS & CEREALS

GLUTEN-FREE MUESLI** ①

(182kcal per 50g*)

PORRIDGE ①

With cow's milk (337kcal)

With soya drink (324kcal)

*Available from our kitchen -
ask a team member*

GRANOLA ① (188kcal per 45g*)

MUESLI FRUIT* ①

(166kcal per pack*)

SPECIAL K ① (113kcal per 30g*)

COCO POPS ①

(115kcal per 30g*)

CORNFLAKES ①

(113kcal per 30g*)

WEETABIX ①

(136kcal per 2 biscuits*)

RICE KRISPIES ①

(117kcal per 30g*)

**A SELECTION
OF YOGURTS** ①

(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 ① - **SCRAMBLED** (280kcal), **FRIED** (108kcal),
POACHED (79kcal) **OR BOILED** (82kcal)

HASH BROWNS ① (100kcal per hash brown)

BACK BACON (49kcal per rasher)

THIS™ ISN'T BACON ① (38kcal per rasher)

PREMIUM PORK SAUSAGES (122kcal per sausage)

GARDEN GOURMET® SENSATIONAL™

VEGAN SAUSAGE ① (70kcal per sausage)

BAKED BEANS ① (74kcal per spoon)

BLACK PUDDING (122kcal per slice)

HALVED GRILLED TOMATO ① (28kcal per half tomato)

MUSHROOMS ① (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

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

Please see our Drinks Menu for full range and calorie information

COLD DRINKS

CRANBERRY JUICE DRINK ① (30 kcal)



APPLE JUICE ① (71 kcal)

ORANGE JUICE ① (69 kcal)

FANCY A GREAT DEAL ON
DINNER + BREAKFAST?

See offers page for full details.

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This will vary by age and level of activity as some children will need less and some children will need more.

 Suitable for vegetarians.  Suitable for vegans. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. **Dinner/Kids Menu** [§]May contain traces of alcohol. [¶]May contain small bones/shell pieces. **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. **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. All the dishes on the kids' menu meet our children's nutrition criteria. Calorie information on an average serving for each dish is provided to help you make an informed choice. Children between 5-10 years old need around 1,800 calories a day, this will vary by age and 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. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. [™]Registered 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