

KIDS
EAT
FREE⁺


PREMIER INN 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  (167kcal)
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  (210kcal)







PANCAKE  (96kcal)

SOURDOUGH CRUMPET   (88kcal)






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*)
SPECIAL K  (113kcal per 30g*)

COCO POPS  (115kcal per 30g*)
CORNFLAKES  (116kcal per 30g*)
WEETABIX   (136kcal per 30g*)
RICE KRISPIES  (117kcal per 30g*)
A SELECTIONS OF YOGURTS 
(see packaging for calories)















SLICED BREAD

WHITE BREAD   (90kcal per slice)
MALTED BROWN BREAD   (91kcal per slice)
GLUTEN FREE BREAD^{}**  (84kcal per slice)

FRUITS






BANANAS  
FRUIT BERRY MIX[■]  
EASY PEELERS 
FRESH FRUIT SALAD  
APPLES  

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)



PREMIER INN 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)
Prefer vegan bacon? No problem, just ask our team

PREMIUM SAUSAGES (122kcal per sausage)

**GARDEN GOURMET[®] SENSATIONAL[™]
VEGAN SAUSAGE**   (70kcal per sausage)
Prefer vegan sausages? No problem, just ask our team

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 (73kcal), Americano - Black (6kcal),
Americano - White (50kcal with 95ml milk), Espresso (4kcal)

PG TIPS
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   (30 kcal)
APPLE JUICE   (71 kcal)
ORANGE JUICE   (69 kcal)

Adults need around 2,000kcal a day

 Suitable for vegetarians.  Suitable for vegans. [■] May contains fruit stones

*Kids eat free: up to a maximum of 2 children under 16 (aged 15 and under) can eat breakfast free per adult purchasing a Full Premier Inn Breakfast. Some items may differ to those shown. All products may be subject to change and availability. Photography is for illustrative purposes only. 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 the time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. **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 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.** Alpro Soya available on request. As gluten is present in our kitchen please tell your server and we will take care to minimise the risk of cross-contamination. GARDEN GOURMET[®] - Reg. Trademark used in agreement with the Trademark owner.