
Let’s eat
Premier Inn

MEAL DEAL

Save time and money with our **Great Value Meal Deal.**
Ask a team member for more information.

Starters

Most loved BBQ Chicken Wings (385kcal)

Crispy Chicken Goujons
With your choice of dip:
smoky BBQ (425kcal) or spicy mayo (444kcal)

Loaded Nachos V
Topped with Cheddar cheese sauce, spring onions, tomato salsa and jalapeños (372kcal)

New Loaded Mexican King Prawns†
Lettuce wedges loaded with king prawns, crushed tortillas and a hot and spicy corn relish (199kcal)

Chicken Tikka Skewer
With a mint yoghurt dip (234kcal)

Crispy Vegetable Spring Rolls VE
With hoisin sauce (202kcal)

Garlic Flatbread V (398kcal)

New Bao Buns
Fluffy steamed buns, served with chilli, coriander, spring onions and your choice of filling:

Crispy Chicken and Spicy Mayo (597kcal)
Mushroom and Hoisin VE (518kcal)

New Salted Edamame VE (211kcal)

Classic Dishes

Beer-Battered Fish & Chips†§
Served with skin-on chips, peas and tartare sauce (1,062kcal)
+Add white bread and butter (+229kcal)
+Add curry sauce (+97kcal)

Most loved 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 (616kcal)
New +Add naan bread (+191kcal)

Chicken Katsu Curry
Crispy chicken goujons topped with our signature curry sauce. Served with white rice (663kcal)

Spinach & Ricotta Ravioli
Filled ravioli, finished with grated Grana Padano, cracked black pepper and rocket with your choice of sauce:

Green Pesto (879kcal)
Italian Tomato (521kcal)

New House Caesar Salad
A mix of roasted corn ribs, lettuce wedges, tomato wedges, croutons, Grana Padano and a creamy Caesar dressing (491kcal)
+Add a chicken breast (+170kcal)

New King Prawn Linguine Arrabbiata†§
With a hint of chilli (568kcal)
Vegan option available, just ask!§ (397kcal)



Deliciously Good

A selection of delicious dishes made for your enjoyment, full of flavour and thoughtfully prepared. Each dish is made with plenty of vegetables, fruits and our recipes use ingredients that naturally contain fibre, so every dish includes the equivalent of at least two of your 5-a-day and comes in at under 600kcal per serving.

New Sweet & Sour King Prawns† 2
With citrus grains, edamame beans, pineapple and chilli slaw and a sweet & sour sauce (379kcal, 30.3g protein)

New Bean & Sweet Potato Shakshuka V 3
With cherry tomatoes, onions and peppers in a paprika tomato sauce. Topped with a fried egg (419kcal, 16.8g protein))
Vegan option available, just ask! (311kcal, 8.8g protein)

New Chicken Burrito Bowl 2
Grilled chicken breast on a bed of shredded lettuce, with white rice, pickled red onions, tomato and paprika spiced beans with sweetcorn, lime and coriander (518kcal, 47g protein)

Adults need around 2,000kcal a day.
An adult portion of fruit or vegetables is 80g and it provides one portion of your 5-a-day 1

Grills

Our steaks and burgers are made using 100% British & Irish farm-assured beef

Mixed Grill
4oz sirloin steak, gammon steak, half a chicken breast and pork sausages. Served with beer-battered onion rings[§], garden peas, a fried egg, half a grilled tomato and skin-on chips (1,256kcal)
Upgrade to an 8oz sirloin (+159kcal)

Most loved 8oz Sirloin Steak
30-day-aged British & Irish beef, half a grilled tomato, grilled flat mushroom and garden peas. Served with our rocket and tomato salad (497kcal)
Swap your salad for skin-on chips (+217kcal)
+Add peppercorn sauce (+32kcal)
+Add green pesto (+153kcal)
+Add 2 garlic king prawns[†] (+168kcal)

New BBQ Glazed Rack of Pork Ribs
With skin-on chips, paprika dusted corn ribs and coleslaw (1,299kcal)

5oz Grilled Gammon Steak
With skin-on chips, garden peas, grilled tomato (533kcal) and your choice of two fried eggs (+216kcal), two grilled pineapple rings (+74kcal) or one of each (+145kcal)
Double up your gammon (+198kcal)

Chicken Tikka Skewers
With a flatbread, lettuce, cherry tomatoes, mint yoghurt dip, mango chutney and skin-on chips (1,070kcal)

Smothered Chicken
Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce. Served with skin-on chips, coleslaw, garlic flatbread and a salad garnish (800kcal)
Upgrade to double-smothered chicken (+308kcal)

Burgers

All our burgers are served in a brioche-style bun with skin-on chips and coleslaw, unless otherwise stated. Swap your bun for our rocket and tomato salad (-160kcal)

New Big Stack Burger
Two 1/4lb steak burgers, cheese, lettuce, gherkin, red onion and burger sauce (1,300kcal)

New The Ultimate Veggie VE
Strong Roots® pumpkin & spinach burger with lettuce, tomato, gherkin, pickled red onions, tomato salsa and burger sauce (900kcal)

New Spicy Grilled Chicken Burger
Chicken breast with lettuce, tomato, gherkin and spicy mayo (805kcal)

Chicken Stack Burger
A stack of chicken goujons with lettuce, tomato, gherkin and spicy mayo (1,005kcal)

Classic Cheese & Bacon Burger
1/4lb steak burger with lettuce, tomato, gherkin and burger sauce (1,012kcal)

Upgrades

+Add 2 back bacon rashers (+99kcal)
New +Add 1/4lb steak burger (+214kcal)
New +Add cheese slice V (+83kcal)

Sides

Beer-Battered Onion Rings[§] VE (323kcal)

Skin-On Chips VE (276kcal)

New Rocket & Tomato Salad
With pickled red onion and Grana Padano (59kcal)

New Garlic Flatbread V (398kcal)

New Coleslaw V (154kcal)

New Baked Sweet Potato Wedges VE (250kcal)



Pizza

Most loved Create your own pizza

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

+Add an extra topping

Pepperoni (+130kcal)
Mushroom V (+23kcal)
Pineapple V (+37kcal)
Sweetcorn V (+97kcal)
Chicken (+85kcal)
Bacon (+49kcal)
Jalapeños V (+3kcal)
Chicken Tikka Pieces (+178kcal)
Honey Sriracha V (+66kcal)
BBQ Sauce V (+55kcal)
Cheddar Cheese Sauce V (+35kcal)
Green Pesto V (+153kcal)

Desserts

New Cheesecake with Biscoff® V

Baked New York-style cheesecake with Biscoff® sauce. Topped with Biscoff® biscuit and served with vanilla ice cream (651kcal)

Sticky Toffee Pudding V

Served with vanilla ice cream (594kcal)

Most loved Triple Chocolate Brownie V

Served warm with vanilla ice cream (463kcal)

Fruit Salad VE

A selection of fruit (107kcal)

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 (478kcal)

New Build Your Own Sundae Sharer V

Get creative with a selection of your favourites to build your own sundae. Vanilla ice cream, chocolate sauce, raspberry sauce, strawberries, Biscoff® crumb, Cadbury® Dairy Milk Caramel Nibbles, triple chocolate brownie and aerosol cream (940kcal for 2)

New Banoffee Yoghurt V

Greek-style yoghurt topped with caramel sauce, caramelised biscuit, banana and chocolate shavings (288kcal)

New Chocolate Fudge Cake V

Served warm with vanilla ice cream (568kcal)
Vegan option available, just ask! (498kcal)



Scan for our Non-Gluten-Containing Ingredients full menu

Pennies

GREAT ORMOND STREET HOSPITAL CHARITY

We've teamed up with Pennies, the digital charity box, to help support our partner GOSH charity. Just press 'yes' when you pay by card to donate 25p. Every penny you give goes to charity: 95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489).

Adults need around 2,000kcal a day.

be drinkaware.co.uk

Our dishes are prepared in kitchens where allergen cross-contamination may occur; please inform your server of any allergies. Menu descriptions may not list all ingredients, and substitutions may occur – check current allergy information online and confirm with your server. V = suitable for vegetarians, VE = suitable for vegans and vegetarians. Our vegan and vegetarian dishes are made to a vegan or vegetarian recipe, but we cannot guarantee that they are suitable if you have a food allergy. Please refer to our allergen information if you have a specific requirement. Calorie information is based on the average serving size and is correct at the time of printing. These may vary with substitution. All food weight is based on uncooked approximates. †May contain bones or shells. §Alcohol traces. Prices are inclusive of VAT. Images for illustration purposes only. Management may change or withdraw offers without notice. Meal Deal: Choose two 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. 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. 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.

STRONG ROOTS

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

MSC-C-55716 All our pollock and haddock comes from a fishery that has been independently certified to the MSC's environmental standard for fishing. msc.org