

Let's eat





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

For the Table

Crispy Salt & Pepper Chickpeas VE (430kcal)

New Mixed Marinated Olives VE (204kcal)

New Salted Edamame VE (211kcal)

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 onion, tomato salsa, jalapeños and soured cream (449kcal)

New Loaded Mexican King Prawns†

Lettuce wedges loaded with king prawns, crushed tortillas and a hot and spicy corn relish (199kcal)

Crispy Vegetable Spring Rolls VE

With a hoisin sauce (315kcal)

Chicken Tikka Skewer

With a tzatziki dip (228kcal)

New Paprika Roasted Cauliflower V

On a bed of butterbean houmous, loaded with crispy chickpeas, pickled red onion, chilli and coriander, drizzled with green pesto (406kcal)

Vegan option available, just ask! (304kcal)

New Bao Buns

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

Crispy chicken and spicy mayo (597kcal)

Halloumi and hot honey V (567kcal)

Mushroom and hoisin VE (518kcal)

Garlic Flatbread V (398kcal)

New +Add cheese V (+132kcal)

Classic Dishes

Beer-Battered Fish & Chips†§

With tartare sauce and your choice of garden peas (911kcal) or mushy peas (937kcal)

+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)

+Add naan bread (+191kcal)

Smothered Chicken

Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce. Served with skin-on chips, coleslaw, garlic flatbread and a salad garnish (832kcal)

Upgrade to double-smothered chicken (+324kcal)

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

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 600 kcal 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)

Chicken Tzatziki Nourish Bowl 2

A mix of citrus grains, chickpeas, lettuce, cucumber, pickled red onion and cherry tomatoes.

Served with a lemon wedge (494kcal, 47.3g protein)

New Paprika Cauliflower & Butterbean Houmous Bowl VE 2

With citrus grains, edamame beans, pickled red onion and chickpeas (447kcal, 20.1g 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)

New Mediterranean Chicken 2

Grilled chicken breast served with a tomato, cucumber and pickled red onion salad, flatbread, on a bed of butterbean houmous. Finished with chickpeas and a sprinkle of paprika (483kcal, 32.5g protein)



Chicken Katsu Curry

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) or Italian tomato (521kcal)

New We can make this veggie, just ask!

Green pesto (836kcal) or Italian tomato (478kcal)

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 hints of chilli (568kcal)

Vegan option available, just ask! (397kcal)

Grills

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

New BBQ Glazed Rack of Pork Ribs

With skin-on chips, paprika dusted corn ribs and coleslaw (1,299kcal)

Mixed Grill

4oz sirloin steak, gammon steak, half a chicken breast and pork sausages. Served with beer-battered onion rings^s, 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)

5oz Chargrilled Gammon Steak

With skin-on chips, garden peas, half a grilled tomato (533kcal) and your choice of two fried eggs (+216kcal), two grilled pineapple rings (+74kcal) or one of each (+145kcal)

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

Chicken Tikka Skewers

With a flatbread, pickled red onion, lettuce, cherry tomatoes, tzatziki, mango chutney and skin-on chips (1,066kcal)

New Halloumi & Red Pepper Skewers **V**

With a flatbread, pickled red onion, lettuce, cherry tomatoes, honey sriracha sauce and skin-on chips (1,752kcal)

New Teriyaki Salmon[§]

With white rice, Tenderstem[®] broccoli and edamame beans (594kcal)

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)

Most loved Big Stack Burger

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

Classic Cheese & Bacon Burger

1/4lb steak burger with lettuce, tomato, gherkin and burger sauce (1,025kcal)

New Spicy Grilled Chicken Burger

Chicken breast with lettuce, tomato, gherkin and spicy mayo (805kcal)

Swap your burger to our crispy coated chicken breast (1,007kcal) 14.99

New The Ultimate Veggie **VE**

Strong Roots[®] pumpkin & spinach burger with lettuce, tomato, gherkin, pickled red onions, tomato salsa and burger sauce (900kcal)

Upgrades

+Add 2 streaky bacon rashers (+63kcal)

+Add 1/4lb steak burger (+214kcal)

+Add cheese slice **V** (+83kcal)

Sides

New **Garlic Flatbread **V**** (398kcal)

+Add cheese **V** (+132kcal)

New **Super Greens **VE****

Tenderstem[®] broccoli and edamame beans (153kcal)

Skin-On Chips **VE** (276kcal)

Beer-Battered Onion Rings^s **VE** (416kcal)

Coleslaw **V** (154kcal)

New **Baked Sweet Potato Wedges **VE**** (250kcal)

New **Rocket & Tomato Salad**

With pickled red onion and Grana Padano (59kcal)



Pizza

Most loved Create your own pizza

Get a slice of the action with our tomato sauce base, topped with mozzarella cheese V (773kcal) and your choice of three toppings:

+Add an extra topping

Pepperoni (+130kcal)

Ham¹ (+40kcal)

Mushroom V (+23kcal)

Chicken (+85kcal)

Red Onion V (+7kcal)

Red Pepper V (+11kcal)

Pineapple V (+37kcal)

Chicken Tikka Pieces (+178kcal)

Jalapeños V (+3kcal)

Bacon (+63kcal)

Sweetcorn V (+97kcal)

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 (658kcal)

Sticky Toffee Pudding V

With custard (608kcal) or vanilla ice cream (601kcal)

Most loved Triple Chocolate Brownie V

Served warm with vanilla ice cream (470kcal)

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 (499kcal)

New Banoffee Yoghurt V

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

New Strawberry Shortcake Yoghurt V

Greek-style yoghurt topped with raspberry sauce, oatly crumble and strawberries (247kcal)

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 (954kcal for 2)

New Chocolate Fudge Cake V

Served warm with vanilla ice cream (575kcal)

Vegan option available, just ask! (498kcal)



Scan for our Non-Gluten-Containing Ingredients full menu



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.

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. ¹Formed ham. ²Alcohol traces. ³Fruit stones. Prices are inclusive of VAT. Images for illustration purposes only. Management may change or withdraw offers without notice. Meal Deal: 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. Reg. Trademark used in agreement with the Trademark owner. Cadbury[®] is a registered trademark of Mondelez International used under licence. Tenderstem[®] trademark used in agreement with trademark owners. 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 a fishery that has been independently certified to the MSC's environmental standard for fishing. msc.org