

FOOD AT THE
SOCIAL

Premier Inn 

BREAKFAST

UNLIMITED COOKED BREAKFAST

THIS INCLUDES UNLIMITED COOKED AND CONTINENTAL BREAKFAST, AND UNLIMITED DRINKS.

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

HASH BROWNS ② (100kcal, per hash brown)

BACK BACON RASHERS (82kcal, per rasher)

THIS™ ISN'T BACON ② (59kcal, per rasher)

PREMIUM PORK SAUSAGES (161kcal, per sausage)

VEGAN SAUSAGE ② (99kcal, per sausage)

VEINZ BAKED BEANS ② (148kcal, per spoon)

BLACK PUDDING (175kcal, per slice)

HALVED GRILLED TOMATO ② (28kcal, per half tomato)

MUSHROOMS ② (26kcal, per spoon)

UNLIMITED CONTINENTAL BREAKFAST

THIS INCLUDES UNLIMITED CONTINENTAL BREAKFAST AND UNLIMITED DRINKS.

BAKERY

CROISSANT ① (183kcal)

PAIN AU CHOCOLAT ① (172kcal)

BLUEBERRY MUFFIN ① (169kcal)

PANCAKE ① (96kcal, per pancake)

SOURDOUGH CRUMPET ② (87kcal)

WHITE BREAD ② (92kcal, per slice)

MALTED BROWN BREAD ② (93kcal, per slice)

GLUTEN-FREE BREAD ② (205kcal, per slice)

YOGURTS & CEREALS

GLUTEN FREE

MUESLI ①
(182kcal, per pack)

PORRIDGE OATS ①
(238kcal per serving,
milk not included)

GRANOLA ①
(217kcal, per 45g)

MUESLI FRUIT* ①
(166kcal, per pack)

SPECIAL K ①
(118kcal, per 30g)

COCO POPS ①
(115kcal, per 30g)

CORNFLAKES ①
(116kcal, per 30g)

WEETABIX ②
(136kcal, per pack)

RICE KRISPIES ①
(117kcal, per 30g)

GREEK YOGURT ①
(129kcal, per 125g)

STRAWBERRY YOGURT ①
(87kcal, per 125g)

PRESERVE, SPREADS AND JAMS

ASSORTED JAMS ② (48kcal)

PEANUT BUTTER ② (97kcal)

HONEY ① (61kcal, per 20g)

MARMALADE ② (48kcal)

HAZELNUT SPREAD ①
(81kcal)

MAPLE SYRUP ②
(63kcal, per 20g)

MARMITE ② (21kcal)

**SUNFLOWER
SPREAD** ② (43kcal)

BUTTER ① (46kcal)

FRUITS

BANANA ②

CLEMENTINE ①

APPLE ②

FRUIT BERRY MIX* ②
(49kcal, per 100g)

**FRESH FRUIT
SALAD** ②
(62kcal, per 100g)

UNLIMITED DRINKS

COLD DRINKS

APPLE JUICE ② (47kcal, per 100ml)

ORANGE JUICE BLEND ② (48kcal, per 100ml)

CRANBERRY JUICE DRINK ② (20kcal, per 100ml)

HOT DRINKS

COFFEE

PG TIPS

Choose from a selection of teas

Soya or Oat available on request. Please see separate
Drinks Menu for our full range and calorie information.



SCAN FOR OUR
NON-GLUTEN-CONTAINING
INGREDIENTS MENU.

DINNER

Served during restaurant opening times

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 ①

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 ②

With hoisin sauce (202 kcal)

GARLIC FLATBREAD ①

(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 ② (518kcal)

NEW **SALTED EDAMAME** ② (211kcal)

CLASSICS

BEER-BATTERED FISH & CHIPS*⁵

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)

+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*⁵

With a hint of chilli (568kcal)
*Vegan option available, just ask!*⁵
(397kcal)

DELICIOUSLY GOOD

A selection of delicious dishes made for your enjoy-
ment, 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** ① 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)

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 rings⁵,
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

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)

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

+ADD Cheese slice  (+83kcal)

SIDES

BEER-BATTERED ONION RINGS

(323kcal)

SKIN-ON CHIPS

(276kcal)

NEW ROCKET & TOMATO SALAD

With pickled red onion and Grana Padano (59kcal)

NEW GARLIC FLATBREAD

(398kcal)

NEW COLESLAW

(154kcal)

NEW BAKED SWEET POTATO WEDGES

(250kcal)

PIZZA

MOST LOVED CREATE YOUR OWN PIZZA

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

+ADD AN EXTRA TOPPING

PEPPERONI (+130kcal)

CHICKEN (+85kcal)


HONEY SRIRACHA  (+66kcal)

MUSHROOM  (+23kcal)

BACON (+49kcal)

BBQ SAUCE  (+55kcal)

PINEAPPLE  (+37kcal)

JALAPEÑOS  (+3kcal)

CHEDDAR CHEESE SAUCE  (+35kcal)

SWEETCORN  (+97kcal)

CHICKEN TIKKA PIECES (+178kcal)

GREEN PESTO  (+153kcal)

DESSERTS

NEW CHEESECAKE WITH BISCOFF®

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

STICKY TOFFEE PUDDING

Served with vanilla ice cream (594kcal)

MOST LOVED TRIPLE CHOCOLATE BROWNIE

Served warm with vanilla ice cream (463kcal)

FRUIT SALAD

A selection of fruit (107kcal)

ICE CREAM SUNDAE WITH CADBURY® DAIRY MILK CARAMEL NIBBLES

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

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

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

NEW CHOCOLATE FUDGE CAKE

Served warm with vanilla ice cream (568kcal)

Vegan option available, just ask! (498kcal)

KIDS MENU

Feed the little ones for a little less

2 Courses
Smaller Appetites
Larger Appetites
Add a third course

STARTERS

GARLIC & PARSLEY FLATBREAD
① (133kcal)

TORTILLA CHIPS ①
Served with a cucumber, yoghurt and mint dip and diced tomatoes (174kcal)

Vegan option available, just ask!
(148kcal)

VEGGIE STICKS ① ①
Served with a cucumber, yoghurt and mint dip (47kcal)

MAINS

SMALLER APPETITES

10-VEG TOMATO PASTA ① ②
Pasta served in our 10-veg tomato sauce (233kcal)

OVEN BAKED FISH BITES*
Breaded pollock fish bites, served with skin-on chips (334kcal)

OVEN BAKED POPPIN' CHICKEN
Breaded chicken bites made with 100% chicken breast, served with skin-on chips (279kcal)

GRILLED CHICKEN BREAST
Served with skin-on chips (242kcal)

LARGER APPETITES

MARGHERITA PIZZA ①
Topped with tomato, mozzarella and Cheddar cheese (377kcal)

SPAGHETTI BOLOGNESE ①
Beef bolognese sauce cooked with tomato, onions, carrots and spaghetti (209kcal)

GRILLED CHICKEN BREAST BURGER
Served with skin-on chips (370kcal)

BEEF BURGER
Served with skin-on chips (496kcal)

OVEN BAKED FISH BITES*
Breaded pollock fish bites, served with skin-on chips (451kcal)

PICK TWO YUMMY SIDES

2 MINI CORN RIBS ① ① (59kcal)

PEAS ① ① (47kcal)

HEINZ BAKED BEANS ① ① (41kcal)

MINI SALAD ① ① (19kcal)

DESSERTS

VANILLA ICE CREAM ①
With a wafer and sprinkled with chocolate (181kcal)

CHOCOLATE BROWNIE ①
Served with vanilla ice cream (256kcal)

PANCAKES ① ①
Served with banana, chocolate sauce and a whip of cream (242kcal)

FRUIT SALAD ① ② (49kcal)

PIP ORGANIC RAINBOW FRUITY ICE LOLLY ① (18kcal)

PIP ORGANIC BERRY ICE LOLLY ① (30kcal)

DRINKS

INNOCENT KIDS JUICY WATER 200ml
Apples & Mangoes (56kcal) £2.35

Apples & Strawberries (64kcal)
£2.35



SCAN FOR OUR
NON-GLUTEN-
CONTAINING
INGREDIENTS
FULL MENU

TO THE MOON AND BACK

That's how much we care about all our guests, especially our youngest ones. It's why we designed our kids' menu with the help of our clever Nutritionist.

The important stuff

- 100% responsibly sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- No genetically modified ingredients

You can count on us

- To provide carefully controlled levels of calories, fat, saturates, sugar and salt
- To meet the nutritional needs of children
- To include 2 of their 5 a day in all our main meals
- To offer yummy vegetarian options
- To never use artificial colours or flavours
- To offer a range of no added sugar drinks

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Spot the tomatoes!
If you find one, it means
that dish counts towards
1 of your 5 a day.

MEAL DEAL DINNER & BREAKFAST

TWO-COURSE DINNER WITH A DRINK AND UNLIMITED BREAKFAST

Simply choose two courses from our menu, pick your drink and enjoy Unlimited Breakfast the following morning!

MAIN UPGRADES

THE FOLLOWING DISHES WILL INCUR A SUPPLEMENTARY CHARGE:

8OZ SIRLOIN

MIXED GRILL

NEW BBQ GLAZED RACK OF PORK RIBS

DRINKS INCLUDED

BEERS

COORS (Pint, 3.4%)

PERONI (330ml, 5.0%)

MADRI 0.0 (330ml, 0.0%)

HEINEKEN (330ml, 5.0%)

SOL (330ml, 3.4%)

WINES

GLASS OF HOUSE WINE

WHITE/RED/ROSÉ
(175ml)

SOFTS

COCA-COLA ZERO SUGAR (2kcal)

COCA-COLA (139kcal)

DIET COKE (1kcal)

SCHWEPES SLIMLINE
LEMONADE (0kcal)

J2O (275ml) (52kcal)

STILL OR SPARKLING WATER
(330ml)

DRINKS UPGRADES:

The following drinks will incur a supplementary charge:

SELECTED OTHER WINES

Speak to a team member (175ml)

**ALL OTHER DRAUGHT
UPGRADES**

REKORDERLIG (500ml, 3.4%)

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



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).

be drinkaware.co.uk

Adults need around 2,000kcal a day. Children between 5-10 years old need around 1,800kcal a day, this will vary by age.

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. = suitable for vegetarians, = 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. 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. 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. = 1 of your 5 a day. = 2 of your 5 a day. 1 of your 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. All the dishes on the kids' menu meet our children's nutrition criteria. Calorie information is based on the average serving for each dish and is provided to help you make an informed choice and is correct at the time of printing. Children between 5-10 years old need around 1,800 calories a day, this will vary by age, with some children needing more and some needing less. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation. Cadbury® is a registered trademark of Mondelez 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 a fishery that has been independently certified to the MSC's environmental standard for fishing. msc.org