

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.

FOR THE TABLE

CRISPY SALT & PEPPER CHICKPEAS [Ⓥ]
(430kcal)

NEW **MIXED MARINATED OLIVES**° [Ⓥ]
(204kcal)

NEW **SALTED EDAMAME** [Ⓥ]
(211 kcal)

STARTERS

MOST LOVED **BBQ CHICKEN WINGS**
(385kcal)

CRISPY VEGETABLE SPRING ROLLS [Ⓥ]
With hoisin sauce (315 kcal)

NEW **BAO BUNS**

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

CRISPY CHICKEN GOUJONS
With your choice of dip: smoky BBQ (425kcal) or spicy mayo (444kcal)

CHICKEN TIKKA SKEWER
With a tzatziki dip (228kcal)

Crispy chicken and spicy mayo
(597kcal)

LOADED NACHOS [Ⓥ]

Topped with Cheddar cheese sauce, spring onion, tomato salsa, jalapeños and soured cream (449kcal)

NEW **PAPRIKA ROASTED CAULIFLOWER** [Ⓥ]

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

Halloumi and hot honey [Ⓥ] (567kcal)
Mushroom and hoisin [Ⓥ] (518kcal)

GARLIC FLATBREAD [Ⓥ]
(398kcal)

NEW **LOADED MEXICAN KING PRAWNS**†
Lettuce wedges loaded with king prawns, crushed tortillas and a hot and spicy corn relish (199kcal)

Vegan option available, just ask!
(304 kcal)

NEW **+ADD** **Cheese** [Ⓥ] (+132kcal)

CLASSICS

BEER-BATTERED FISH & CHIPS†⁵

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)

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)

Italian Tomato (521kcal)

NEW *We can make this veggie, just ask!*

Green Pesto (836kcal)

Italian Tomato (478kcal)

HOUSE CAESAR SALAD

A mix of roasted corn ribs, lettuce wedges, tomato wedges, croutons, Grana Padano and a creamy Caesar dressing (491kcal)

NEW *A chicken breast* (+170kcal)

NEW **KING PRAWN LINGUINE ARRABBIATA**†⁵

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 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)

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 **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 **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)

NEW **PAPRIKA CAULIFLOWER & BUTTERBEAN HOUMOUS BOWL** [Ⓥ] ³

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

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

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, 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 GRILLED 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** ①

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

NEW **TERIYAKI SALMON*** ⑤

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

SIDES

NEW **GARLIC FLATBREAD** ① (398kcal) 6.49

+ADD Cheese ① (+132kcal) 0.49

NEW **SUPER GREENS** ②

Tenderstem® broccoli and edamame beans (153kcal) 4.49

SKIN-ON CHIPS ② (276kcal) 4.49

BEER-BATTERED ONION RINGS ⑤ ① (416kcal) 4.49

COLESLAW ① (416kcal) 2.99

NEW **BAKED SWEET POTATO WEDGES** ② (250kcal) 4.49

NEW **ROCKET & TOMATO SALAD**

With pickled red onion and Grana Padano (59kcal) 3.99

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)

NEW **THE ULTIMATE VEGGIE** ② ③ ④

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 ① (+83kcal)

PIZZA

MOST LOVED **CREATE YOUR OWN PIZZA**

Get a slice of the action with our tomato sauce base, topped with Cheddar cheese ① (773kcal) and your choice of three toppings:

+ADD **AN EXTRA TOPPING**

PEPPERONI (+130kcal)

HAM* (+40kcal)

MUSHROOM ① (+23kcal)

CHICKEN (+85kcal)

RED ONION ① (+7kcal)

RED PEPPER ① (+11kcal)

PINEAPPLE ① (+37kcal)

CHICKEN TIKKA PIECES (+178kcal)

JALAPEÑOS ① (+3kcal)

BACON (+63kcal)

SWEETCORN ① (+97kcal)

HONEY SRIRACHA ① (+66kcal)

BBQ SAUCE ① (+55kcal)

CHEDDAR CHEESE SAUCE ① (+35kcal)

GREEN PESTO ① (+153kcal)

DESSERTS

NEW **CHEESECAKE WITH BISCOFF**® ①

Baked New York-style cheesecake with Biscoff® sauce. Topped with Biscoff® biscuit and served with vanilla ice cream (658kcal)

STICKY TOFFEE PUDDING ①

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

MOST LOVED **TRIPLE CHOCOLATE BROWNIE** ①

Served warm with vanilla ice cream (470kcal)

FRUIT SALAD ②

A selection of fruit (107kcal)

ICE CREAM SUNDAE WITH CADBURY® DAIRY MILK CARAMEL NIBBLES ①

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** ①

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

NEW **STRAWBERRY SHORTCAKE YOGHURT** ①

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

NEW **BUILD YOUR OWN SUNDAE SHARER** ①

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** ①

Served warm with vanilla ice cream (575kcal)
Vegan option available, just ask! (498kcal)

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 & CIDERS

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