

Food Menu



Premier Inn

Breakfast

KIDS EAT FREE

Unlimited Cooked

This includes unlimited cooked and continental breakfast, and unlimited drinks

Eggs **V**

Scrambled (280kcal), Fried (108kcal), Poached (79kcal) or Boiled (82kcal)

Hash Browns **VE** (100kcal per hash brown)

Back Bacon Rashers (49kcal per rasher)

THIS™ Isn't Bacon **VE** (57kcal per rasher)

Premium Pork Sausages (122kcal per sausage)

Vegan Sausage **VE** (86kcal per sausage)

HEINZ Baked Beans **VE** (86kcal per spoon)

Black Pudding (173kcal per slice)

Halved Grilled Tomato **VE** (28kcal per half tomato)

Mushrooms **VE** (53kcal per spoon)

Unlimited Continental

This includes unlimited continental breakfast and unlimited drinks

Bakery

Croissant **V** (167kcal)

Pain au Chocolat **V** (184kcal)

Blueberry Muffin **V** (169kcal)

Pancake **V** (96kcal)

Sourdough Crumpet **VE** (88kcal)

White Bread **VE** (92kcal)

Malted Brown Bread **VE** (93kcal)

Gluten Free Bread** **V** (102kcal)

Fruits

Bananas **VE**

Clementine **V**

Apple **VE**

Fruit Berry Mix* **VE** (40kcal)

Fresh Fruit Salad **VE** (62kcal)

Yoghurts and Cereals

Gluten Free Muesli** **V** (183kcal)

Porridge Oats **V**

With Cow's Milk (337kcal) with Soya Drink (324kcal)

Granola **V** (184kcal per 45g*)

Muesli Fruit* **V** (166kcal per pack)

Special K **V** (113kcal per 30g*)

Coco Pops **V** (115kcal per 30g*)

Cornflakes **V** (116kcal per 30g*)

Weetabix **VE** (138kcal per 2 biscuits*)

Rice Krispies **V** (115kcal per 30g*)

Greek Style Yoghurt **V** (103kcal per 100g)

Strawberry Yoghurt **V** (69kcal per 100g)

Preserve, Spreads and Jams

Assorted Jams **VE** (48kcal)

Peanut Butter **VE** (96kcal)

Honey **V** (65kcal per 20g*)

Marmalade **VE** (48kcal)

Hazelnut Spread **V** (81kcal)

Maple Syrup **VE** (63kcal per 20g*)

Marmite **VE** (21kcal)

Sunflower Spread **VE** (43kcal)

Butter **V** (46kcal)

Drinks

Cold Drinks

Apple Juice **VE** (72kcal)

Orange and Mandarin Juice **VE** (72kcal)

Cranberry Juice Drink **VE** (36kcal)

Hot Drinks

Coffee

PG Tips

Choose from a selection of teas

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

be**drinkaware.co.uk**

Adults need around 2,000kcal a day. Kids aged 5-10 need around 1,800kcal a day.

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 or changed 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. **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. Full nutrition information is available on our website. Menu descriptions may not list every ingredient. Ingredients can occasionally be substituted or changed 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. **Kids Menu** 1 of your 5 a day, 2 of your 5 a day. We have allowed a slightly higher added sugar content for the chocolate brownie dessert, as we know how much kids love these occasional treats. 1 of your 5 a day = a minimum of 40g of fruit or vegetables, or 150ml pure juice. Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more. **Breakfast Menu** *T&Cs apply - 2 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, subject to availability. *Without milk, choose from semi-skimmed (46kcal/100ml) or whole milk (64kcal/100ml). Alpro soya drink (42kcal/100ml) and Oat drink (48kcal/100ml) also available on request. The additional milk calories are based on semi-skimmed milk. **As gluten is present in our kitchen, please tell your server and we will take care to minimise the risk of cross-contamination. *May contain fruit stones/stone fragments. **Main Menu** *Approximate weight uncooked. **May contain small bones/shell pieces. †May contain traces of alcohol. ‡May contain fruit stones/stone fragments. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. 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 time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. **Meal Deal Menu** 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. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Cadbury® is a registered trademark of Mondelez International used under licence. The HEINZ trademarks are owned by H.J. Heinz Foods UK Limited, used with permission. 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

Main Menu

There's something here for everyone...



Scan for our Non-Gluten-Containing Ingredients menu

Light Bites

OUR PICK BBQ Chicken Wings

(373kcal)

Crispy Chicken Goujons

Served with a smoky BBQ dip (404kcal) or spicy mayo (424kcal)

Tomato & Basil Soup **v**

Topped with croutons (161kcal)

Vegan option available, just ask! **VE** (138kcal)

OUR PICK Loaded Nachos **v**

Topped with nacho cheese sauce, spring onion, tomato salsa, and jalapeños (441kcal)

➕ **ADD** chicken goujons (+174kcal)

Beer-Battered Onion Rings⁵ **VE** (323kcal)

Skin-On Chips **VE** (254kcal)

Pizza

OUR PICK 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:

Pepperoni (+130kcal)

Mushroom **v** (+23kcal)

Tomato **v** (+20kcal)

Pineapple **v** (+15kcal)

Bacon (+49kcal)

➕ **ADD** an extra topping

Jalapeños **v** (+3kcal)

Pickled Red Onion **v** (+43kcal)

Chicken Tikka Pieces (+181kcal)

Poppadoms **v** (+40kcal)

Sausage (+145kcal)

NEW Add a drizzle to your pizza

Choose from:

Honey Sriracha **v** (70kcal)

BBQ **v** (56kcal)

Nacho cheese sauce **v** (51kcal)

Mango chutney **v** (61kcal)

Mint yoghurt **v** (30kcal)

Classics

NEW Sweet and Sour Prawns**

Crispy prawns in sweet & sour sauce, served with white rice (613kcal)

Beer-Battered Fish & Chips**⁵

Served with skin-on chips, peas and tartare sauce (1,044kcal)

NEW ➕ **ADD** white bread and butter (+229kcal)

NEW ➕ **ADD** curry sauce (+105kcal)

OUR PICK 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 (661kcal)

NEW Chicken Tikka Skewers

With a flatbread, lettuce, tomatoes, mint yoghurt dip, mango chutney and skin-on chips (1,056kcal)

Desserts

NEW Banoffee Cheesecake **v**

Baked New York-style cheesecake, topped with banana, caramel sauce and crumbled chocolate flake. Served with vanilla ice cream (584kcal)

Sticky Toffee Pudding **v**

Served with vanilla ice cream (594kcal)

NEW Biscoff® Pancake Stack **v**

American-style pancakes topped with Biscoff® crumb and sauce. Served with vanilla ice cream and strawberries (722kcal)

Triple Chocolate Brownie **v**

Served warm with vanilla ice cream (463kcal)

Fruit Salad **VE**

A selection of fruit (100kcal)

Caesar Salad

Crisp cos lettuce drizzled with a rich, creamy Caesar dressing, topped with mature Cheddar shavings and garlic and herb croutons (116kcal)

NEW

Honey Sriracha Chicken Wings (387kcal) 6.49

Crispy Prawns**

With spicy mayo (297kcal)

Chicken Tikka Skewer

With a mint yoghurt dip (245kcal)

Garlic Pizzette **v** (457kcal)

Vegetable Gyoza **v**

With honey sriracha sauce (247kcal)

Burgers

OUR PICK The House Stack Burger

Two 4oz* steak burgers, cheese, lettuce, tomato ketchup and mayo. Served in a brioche-style bun, with skin-on chips and onion rings⁵ (1,315kcal)

BBQ GARDEN GOURMET® Sensational™ Burger **VE**

GARDEN GOURMET® Sensational™ burger, lettuce and BBQ sauce. Served in a brioche-style bun, with skin-on chips, onion rings⁵ and tomato ketchup (931kcal)

Chicken Stack Burger

A stack of chicken goujons with lettuce and mayo. Served in a brioche-style bun, with skin-on chips, onion rings⁵ and tomato ketchup (1,119kcal)

Double up on chips

*On any main served with chips, see light bites for calorie information

Chicken Katsu Curry

Crispy chicken goujons topped with our signature curry sauce. Served with white rice (648kcal)

Tomato & Chilli Linguine⁵ **VE**

With rocket and a hint of garlic and chilli (342kcal)

NEW ➕ **ADD** a Pizzette (+385kcal)

Rigatoni Bolognese

Rigatoni pasta with a rich beef bolognese. Served with garlic flatbread (952kcal)

Caesar Salad

Crisp cos lettuce drizzled with a rich, creamy Caesar dressing, topped with mature Cheddar shavings and croutons (269kcal)

➕ **ADD** chicken goujons (+261kcal)

OUR PICK 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 (482kcal)

Vanilla Ice Cream **v**

Served with your choice of sauce, chocolate (265kcal) or caramel (267kcal)

Berry Pancake Stack* **v**

American-style pancakes topped with fruit berries. Served with vanilla ice cream (375kcal)

Kids aged 5-10 need around 1,800kcal a day.
Adults need around 2,000kcal a day

Kids

At least 2 of your 5 a day in every
Main when served with two sides!



2 Courses and a Drink

Mains

Oven Baked Fish Bites** 2

Breaded pollock fish bites served with skin-on chips, Heinz® baked beans and corn ribs (547kcal)

10-Veg Tomato Pasta VE 4

Tricolore pasta served in our 10-veg tomato sauce, served with peas and corn ribs (340kcal)

Margherita Pizza V 2

Topped with tomato, mozzarella and Cheddar cheese, served with peas and corn ribs (484kcal)

Oven Baked Poppin' Chicken 2

Breaded chicken bites made with 100% chicken breast, served with skin-on chips, Heinz® baked beans and corn ribs (395kcal)

Spaghetti Bolognese 3

Beef bolognese sauce cooked with tomato, onions, carrots and spaghetti, served with peas and corn ribs (316kcal)

Beef Burger 2

Beef burger with lettuce in our brioche-style bun, served with skin-on chips, Heinz® baked beans and corn ribs (740kcal)

Desserts

Vanilla Ice Cream V (140kcal)

Chocolate Brownie V

Served warm with vanilla ice cream (256kcal)

Pancakes V 1

Served with banana, chocolate sauce for dipping and a whip of cream (238kcal)

Fruit Salad VE 2

A selection of fruit (50kcal)

OUR promise:

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

Therefore we promise:

- 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
- We never use artificial colours or flavours
- To offer a range of no added sugar drinks
- 100% responsibly sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- No genetically modified ingredients

Meal Deal

2-course dinner with a drink and unlimited breakfast

ADD a third course

Simply choose 2 courses from our menu, pick your drink and enjoy unlimited breakfast the following morning!

Drinks Included:

Coca-Cola Zero Sugar

Coca-Cola

Diet Coke

Schweppes Slimline Lemonade

J2O (275ml)

Still or Sparkling Water (330ml)

Tea or Coffee

Heineken (330ml)

Peroni (330ml)

NEW Sol (330ml)

Heineken 0.0 (330ml)

175ml Glass of House Wine

White, Red or Rosé

Drinks Upgrade:

The following drinks will incur a supplementary charge:

Fever-Tree Sparkling Drinks

Raspberry & Rose Lemonade, Sicilian Lemonade or Ginger Beer (275ml)

Pinot Grigio (175ml)

Steakmaker, Malbec (175ml)

Jam Shed, Chardonnay (175ml)

Other Draught Beer and Cider

Rekorderlig (500ml)

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

Draught beer & cider may be available, head up to the bar or ask a team member to find out