

Menu

SOMETHING FOR EVERYONE



Premier Inn
Rest easy

**KIDS
EAT
FREE#**

Breakfast

MENU

UNLIMITED COOKED

This includes unlimited cooked and continental breakfast, and unlimited drinks

Eggs - Scrambled (280kcal), **Fried** (108kcal),
Poached (79kcal) **or Boiled** (82kcal) **v**

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

Back Bacon Rashers (49kcal per rasher)

THIS™ Isn't Bacon **VE** (38kcal per rasher)

Premium Pork Sausages (122kcal per sausage)

GARDEN GOURMET® Sensational™ Vegan Sausage **VE**
(70kcal per sausage)

Baked Beans **VE** (74kcal per spoon)

Black Pudding (122kcal 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** (203kcal)

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

Blueberry Muffin **v** (235kcal)

Pancake **v** (96kcal)

Sourdough Crumpet **VE** (88kcal)

SLICED BREAD

White Bread **VE** (90kcal per slice)

Malted Brown Bread **VE**
(91kcal per slice)

Gluten-Free Bread** **v**
(84kcal per slice)

FRUITS

Bananas **VE**

Clementines **v**

Apples **VE**

Fruit Berry Mix^y **VE**

Fresh Fruit Salad **VE**

YOGHURTS AND CEREALS

Gluten-Free Muesli** **v**
(182kcal per 50g*)

Porridge Oats **v**

With Cow's Milk (337kcal)

With Soya Drink (324kcal)

Granola (188kcal per 45g*)

Muesli Fruit^y **v** (166kcal per pack)

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

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

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

Weetabix **VE** (136kcal per 2 biscuits*)

Rice Krispies **v** (117kcal per 30g*)

A selection of yoghurts **v**
(see packaging for calories)

PRESERVE, SPREADS AND JAMS

Assorted Jams **VE** (34kcal)

Peanut Butter **VE** (98kcal)

Honey **v** (65kcal)

Marmalade **VE** (33kcal)

Hazelnut Spread **v** (83kcal)

Maple Syrup **VE** (63kcal)

Marmite **VE** (21kcal)

Sunflower Spread **VE** (43kcal)

UNLIMITED TEA, COFFEE & JUICE

HOT DRINKS

Coffee

PG Tips

Choose from a selection of teas

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

COLD DRINKS

Cranberry Juice Drink **VE** (30kcal)

Apple Juice **VE** (71kcal)

Orange Juice **VE** (69kcal)

DINNER

LIGHT BITES

Tortilla Chips & Dip **VE**

Served with a tomato salsa (297kcal)

Skin-on Chips **VE**

(256kcal)

Crispy Chicken Goujons

Served with a smoky BBQ dip (315kcal)

MAINS

Chicken Makhani Curry

Medium spiced curry with marinated chargrilled chicken in a rich, creamy masala sauce served with white rice (534kcal)

Beer-Battered Fish & Chips**⁵

Served with skin-on chips and tartare sauce (990kcal)

Macaroni Cheese **v**

Macaroni pasta in a rich and creamy Cheddar cheese sauce (743kcal)

Rigatoni Bolognese

Rigatoni pasta with a rich beef bolognese (763kcal)

Chicken Katsu Curry

Crispy chicken goujons topped with our signature curry sauce.

Served with white rice (518kcal)

Tomato & Chilli Linguine⁵ **VE**

Linguine with a hint of garlic and chilli, topped with rocket (396kcal)

PIZZA

Margherita Pizza **v**

Stone-baked pizza, topped with tomato sauce and mozzarella cheese (871kcal)

Pepperoni Pizza

Stone-baked pizza, topped with tomato sauce, mozzarella cheese and pepperoni (1,001kcal)

DESSERTS

Triple Chocolate Brownie **v**

Served warm with vanilla ice cream (601kcal)

Vanilla Ice Cream **v**

Three scoops of vanilla ice cream topped with a crumbled chocolate flake and a wafer (265kcal)

Fruit Salad **VE**

A selection of fruit (100kcal)

KIDS

MAINS

10-Veg Tomato Pasta **VE**

(235kcal)

Margherita Pizza **v**

(377kcal)

Chicken Goujons

Served with skin-on chips (366kcal)

DESSERTS

Vanilla Ice Cream **v**

With a wafer and sprinkled with chocolate (186kcal)

Fruit Salad **VE**

A selection of fruit (50kcal)

Chocolate Brownie **v**

Served warm with vanilla ice cream (320kcal)

Adults need around 2,000kcal a day.

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 children will need more.

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).

Feeling thirsty? Take a look at our drinks menu

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 dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. **Breakfast Menu** *May contain fruit stones. *Without milk. Choose from semi-skimmed (46kcal/100ml) or whole milk (64kcal/100ml). Alpro soya drink (42kcal/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. #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. **Main Menu** **May contain small bones/shell pieces. †May contain traces of alcohol. ‡May contain fruit stones. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. The additional milk calories are based on semi-skimmed milk. 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. 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. Full nutrition information is available on our website. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. 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 an MSC certified sustainable fishery. www.msc.org