



## Premier Inn

### Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

### KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



## PREMIER INN BREAKFAST IRELAND

### UNLIMITED CONTINENTAL - BAKERY (per item/slice) - V

#### Pancake - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	403 kJ / 94 kcal	3.2 g	1.6 g	13.4 g	1.6 g	3.2 g	0.52 g

#### Malted Brown Sandwich Bread (per slice) - VE V

Contains: Cereals containing Gluten (Barley, Wheat), Soya

May Contain: Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	371 kJ / 88 kcal	0.8 g	0.2 g	17.5 g	0.9 g	3.8 g	0.53 g

#### White Sandwich Bread (per slice) - VE V

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: Other Cereals containing (Barley, Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	397 kJ / 94 kcal	0.6 g	0.1 g	17.9 g	1.0 g	3.6 g	0.46 g

#### Croissant - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Sesame, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	675 kJ / 161 kcal	7.5 g	4.3 g	19.3 g	2.2 g	3.7 g	0.40 g

#### Gluten Free Bread (per slice) - VE V

Contains: Soya

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	413 kJ / 98 kcal	0.9 g	0.1 g	20.3 g	0.6 g	1.1 g	0.29 g

#### Mini Pain Au Chocolat - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	617 kJ / 147 kcal	7.2 g	4.8 g	17.6 g	4.8 g	2.6 g	0.37 g

#### Soda Farls (per item) - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1147 kJ / 272 kcal	5.0 g	0.6 g	51.7 g	4.1 g	3.2 g	1.40 g

#### Blueberry Muffin - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Other Cereals containing (Barley, Oats), Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	932 kJ / 223 kcal	11.3 g	1.1 g	27.1 g	13.2 g	2.8 g	0.61 g

### UNLIMITED CONTINENTAL - DRINKS (per serving) - VE V

**Apple Juice - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	327 kJ / 77 kcal	0.8 g	0.1 g	16.5 g	16.5 g	0.8 g	0.01 g

**Cranberry Juice Drink - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	165 kJ / 39 kcal	0.8 g	0.1 g	7.3 g	7.2 g	0.8 g	0.01 g

**Orange Juice - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	279 kJ / 66 kcal	0.8 g	0.1 g	13.3 g	13.3 g	1.1 g	0.01 g

**UNLIMITED CONTINENTAL - FRUITS - V****Apples Green (per piece) - V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	279 kJ / 66 kcal	0.1 g	0.0 g	16.5 g	16.5 g	0.6 g	0.01 g

**Bananas (per piece) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	522 kJ / 123 kcal	0.4 g	0.1 g	27.8 g	25.1 g	1.4 g	0.00 g

**Fresh Fruit Salad (per spoon) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	276 kJ / 65 kcal	0.2 g	0.0 g	15.2 g	12.9 g	0.6 g	0.01 g

**Fruit Berry Mix (per spoon) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	191 kJ / 46 kcal	0.6 g	0.1 g	7.4 g	7.0 g	1.1 g	0.01 g

**Clementine (per piece) - V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	104 kJ / 25 kcal	0.1 g	0.0 g	5.1 g	5.1 g	0.5 g	0.01 g

**UNLIMITED CONTINENTAL - MILK (per 100ml) - V****Semi Skimmed Milk - V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	201 kJ / 48 kcal	1.7 g	1.1 g	5.3 g	3.9 g	2.6 g	0.08 g

**Alpro Soya Drink - VE V***Contains: Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	177 kJ / 42 kcal	1.9 g	0.3 g	2.7 g	2.5 g	3.3 g	0.10 g

**Whole Milk - V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	276 kJ / 66 kcal	3.7 g	2.4 g	4.7 g	4.7 g	3.5 g	0.10 g

**UNLIMITED CONTINENTAL - PORRIDGE - V****Porridge with Cows Milk - V***Contains: Cereals containing Gluten (Oats), Milk**May Contain: Other Cereals containing (Barley, Wheat), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1537 kJ / 365 kcal	8.6 g	3.9 g	54.3 g	12.2 g	14.4 g	0.25 g

**Porridge with Soya Alternative - VE V***Contains: Cereals containing Gluten (Oats), Soya**May Contain: Other Cereals containing (Barley, Wheat), Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 348 kcal	9.2 g	1.5 g	46.5 g	8.0 g	16.5 g	0.31 g

**UNLIMITED CONTINENTAL - PRESERVE, SPREADS AND JAM (per item) - V****Raspberry Jam (per 20g) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	191 kJ / 45 kcal	0.2 g	0.0 g	10.2 g	9.8 g	0.2 g	0.00 g

**Honey (per 20g) - V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	278 kJ / 65 kcal	0.0 g	0.0 g	16.2 g	15.0 g	0.1 g	0.02 g

**Maple Syrup (per 20g) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	266 kJ / 62 kcal	0.0 g	0.0 g	15.6 g	15.6 g	0.0 g	0.00 g

**Marmite Portions - VE V***Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Celery**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	88 kJ / 21 kcal	0.0 g	0.0 g	2.4 g	0.1 g	2.7 g	0.86 g

**Orange Marmalade Portions - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	143 kJ / 34 kcal	0.0 g	0.0 g	8.3 g	8.2 g	0.0 g	0.00 g

**Strawberry Jam (per 20g) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	201 kJ / 48 kcal	0.0 g	0.0 g	12.3 g	12.0 g	0.1 g	0.11 g

**Nutella Hazelnut Chocolate Spread Portions - V***Contains: Milk, Soya, Tree Nuts (Hazelnut)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	334 kJ / 80 kcal	4.6 g	1.6 g	8.6 g	8.4 g	0.9 g	0.02 g

**Peanut Butter Portions -** **VE** **V****Contains: Peanut***May Contain: Sesame, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	396 kJ / 96 kcal	8.3 g	1.5 g	1.5 g	0.8 g	3.6 g	0.08 g

**Flora Spread Portions -** **VE** **V****Contains: No major allergens***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	219 kJ / 53 kcal	5.9 g	1.8 g	0.0 g	0.0 g	0.0 g	0.13 g

**Salted Butter Portions -** **V****Contains: Milk***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	210 kJ / 51 kcal	5.6 g	3.6 g	0.0 g	0.0 g	0.0 g	0.13 g

**UNLIMITED CONTINENTAL - SUGAR -** **VE** **V****White Sugar Sachet -** **VE** **V****Contains: No major allergens***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	65 kJ / 15 kcal	0.0 g	0.0 g	4.0 g	4.0 g	0.0 g	0.00 g

**Demerra Brown Sugar Sachet -** **VE** **V****Contains: No major allergens***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	67 kJ / 16 kcal	0.0 g	0.0 g	3.9 g	3.9 g	0.0 g	0.00 g

**Sweet & Low Sachet -** **VE** **V****Contains: No major allergens***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	15 kJ / 4 kcal	0.0 g	0.0 g	0.9 g	0.9 g	0.0 g	0.00 g

**UNLIMITED CONTINENTAL - YOGHURTS AND CEREALS -** **V****Greek Yoghurt (per 125g) -** **V****Contains: Milk***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	679 kJ / 163 kcal	10.6 g	7.3 g	9.8 g	6.1 g	6.8 g	0.15 g

**Coco Pops (per 30g) -** **V****Contains: Cereals containing Gluten (Barley)***May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	486 kJ / 115 kcal	0.6 g	0.3 g	25.2 g	5.1 g	1.9 g	0.20 g

**Granola Quaker Oat Raisin (per 45g) -** **V****Contains: Cereals containing Gluten (Oats, Wheat), Sulphite***May Contain: Other Cereals containing (Barley, Rye), Egg, Milk, Peanut, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	810 kJ / 193 kcal	8.1 g	0.7 g	27.9 g	8.1 g	4.0 g	0.00 g

**Rice Krispies (per 30g) -** **V****Contains: Cereals containing Gluten (Barley)***May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	492 kJ / 116 kcal	0.4 g	0.1 g	25.8 g	2.4 g	2.1 g	0.30 g

**Special K (per 30g) - V***Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	498 kJ / 118 kcal	0.4 g	0.1 g	25.2 g	4.5 g	2.4 g	0.25 g

**Weetabix (per 2 biscuits) - VE V***Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	582 kJ / 138 kcal	0.8 g	0.2 g	26.2 g	1.6 g	4.6 g	0.11 g

**Gluten Free Muesli (per 50g) - VE V***Contains: Soya, Tree Nuts (Almond)**May Contain: Milk, Tree Nuts (Hazelnut, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	771 kJ / 183 kcal	3.0 g	0.3 g	30.5 g	13.0 g	6.5 g	0.38 g

**Cornflakes (per 30g) - V***Contains: Cereals containing Gluten (Barley)**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 115 kcal	0.4 g	0.1 g	25.2 g	1.6 g	2.3 g	0.18 g

**Strawberry Yoghurt (per 120g) - V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	291 kJ / 69 kcal	0.6 g	0.1 g	9.1 g	8.2 g	6.7 g	0.28 g

**Muesli Fruit (per 45g) - V***Contains: Cereals containing Gluten (Oats, Wheat), Milk, Tree Nuts (Almond, Hazelnut)**May Contain: Tree Nuts (Brazil, Cashew, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	700 kJ / 166 kcal	2.6 g	0.4 g	28.4 g	7.2 g	5.4 g	0.13 g

**UNLIMITED COOKED BREAKFAST (per item)****Baked Beans (per spoon) - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	313 kJ / 74 kcal	0.2 g	0.1 g	11.9 g	4.8 g	4.4 g	0.60 g

**Breakfast Sausage (per piece)***Contains: Cereals containing Gluten (Wheat), Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	476 kJ / 114 kcal	7.4 g	2.6 g	2.9 g	0.6 g	8.7 g	0.54 g

**Vegan Sausage (per piece) - VE V***Contains: Soya, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	329 kJ / 79 kcal	5.2 g	4.0 g	2.9 g	1.0 g	4.0 g	0.72 g

**Black Pudding (per slice)***Contains: Cereals containing Gluten (Barley, Oats, Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	518 kJ / 124 kcal	8.0 g	2.8 g	7.5 g	0.5 g	5.0 g	0.90 g

**White Pudding (per slice)****Contains:** Cereals containing Gluten (Oats, Wheat)**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 81 kcal	5.3 g	2.0 g	5.3 g	0.6 g	2.4 g	0.47 g

**Back Bacon (per piece)****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	3.0 g	1.2 g	0.1 g	0.1 g	5.4 g	0.78 g

**Grilled Tomato (per half) -** **VE** **V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	117 kJ / 28 kcal	2.1 g	0.2 g	1.6 g	1.6 g	0.4 g	0.01 g

**Egg Boiled (per piece) -** **V****Contains:** Egg**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	341 kJ / 82 kcal	5.8 g	1.7 g	0.0 g	0.0 g	6.8 g	0.20 g

**Egg Poached (per piece) -** **V****Contains:** Egg**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 79 kcal	5.4 g	1.5 g	0.0 g	0.0 g	7.6 g	0.23 g

**Egg Fried (per piece) -** **V****Contains:** Egg**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 108 kcal	8.5 g	1.8 g	0.1 g	0.1 g	7.9 g	0.19 g

**Vegan Bacon (per piece) -** **VE** **V****Contains:** Soya**May Contain:** Other Cereals containing (Barley, Wheat)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	158 kJ / 38 kcal	2.2 g	0.2 g	1.0 g	0.1 g	3.2 g	0.30 g

**Mushrooms (per spoon) -** **VE** **V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	224 kJ / 53 kcal	4.9 g	0.4 g	0.3 g	0.2 g	1.5 g	0.20 g

**Eggs Scrambled (per spoon) -** **V****Contains:** Egg, Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1171 kJ / 280 kcal	25.7 g	13.8 g	1.3 g	1.3 g	11.0 g	0.30 g

**Hash Brown (per piece) -** **VE** **V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	391 kJ / 94 kcal	4.9 g	2.1 g	12.0 g	0.3 g	0.9 g	0.24 g