



## 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



## Light Bites

### BAKED SKIN-ON CHIPS - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

### CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1718 kJ / 409 kcal	16.4 g	6.8 g	39.4 g	11.4 g	24.1 g	1.50 g

### TORTILLA CHIPS & DIP - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1244 kJ / 297 kcal	12.6 g	1.8 g	39.6 g	2.0 g	4.2 g	0.86 g

## Mains

### BAKED BEER-BATTERED FISH & CHIPS

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4131 kJ / 991 kcal	53.2 g	4.1 g	85.5 g	5.3 g	36.6 g	3.97 g

### CHICKEN KATSU CURRY

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2597 kJ / 618 kcal	21.2 g	8.0 g	75.8 g	4.6 g	28.2 g	2.96 g

### CHICKEN MAKHANI CURRY

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2240 kJ / 534 kcal	20.4 g	5.1 g	54.6 g	7.6 g	29.8 g	2.29 g

### MAC & CHEESE - V

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3106 kJ / 743 kcal	41.5 g	25.1 g	60.9 g	7.1 g	30.3 g	2.11 g

### MARGHERITA PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3666 kJ / 871 kcal	26.6 g	12.6 g	118.8 g	5.4 g	36.0 g	4.68 g

## PEPPERONI PIZZA

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4205 kJ / 1001 kcal	38.6 g	16.2 g	119.0 g	5.6 g	41.5 g	5.88 g

## RIGATONI BOLOGNESE

Contains: Celery, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3211 kJ / 763 kcal	26.4 g	9.6 g	98.3 g	12.0 g	29.4 g	3.35 g

## TOMATO & CHILLI LINGUINE -

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1672 kJ / 396 kcal	4.9 g	0.8 g	69.2 g	10.9 g	13.9 g	1.73 g

# Desserts

## FRUIT SALAD -

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	422 kJ / 100 kcal	0.2 g	0.0 g	21.6 g	21.6 g	1.2 g	0.00 g

## TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM -

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2535 kJ / 604 kcal	23.9 g	13.7 g	85.5 g	66.9 g	8.7 g	0.30 g

## VANILLA DAIRY ICE CREAM -

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1157 kJ / 276 kcal	11.3 g	7.2 g	36.7 g	24.7 g	6.7 g	0.21 g

# Kids - Mains

## KIDS 10-VEG TOMATO PASTA -

Contains: Cereals containing Gluten (Wheat), Celery

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	982 kJ / 233 kcal	4.8 g	0.5 g	40.5 g	5.8 g	6.2 g	0.65 g

## KIDS CHICKEN GOUJONS WITH BAKED CHIPS

Contains: Cereals containing Gluten (Wheat), Celery

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1833 kJ / 437 kcal	15.4 g	5.4 g	50.1 g	8.9 g	20.6 g	2.14 g

## KIDS MARGHERITA PIZZA -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1584 kJ / 377 kcal	10.8 g	4.8 g	54.0 g	2.5 g	14.4 g	1.43 g

# Kids - Desserts

## KIDS FRUIT SALAD - VE V

Contains: No major allergens May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	211 kJ / 50 kcal	0.1 g	0.0 g	10.8 g	10.8 g	0.6 g	0.00 g

## KIDS TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1357 kJ / 323 kcal	12.7 g	7.4 g	45.6 g	35.1 g	5.1 g	0.16 g

## KIDS VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	810 kJ / 193 kcal	7.4 g	4.8 g	26.7 g	17.2 g	4.6 g	0.15 g

# Drinks Menu

## Allergy



# Premier Inn

## *Allergy Information Guide Information:*

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

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 Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

**Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.**

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 PREMIER INN ALLERGY INFORMATION GUIDE

<b>Y</b>	The allergen is present
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**Premier Inn**

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
PREMIER INN AUTUMN WINTER 2024 DRINKS MENU																		
COCKTAIL																		
APEROL SPRITZ											Y							
CLASSIC MOJITO																		
ESPRESSO MARTINI																		
PASSION FRUIT MARTINI											Y							
PINA COLADA											Y							
RASPBERRY COSMOPOLITAN											Y							
RUM PUNCH											Y							
SEX ON THE BEACH																		
PACKAGED COCKTAILS - SEE PACKAGING LABEL FOR ALLERGENS																		
SPIRITS																		
GIN																		
BEEFEATER BLOOD ORANGE																		
BOMBAY SAPPHIRE LONDON DRY																		
GORDON'S LONDON DRY																		
GORDON'S PREMIUM PINK																		
JJ LONDON DRY																		
JJ PINK																		
TARQUIN'S BLOOD ORANGE																		
WARNER'S RHUBARB																		
WHITLEY NEILL BLACK CHERRY																		
WHITLEY NEILL DISTILLER'S CUT LONDON DRY																		
WHITLEY NEILL RASPBERRY																		



Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
VODKA																		
ABSOLUT® ORIGINAL																		
ABSOLUT® RASPBERRI																		
JJ ARTISANAL																		
SMIRNOFF RED																		
TRASH & TREASURE CITRUS																		
RUM																		
BACARDI											Y							
CAPTAIN MORGAN DARK																		
CAPTAIN MORGAN SPICED																		
CAPTAIN MORGAN WHITE																		
DEAD MAN'S FINGER SPICED																		
KRAKEN BLACK SPICED																		
MALIBU																		
TRASH & TREASURE TROPICAL																		
WHISKEY / WHISKY																		
BLACK BUSH																		
FAMOUS GROUSE																		
GENTLEMAN JACK																		
GLENFIDDICH 12 YO																		
JACK DANIEL'S NO.7 BOURBON																		
JAMESON IRISH																		
JOHNNIE WALKER BLACK LABEL																		
JOHNNIE WALKER RED LABEL																		
TALISKER 1 YO																		
TULLEMORE DEW																		
LIQUEUR																		
BAILEYS IRISH CREAM							Y											
HENNESSEY VS COGNAC																		
KAHLUA																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
MIXERS - SEE PACKAGING LABEL FOR ALLERGENS																		
SHOTS																		
TEQUILA EL JIMADOR																		
TEQUILA ROSE							Y											
DRAUGHT BEERS & CIDERS																		
BIRRA MORETTI			Y															
CARLING	Y		Y															
CARLSBERG			Y															
COORS	Y		Y															
GUINNESS			Y															
HOP HOUSE 13			Y															
LIBERATION BEST BITTER	Y		Y								Y							
LIBERATION WAVERIDER PALE ALE	Y		Y								Y							
MADRI	Y		Y															
ROCKSHORE LAGER			Y															
SHARP'S ATLANTIC PALE ALE			Y					Y										
SMITHWICK'S			Y															
INCH'S											Y							
ROCKSHORE APPLE CIDER											Y							
PACKAGED BEERS & CIDERS - SEE PACKAGING LABEL FOR ALLERGENS																		
PACKAGED LOW & NO - SEE PACKAGING LABEL FOR ALLERGENS																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
HOUSE SODAS																		
LEMON																		
LIME SHERBERT																		
GRAPEFRUIT																		
WATERMELON																		
CHERRY & VANILLA																		
HOT DRINKS																		
COFFEE / TEA																		
LATTE							Y											
CAPPUCCINO							Y											
FLAT WHITE							Y											
AMERICANO BLACK																		
AMERICANO WHITE (+ 95ML SEMI SKIMMED MILK)							Y											
ESPRESSO																		
DOUBLE ESPRESSO																		
HOT CHOCOLATE							Y											
HOT CHOCOLATE WITH CREAM							Y											
PG PLAIN BLACK																		
PG TIPS PEPPERMINT HERBAL																		
PG TIPS RASBERRY HERBAL																		
PG TIPS GREEN TEA																		
SEMI SKIMMED MILK							Y											
AFTER DINNER DRINKS																		
BAILEYS LATTE							Y											
IRISH COFFEE							Y											

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
WINES																		
WHITE																		
SAUVIGNON BLANC, ESK VALLEY											Y							
PINOT GRIGIO, AMORI											Y							
SAUVIGNON BLANC, SAN ABELLO											Y							
CHARDONNAY, THE PADDOCK											Y							
CHARDONNAY, DRY RIVER											Y							
THE NED SAUVIGNON BLANC											Y							
JACK RABBIT, PINOT GRIGIO											Y							
SAUVIGNON BLANC, NEW ZEALAND											Y							
PINOT GRIGIO, FONTE DELLA VIGNA											Y							
CHARDONNAY, ROSARIO ESTATE											Y							
SAUVIGNON BLANC, ROSARIO ESTATE											Y							
JAM SHED, CHARDONNAY						Y	Y	Y			Y							
CATARRATTO, PINOT GRIGIO											Y							
VINA ARROBA CHARDONNAY (HOUSE WHITE)											Y							
RED																		
RIOJA VEGA, CRIANZA											Y							
CRIANZA, ARTESA											Y							
MALBEC, KALEU											Y							
MALBEC, 'CHACABUCO', LOS HOROLDOS											Y							
MERLOT, SAN ABELLO											Y							
SHIRAZ, STONE'S THROW											Y							
CAMPO VIEJO, RIOJA											Y							
JAM SHED, SHIRAZ						Y	Y				Y							
STEAKMAKER, MALBEC											Y							
VISTAMAR MATINAL, MERLOT											Y							
VINA ARROBA TEMPRANILLO (HOUSE RED)											Y							
SHIRAZ, RHYTHM AND RHYME											Y							
MALBEC, AMARU											Y							
CABERNET SAUVIGNON, ROSARIO ESTATE											Y							
MERLOT, ROSARIO ESTATE											Y							

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
ROSE																		
PINOT GRIGIO ROSE, AMORI											Y							
WHITE ZINFANDEL, JACK RABBIT											Y							
DIAMARINE, PROVENCE ROSE											Y							
VINO POMONA, ROSATO											Y							
PAYS D'OC ROSE, LES PETIT JAMELLES											Y							
PINOT GRIGIO BLUSH, GABRIELLA											Y							
SPARKLING																		
PROSECCO, PONTE											Y							
LOUIS DORNIER ET FILS BRUT, CHAMPAGNE											Y							
JACK RABBIT, PROSECCO											Y							
PROSECCO FRIZZANTE, MARCHESI											Y							
PROSECCO FOR ONE, DE FAVERI											Y							
PROSECCO FOR ONE											Y							
NICE WINES																		
NICE MALBEC											Y							
NICE PALE ROSE											Y							
NICE SAUVIGNON BLANC											Y							
NICE SPARKLING WINE											Y							