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 note that our dishes are listed as the allergens for the base dish with any options declared separately. Please check sides and upgrades for a complete list of the allergens within your dish.

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.

All calories stated are approximate and based on average portion sizes. Nutritional Information may vary depending on seasonal ingredients, supplier updates, or slight changes in our recipes. Adults need around 2,000 kcal a day.

KEY FOR PREMIER INN ALLERGY INFORMATION GUIDE

V Suitable for vegetarians

VE Suitable for vegetarians/ vegans

Unlimited Cooked Breakfast

BACK BACON (per piece)

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	99 kJ / 24 kcal	1.3 g	0.5 g	0.1 g	0.0 g	2.8 g	0.28 g

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

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

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 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

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 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

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

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

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IRISH SAUSAGE (per piece)

Contains: Cereals containing Gluten (Wheat), Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	514 kJ / 124 kcal	9.2 g	3.2 g	4.5 g	0.7 g	5.4 g	0.52 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

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

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

WHITE PUDDING (per slice)

Contains: Cereals containing Gluten (Oats, Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	282 kJ / 67 kcal	3.9 g	1.4 g	5.4 g	0.5 g	2.3 g	0.35 g

Unlimited Continental - Bakery

BLUEBERRY MUFFIN (per each) - 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

CROISSANT (per each) - 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
	676 kJ / 162 kcal	8.8 g	5.7 g	16.7 g	2.6 g	3.4 g	0.44 g

GLUTEN FREE BREAD (per slice) - VE V

Contains: Soya

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	344 kJ / 81 kcal	0.7 g	0.1 g	17.0 g	0.5 g	0.9 g	0.25 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

MINI PAN AU CHOCOLAT (per each) - 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

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PANCAKE (per each) - 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

SODA FARL (per each) - 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

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

Allergen Porridge

PORRIDGE WITH COWS MILK - V

Contains: Cereals containing Gluten (Oats), Milk

May Contain: No major allergens

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: 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 - Cereals & Yoghurt

COCO POPS (per 30g) - V

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

May Contain: Other Cereals containing (Oats, Rye), Milk, Mustard

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

CORNFLAKES (per 30g) - V

Contains: Cereals containing Gluten (Barley)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	481 kJ / 113 kcal	0.3 g	0.1 g	25.2 g	2.4 g	2.1 g	0.33 g

GLUTEN FREE MUSELI (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

GRANOLA QUAKER OAT RAISIN (per 45g) - V

Contains: Cereals containing Gluten (Oats), Sulphite

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	864 kJ / 206 kcal	8.1 g	0.7 g	27.9 g	8.1 g	4.0 g	0.00 g

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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

MUSELI 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

RICE KRISPIES (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
	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

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

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

Unlimited Continental - Milk (per 100ml)

ALPRO SOYA DRINK (per 100ml) - 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

OAT DRINK (per 100ml) - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	256 kJ / 61 kcal	3.0 g	0.3 g	7.7 g	3.3 g	0.8 g	0.10 g

SEMI SKIMMED MILK (per 100ml) - 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

WHOLE MILK (per 100ml) - 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

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Unlimited Continental - Preserves, Spreads & Jam

FLORA SPREAD PORTIONS (per each) - 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

HONEY (per 20g) - V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	283 kJ / 67 kcal	0.2 g	0.1 g	16.2 g	15.4 g	0.0 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 (per each) - 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

NUTELLA HAZELNUT CHOCOLATE SPREAD PORTIONS (per each) - 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

ORANGE MARMALADE PORTIONS (per each) - 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

PEANUT BUTTER PORTIONS (per each) - 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

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

SALTED BUTTER PORTIONS (per each) - 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

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

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Unlimited Continental - Fruits

BANANA (per fruit) - 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

CLEMENTINE (per fruit) - V

Contains: No major allergens *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	8.5 g	8.5 g	0.9 g	0.01 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
	199 kJ / 47 kcal	0.6 g	0.1 g	7.7 g	7.3 g	1.1 g	0.01 g

GREEN APPLE (per fruit) - 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

Unlimited Continental - Sugar (per sachet)

DEMERRA BROWN SUGAR (per sachet) - VE V

Contains: No major allergens *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	33 kJ / 8 kcal	0.0 g	0.0 g	2.0 g	1.9 g	0.0 g	0.00 g

SWEET AND LOW (per 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

WHITE SUGAR (per sachet) - VE V

Contains: No major allergens *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	32 kJ / 8 kcal	0.0 g	0.0 g	2.0 g	2.0 g	0.0 g	0.00 g

Unlimited Continental - Drinks (per 150ml)

APPLE JUICE (per 150ml) - 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

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CRANBERRY JUICE DRINK (per 150ml) - 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 (per 150ml) - VE V

Contains: No major allergens *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	260 kJ / 62 kcal	0.8 g	0.1 g	13.3 g	13.3 g	1.1 g	0.01 g

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