



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

-  Suitable for vegetarians
-  Suitable for vegetarians/ vegans



Unlimited Continental - Bakery (per item)

BLUEBERRY MUFFIN - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	707 kJ / 169 kcal	8.2 g	0.7 g	21.3 g	12.2 g	2.1 g	0.16 g

CROISSANT - V

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

May Contain: Soya, Tree Nuts (Hazelnut)

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 - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	447 kJ / 106 kcal	2.7 g	0.2 g	18.6 g	0.3 g	0.8 g	0.30 g

MALTED BROWN SANDWICH BREAD - VE V

Contains: Cereals containing Gluten (Barley, Wheat)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	393 kJ / 93 kcal	0.4 g	0.1 g	18.2 g	1.1 g	3.3 g	0.28 g

PAIN AU CHOCOLAT - V

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

May Contain: Tree Nuts (Almond, Hazelnut, Pecan)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	612 kJ / 147 kcal	8.2 g	4.6 g	14.7 g	4.5 g	2.8 g	0.23 g

PANCAKE - V

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 96 kcal	3.0 g	0.4 g	14.3 g	1.0 g	2.7 g	0.29 g

SOURDOUGH CRUMPET - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	370 kJ / 87 kcal	0.3 g	0.1 g	17.6 g	0.8 g	2.9 g	0.58 g

WHITE SANDWICH BREAD - VE V

Contains: Cereals containing Gluten (Wheat)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.3 g	0.0 g	18.5 g	1.1 g	3.1 g	0.32 g

Unlimited Continental - Cereals & Yoghurts

COCO POPS (per 30g) -

Contains: Cereals containing Gluten (Barley)

May Contain: Milk

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

CORNFLAKES (per 30g) -

Contains: Cereals containing Gluten (Barley)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	492 kJ / 116 kcal	0.4 g	0.1 g	25.6 g	1.8 g	2.3 g	0.18 g

GLUTEN FREE MUSELI (per 50g) -

Contains: Soya, Tree Nuts (Almond)

May Contain: Milk, Tree Nuts (Hazelnut, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	768 kJ / 182 kcal	3.0 g	0.3 g	30.5 g	13.0 g	6.5 g	0.38 g

GRANOLA (per 45g) -

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	907 kJ / 217 kcal	9.9 g	5.0 g	27.0 g	8.6 g	3.6 g	0.38 g

GREEK YOGHURT (per 125g) -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	536 kJ / 129 kcal	10.6 g	7.1 g	5.3 g	5.3 g	3.1 g	0.11 g

MUSELI FRUIT (per 45g) -

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
	702 kJ / 166 kcal	2.5 g	0.4 g	29.3 g	8.1 g	5.0 g	0.13 g

RICE KRISPIES (per 30g) -

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	495 kJ / 117 kcal	0.4 g	0.1 g	25.8 g	2.4 g	2.1 g	0.30 g

SPECIAL K (per 30g) -

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) -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	351 kJ / 83 kcal	1.4 g	1.0 g	12.5 g	11.3 g	5.0 g	0.13 g

WEETABIX (per 2 biscuits) -

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 - Drinks (per 150ml)

APPLE JUICE -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	299 kJ / 70 kcal	0.1 g	0.0 g	17.1 g	17.1 g	0.1 g	0.00 g

CRANBERRY JUICE -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	120 kJ / 30 kcal	0.8 g	0.1 g	7.3 g	7.2 g	0.8 g	0.01 g

MANDARIN AND ORANGE JUICE -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	303 kJ / 72 kcal	0.3 g	0.0 g	15.4 g	14.1 g	0.9 g	0.00 g

Unlimited Continental - Fruits

BANANA (per fruit) -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	513 kJ / 121 kcal	0.4 g	0.1 g	27.4 g	24.7 g	1.4 g	0.00 g

CLEMENTINE (per fruit)

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	0.1 g	0.0 g	8.7 g	8.7 g	0.9 g	0.01 g

FRESH FRUIT SALAD (per spoon) -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	259 kJ / 61 kcal	0.1 g	0.0 g	13.3 g	13.3 g	0.7 g	0.00 g

FRUIT BERRY MIX (per spoon) -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	161 kJ / 38 kcal	0.2 g	0.0 g	8.4 g	8.4 g	1.1 g	0.00 g

GREEN APPLE (per fruit) -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	322 kJ / 77 kcal	0.7 g	0.1 g	14.9 g	14.9 g	0.8 g	0.00 g

Unlimited Continental - Milk (per 100ml)

ALPRO SOYA DRINK -

Contains: Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.9 g	0.3 g	2.6 g	2.5 g	3.3 g	0.09 g

OAT DRINK - **VE** **V***Contains: Cereals containing Gluten (Oats)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	202 kJ / 48 kcal	2.2 g	0.2 g	6.7 g	2.5 g	0.4 g	0.11 g

SEMI SKIMMED MILK - **V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	193 kJ / 46 kcal	1.5 g	0.9 g	4.6 g	4.6 g	3.5 g	0.11 g

WHOLE MILK - **V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 63 kcal	3.5 g	2.3 g	4.4 g	4.4 g	3.4 g	0.11 g

Unlimited Continental - Porridge

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
	1420 kJ / 338 kcal	8.7 g	3.4 g	45.7 g	14.3 g	16.4 g	0.33 g

PORRIDGE WITH SOYA ALTERNATIVE - **VE** **V***Contains: Cereals containing Gluten (Oats), Soya**May Contain: Other Cereals containing (Barley, Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1367 kJ / 326 kcal	9.9 g	1.6 g	39.7 g	8.0 g	15.8 g	0.27 g

Unlimited Continental - Preserves, Spread & Jam

ASSORTED JAM PORTIONS (each) - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	204 kJ / 48 kcal	0.0 g	0.0 g	11.8 g	10.2 g	0.1 g	0.02 g

HONEY PORTIONS (each) - **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	261 kJ / 61 kcal	0.0 g	0.0 g	15.3 g	15.3 g	0.1 g	0.01 g

MAPLE SYRUP PORTIONS (each) - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	269 kJ / 63 kcal	0.0 g	0.0 g	15.8 g	15.8 g	0.0 g	0.13 g

MARMITE PORTIONS (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 (each) - V*Contains: Milk, Soya, Tree Nuts (Hazelnut)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 81 kcal	4.6 g	1.6 g	8.6 g	8.4 g	0.9 g	0.02 g

ORANGE MARMALADE PORTIONS (each) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.0 g	0.0 g	11.8 g	10.2 g	0.1 g	0.02 g

PEANUT BUTTER PORTIONS (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
	400 kJ / 97 kcal	8.3 g	1.5 g	1.5 g	0.8 g	3.6 g	0.08 g

SALTED BUTTER PORTIONS (each) - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	188 kJ / 46 kcal	5.0 g	3.2 g	0.0 g	0.0 g	0.0 g	0.11 g

SUNFLOWER SPREAD PORTIONS (each) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 43 kcal	4.7 g	1.1 g	0.0 g	0.0 g	0.0 g	0.09 g

Unlimited Continental - Sugar (per sachet)

DEMERARA BROWN SUGAR (per sachet) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	43 kJ / 10 kcal	0.0 g	0.0 g	2.5 g	2.5 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
	8 kJ / 2 kcal	0.0 g	0.0 g	0.5 g	0.0 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
	43 kJ / 10 kcal	0.0 g	0.0 g	2.5 g	2.5 g	0.0 g	0.00 g

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
	206 kJ / 49 kcal	3.0 g	1.2 g	0.1 g	0.1 g	5.4 g	0.78 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	0.0 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
	727 kJ / 175 kcal	13.5 g	4.7 g	7.5 g	0.8 g	5.0 g	0.80 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
	603 kJ / 145 kcal	10.9 g	4.1 g	4.3 g	0.7 g	7.4 g	0.59 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
	419 kJ / 100 kcal	5.3 g	2.2 g	12.8 g	0.3 g	1.0 g	0.25 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: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	240 kJ / 57 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

VEGAN SAUSAGE (per piece) - VE V*Contains: Soya**May Contain: Celery, Mustard, Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	367 kJ / 88 kcal	5.6 g	0.4 g	3.2 g	0.6 g	5.0 g	0.64 g

Condiments

Condiments - V**Mayonnaise - V***Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	108 kJ / 26 kcal	2.6 g	0.2 g	0.7 g	0.3 g	0.1 g	0.17 g

Malt Vinegar - VE V*Contains: Cereals containing Gluten (Barley)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

English Mustard - VE V*Contains: Cereals containing Gluten (Wheat), Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	27 kJ / 7 kcal	0.3 g	0.0 g	0.7 g	0.4 g	0.2 g	0.30 g

HP Sauce - VE V*Contains: Cereals containing Gluten (Barley, Rye)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	25 kJ / 6 kcal	0.0 g	0.0 g	1.4 g	1.2 g	0.0 g	0.06 g

Tomato Ketchup - VE V*Contains: Celery**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	41 kJ / 10 kcal	0.0 g	0.0 g	2.4 g	2.1 g	0.0 g	0.18 g

BBQ Sauce - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	55 kJ / 13 kcal	0.0 g	0.0 g	3.1 g	2.7 g	0.1 g	0.08 g