

Unlimited cooked breakfast

£9.50

Back Bacon Rashers
(49kcal per rasher)

THIS™ Isn't Bacon
(20kcal per rasher)

Premium Sausages
(114kcal per sausage)

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

Eggs
Scrambled (279kcal per spoon)
Fried (108kcal)
Poached (79kcal)
Boiled (82kcal)

Hash Browns
(100kcal per hash brown)

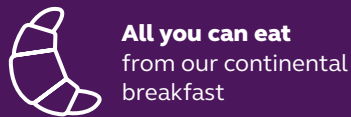
Black Pudding
(122kcal per slice)

Mushrooms
(51kcal per spoon)

Halved Grilled Tomatoes
(28kcal per half tomato)

Baked Beans
(63kcal per spoon)

This includes:



Adults need around 2,000 kcal a day

Kids eat for free*



Unlimited continental

£7.50

This includes:



All you can eat from our continental breakfast



Unlimited drinks

Bakery

Croissant (203kcal)
Pain Au Chocolat (196kcal)
Chocolate Muffin (271kcal)
Blueberry Muffin (250kcal)
Bagel (254kcal)
Crumpet (88kcal)

Sliced bread

White (90kcal per slice)
Malted (91kcal per slice)
Gluten-Free (84kcal per slice)

American-style buttermilk pancakes (96kcal each)

Preserve, spreads & jams

Butter (46kcal)
Sunflower spread (43kcal)
Hazelnut Chocolate Spread (81kcal)
Marmalade (33kcal)
Honey (65kcal)
Jams (34kcal)
Marmite (21kcal)
Maple Syrup (63kcal)
Peanut Butter (81kcal)

Fruits

A Selection of Whole Fruits
Red Berry Mix[†]
Fresh Fruit Salad[†]

Yoghurts & cereals

A selection of yoghurts (see packaging for calorie info)
Porridge (337kcal with semi skimmed milk or 324 kcal with soya drink)
Muesli (166kcal per pack)
Granola (188kcal per 45g*)
Special K (113kcal per 30g*)
Cornflakes (113kcal per 30g*)
Weetabix (136kcal for 2 biscuits*)
Rice Krispies (115kcal per 30g*)
Coco Pops (115kcal per 30g*)

Choose from semi-skimmed (46kcal/100ml), whole milk (64kcal/100ml) or *without milk. Alpro soya drink (42kcal/100ml) also available on request.

Adults need around 2,000 kcal a day

Unlimited tea, coffee and juice

Please see separate Drinks Card for full range and calorie information

Orange Juice (69kcal per 150ml glass)

Apple Juice (71kcal per 150ml glass)

Cranberry Juice drink (30kcal per 150ml glass)

Breakfast Menu



Premier Inn
Rest easy