

FOOD AT THE
SOCIAL

Premier Inn
Rest easy



**KIDS
EAT
FREE[†]**

BREAKFAST

UNLIMITED CONTINENTAL BREAKFAST

Feeling fluffy and buttery? Fresh and creamy? A bit fruity? Any or all of the above, and our unlimited continental breakfast is for you. Help yourself to pastries, cereals, fruit and more.

THIS INCLUDES UNLIMITED CONTINENTAL BREAKFAST AND UNLIMITED DRINKS.

BAKERY

PAIN AU CHOCOLAT (V) (184kcal)

If you'd like this toasty and warmed up, just ask our team

CROISSANT (V) (203kcal)

If you'd like this toasty and warmed up, just ask our team

BLUEBERRY MUFFIN (V) (235 kcal per muffin)

PANCAKE (V) (96kcal)

SOURDOUGH CRUMPET (VB) (88kcal)

PRESERVE, SPREADS AND JAMS

ASSORTED JAMS (VB) (34kcal)

PEANUT BUTTER (VB) (98kcal)

HONEY (V) (65kcal)

ORANGE MARMALADE (VB) (33kcal)

HAZELNUT SPREAD (V) (83kcal)

MAPLE SYRUP (VB) (63kcal)

MARMITE (VB) (21kcal)

SUNFLOWER SPREAD (VB) (43kcal)

BAKERY

WHITE BREAD (VB) (90kcal per slice)

MALTED BROWN BREAD (VB) (91kcal per slice)

GLUTEN-FREE BREAD** (V) (84kcal per slice)

FRUITS

BANANAS (VB)

FRUIT BERRY MIX* (VB)

EASY PEELERS (V)

**FRESH FRUIT
SALAD** (VB)

APPLES (VB)

YOGURTS & CEREALS

GLUTEN-FREE MUESLI** (V)

(182kcal per 50g*)

PORRIDGE (V)

With Cow's Milk (337kcal)

With Soya Drink (324kcal)

*Available from our kitchen -
ask a team member*

GRANOLA (V)

(188kcal per 45g*)

MUESLI FRUIT* (V)

(166kcal per pack*)

SPECIAL K (V)

(113kcal per 30g*)

COCO POPS (V)

(115kcal per 30g*)

CORNFLAKES (V)

(113kcal per 30g*)

WEETABIX (VB)

(136kcal per 2 biscuit*)

RICE KRISPIES (V)

(117kcal per 30g*)

**A SELECTIONS
OF YOGURTS** (V)

(see packaging for calories)

UNLIMITED COOKED BREAKFAST

Sometimes you just can't beat a Full English, and it doesn't get fuller than our unlimited cooked breakfast.

We've now got plenty of options for a great plant-based breakfast too, so sit back and enjoy!

THIS INCLUDES UNLIMITED COOKED AND CONTINENTAL BREAKFAST, AND UNLIMITED DRINKS.

EGGS (V) - **SCRAMBLED** (280kcal), **FRIED** (108kcal),

POACHED (79kcal) **OR BOILED** (82kcal)

HASH BROWNS (VB) (100kcal per hash brown)

BACK BACON (49kcal per rasher)

THIS™ ISN'T BACON (VB) (38kcal per rasher)

PREMIUM SAUSAGES (122kcal per sausage)

GARDEN GOURMET® SENSATIONAL™

VEGAN SAUSAGE (VB) (70kcal per sausage)

BAKED BEANS (VB) (74kcal per spoon)

BLACK PUDDING (122kcal per slice)

HALVED GRILLED TOMATO (VB) (28kcal per half tomato)

MUSHROOMS (VB) (53kcal per spoon)

UNLIMITED TEA, COFFEE & JUICE

HOT DRINKS

COFFEE

Latte (97kcal), Cappuccino (93kcal), Americano - Black (6kcal),
Americano - White (50kcal with 95ml milk), Espresso (4kcal)

TEA

Selection of teas available

Please see our Drinks Menu for full range and calorie information

COLD DRINKS

CRANBERRY JUICE DRINK (VB) (30kcal)

APPLE JUICE (VB) (71kcal)

ORANGE JUICE (VB) (69kcal)

Children between 5-10 years need 1,800 kcal a day. Adults need around 2,000kcal a day

**FANCY A GREAT DEAL ON
DINNER + BREAKFAST?**

See offers page for full details.

DAYTIME

Available every day 11am – 5pm

READY TO ORDER? POP TO THE BAR
(AND DON'T FORGET YOUR TABLE NUMBER)

LUNCH DEAL

Choose a fresh toastie, salted crisps
and selected soft drink for only ,
upgrade to an alcoholic drink for extra.

NIBBLES

TORTILLA CHIPS & DIP ⑩
Served with a tomato salsa (297kcal)

CRISPY CHICKEN GOUJONS
Served with a smoky BBQ dip (409kcal)

SKIN-ON CHIPS ⑩ (277kcal)

CHEDDAR CHEESE PLATE ⑩
Cheddar cheese, crackers, caramelised onion
chutney and apple wedges (527kcal)

SOUPS & SALADS

TOMATO SOUP ⑩
Topped with garlic and herb croutons (220kcal)
Vegan option available, just ask! ⑩ (199kcal)

CAESAR SALAD ⑩
Crisp cos lettuce drizzled with a rich, creamy
Caesar dressing, topped with mature Cheddar shavings
and garlic & herb croutons (262 kcal)
Add Crispy Chicken Goujons (+261kcal)
Add chopped ham¹ (+67kcal)

SWEET TREATS

TRIPLE CHOCOLATE BROWNIE ⑩ (521kcal)

BLUEBERRY MUFFIN ⑩ (467kcal)

CROISSANT ⑩ (161kcal)

PAIN AU CHOCOLAT ⑩ (167kcal)

CHOCOLATE CHIP COOKIE ⑩ (332kcal)

HOT DRINKS

AMERICANO
Black (6kcal) or with
95ml milk (50kcal)

CAPPUCCINO (93kcal)

LATTE (97kcal)

HOT CHOCOLATE (222kcal)

ESPRESSO (4kcal)

TEA

A selection of flavours available, just ask one of the team

ULTIMATE WIFI,
A SWEET TREAT
AND UNLIMITED
TEA & COFFEE
FOR ONLY

TOASTIES

Freshly toasted, served with fresh rocket and salted crisps

CHEESE TOASTIE ⑩ (668kcal)

CHEESE & TOMATO TOASTIE ⑩ (684kcal)

CHEESE & HAM¹ TOASTIE (702kcal)

PIZZA

MARGHERITA ⑩

Stone-baked pizza, topped with tomato sauce
and mozzarella cheese (871kcal)

PEPPERONI

Stone-baked pizza, topped with tomato sauce,
mozzarella cheese and pepperoni (1,001kcal)

JACKET POTATOES

All served with fresh rocket

NEW **CHIPOTLE BEEF CHILLI & SOUR CREAM** (487kcal)

NEW **CHEESE & BEANS** ⑩ (607kcal)
Vegan option available, just ask! ⑩ (412kcal)

DESSERTS

TRIPLE CHOCOLATE BROWNIE & ICE CREAM ⑩

Served warm with vanilla ice cream (601kcal)

VANILLA ICE CREAM ⑩

(178kcal)

FRUIT SALAD ⑩

A selection of fruit (100kcal)

FOR THE LITTLE ONES

MAINS FOR

MARGHERITA PIZZA ⑩

Topped with tomato, mozzarella and
Cheddar cheese (377kcal)

SPAGHETTI BOLOGNESE ①

Beef bolognese sauce cooked with tomatoes,
onions, carrots and spaghetti (288kcal)

DESSERTS FOR

VANILLA ICE CREAM ⑩

(118kcal)

FRUIT SALAD ⑩ ②

A selection of fruit (50kcal)

Adults need around 2,000kcal a day.
Children between 5-10 years old need around 1,800kcal a day.



SCAN FOR OUR
NON-GLUTEN-CONTAINING
INGREDIENTS MENU.

DINNER

Served from 5pm - 10pm

LITTLE ONES
FEELING PECKISH?

ASK A MEMBER OF
OUR TEAM FOR OUR
KIDS' MENU

LIGHT BITES

OUR PICK BEER BATTERED ONION RINGS (323kcal)

TOMATO SOUP ^V

Topped with garlic and herb croutons (219kcal)

Vegan option available, just ask! [Ⓢ] (199kcal)

GARLIC BREAD SLICES ^V (350kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (409kcal)

BREADED FISH BITES**

Served with a tartare dip (390kcal)

SKIN-ON CHIPS [Ⓢ] (256kcal)

TORTILLA CHIPS & DIPS ^V

Served with a tomato salsa
and Cheddar cheese sauce (382kcal)

GRILLS

All our beef is 100% British and Irish

8oz* SIRLOIN STEAK

30-day-aged British & Irish beef, served with skin-on chips,
grilled tomato and garden peas (632kcal)

Add peppercorn sauce (+39kcal)

[Ⓢ] 1.99 supplement as part of meal deal

MIXED GRILL

4oz* sirloin steak, gammon steak, half a chicken breast and pork
sausages. Served with beer-battered onion rings, garden peas,
a fried egg, half a grilled tomato and skin-on chips (1,227kcal)

[Ⓢ] 2.99 supplement as part of meal deal

5oz* GRILLED GAMMON STEAK

With skin-on chips, garden peas, grilled tomato (521kcal) and
your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal)
or one of each (+130kcal) (632kcal)

Double up your gammon for (+199kcal)

SMOTHERED CHICKEN

Topped with bacon, Cheddar cheese and smoky BBQ sauce.
Served with skin-on chips, garlic bread and a salad garnish (746kcal)

PIZZA

CREATE YOUR OWN PIZZA 13.49

Get a slice of the action with our tomato sauce base, topped with mozzarella cheese ^V (871kcal) and your choice of three toppings:

PEPPERONI (+130kcal)

HAM¹ (+40kcal)

MUSHROOM ^V (+23kcal)

TOMATO ^V (+20kcal)

PINEAPPLE ^V (+15kcal)

CHICKEN BREAST (+77kcal)

BACON (+49kcal)

Add an extra topping

BURGERS

OUR PICK THE HOUSE STACK BURGER

Two 4oz* steak burgers, Cheddar cheese, lettuce, tomato ketchup and mayo.

Served in a brioche-style bun, with skin-on chips and onion rings⁵ (1,221kcal)

Add Back Bacon (+49kcal)

CHICKEN STACK BURGER

A stack of chicken goujons with lettuce and mayo. Served in a brioche-style bun,

with skin-on chips, onion rings⁵ and tomato ketchup (1,025kcal)

BBQ GARDEN GOURMET® SENSATIONAL™ BURGER [Ⓢ]

GARDEN GOURMET® Sensational™ burger, lettuce and BBQ sauce.

Served in a brioche-style bun, with skin-on chips, onion rings⁵ and tomato ketchup (868kcal)

FANCY A GREAT DEAL

Includes 2-course dinner, a drink & breakfast -

Please see back page for further allergen and dietary information. Adults need around 2,000kcal a day

CLASSICS

BEER-BATTERED FISH & CHIPS**⁵

Served with skin-on chips, peas and tartare sauce (1,037kcal)

CHICKEN MAKHANI CURRY

Medium-spiced curry with marinated chargrilled chicken in a rich, creamy masala sauce.

Served with white rice, a poppadom and mango chutney (610kcal)

TOMATO & CHILLI LINGUINE⁵ ^{VF}

With rocket and a hint of garlic and chilli (396kcal)

Add a Chicken Breast (+155kcal)

RIGATONI BOLOGNESE

Rigatoni pasta with a rich beef bolognese.

Served with a slice of garlic bread (879kcal)

^{OUR PICK} CHICKEN KATSU CURRY

Crispy chicken goujons topped with our signature curry sauce. Served with white rice (613kcal)

CAESAR SALAD ^V

Crisp cos lettuce drizzled with a rich, creamy reduced-calorie

Caesar dressing, topped with mature Cheddar shavings and garlic and herb croutons (262kcal)

Add Crispy Chicken Goujons (+261kcal)

SIDES

SKIN-ON CHIPS ^{VF} (256kcal)

BEER-BATTERED ONION RINGS⁵ ^{VF} (323kcal)

GARLIC BREAD SLICES ^V (350kcal)

CAESAR SALAD ^V

Crisp cos lettuce drizzled with a rich, creamy reduced-calorie

Caesar dressing, topped with mature Cheddar shavings and garlic and herb croutons (113kcal)

DESSERTS

STICKY TOFFEE PUDDING ^V

Served with vanilla ice cream (805kcal)

TRIPLE CHOCOLATE BROWNIE & ICE CREAM ^V

Served warm with vanilla ice cream and a crumbled chocolate flake (601kcal)

^{OUR PICK} ICE CREAM SUNDAE WITH CADBURY[®]

DAIRY MILK CARAMEL NIBBLES ^V

Vanilla ice cream with Cadbury[®] Dairy Milk Caramel Nibbles and chocolate sauce. Topped with a whip of cream and a crumbled chocolate flake (446kcal)

FRUIT SALAD ^{VF}

A selection of fruit (100kcal)

VANILLA ICE CREAM ^V (178kcal)

Vegan option available, just ask! ^{VF} (272kcal)

BERRY PANCAKE STACK^y ^V

American-style pancakes topped with fruit berries.

Served with vanilla ice cream (363kcal)

AL ON YOUR MEAL?

see the back of the menu for more details

DEALS AT THE SOCIAL

BIG OFFERS FOR OUR YOUNGER GUESTS

Kids' dinner menu available every day

2 COURSES
AND A DRINK

BREAKFAST
OFFER
KIDS EAT
FREE†

FANCY A GREAT DEAL ON DINNER + BREAKFAST?

You can get a 2-Course Dinner*, a drink and breakfast for only , so you can save up to 20% if you're looking to eat well and keep a little extra pocket money.

UPGRADE TO 3 COURSES

DRINKS INCLUDED

SOFT DRINKS

Coca-Cola Zero Sugar
Coca-Cola
Diet Coke
Schweppes Slimline Lemonade
J2O
Still or Sparkling Water

ALCOHOLIC DRINKS

Heineken
Peroni
Corona
Heineken 0.0
House Wine (White / Red / Rosé 175ml)

Draught beer & cider may be available, head up to the bar or ask a team member to find out

PREMIUM DRINKS

(upgrade to one of the following for a supplementary charge)

Rekorderlig Cider (500ml)
Pinot Grigio (175ml)
Jam Shed, Chardonnay (175ml)
Steakmaker, Malbec (175ml)

Drinks may vary regionally, please speak to a team member for our current range.

*Dishes marked with Ⓜ will incur a supplementary charge as priced. Any dish upgrades and sides come at an extra cost as priced on the Dinner Menu.

LUNCH DEAL

Choose a fresh toastie, salted crisps and selected soft drink for only

Upgrade to an alcoholic drink

FEELING PECKISH?

NIBBLES AVAILABLE EVERY DAY 5PM - 10PM

3 Small Plates for or 4 Small Plates

NIBBLES

CRISPY CHICKEN GOUJONS GARLIC BREAD SLICES ①
BREADED FISH BITES** TORTILLA CHIPS & DIPS ①
SKIN-ON CHIPS ② BEER-BATTERED ONION RINGS⁵

ULTIMATE WIFI, A SWEET TREAT AND UNLIMITED TEA & COFFEE

Ask a member of our team for details

① Suitable for vegetarians. ② Suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. ③ 1 of your 5 a day. ④ 2 of your 5 a day. ⑤ 1 of your 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. **Dinner Menu** *Approximate weight uncooked. **May contain small bones/shell pieces. †Formed ham. ‡May contain traces of alcohol. ††May contain fruit stones. **Breakfast Menu** ††May contain fruit stones. *Without milk. Choose from semi-skimmed (46kcal/100ml) or whole milk (64kcal/100ml). Alpro soya drink (42kcal/100ml) also available on request. The additional milk calories are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more. Full nutrition information is available on our website. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. Alcohol served to over 18s only. Proof of age may be required when asked. Full alcoholic content (ABVs) and units can be found on our drinks menu or ask to see bottle. We remind all our guests to drink responsibly. For more information on responsible drinking visit www.drinkaware.co.uk. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Cadbury® is a registered trademark of Mondelez International used under licence. ††Registered Trademark. All prices include VAT. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. Promoter: Whitbread Group PLC, PO Box 777, Dunstable LU5 5XE.

Don't worry, we know there are allergens in our food and drink which we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more. Full nutrition information is available on our website. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. Alcohol served to over 18s only. Proof of age may be required when asked. Full alcoholic content (ABVs) and units can be found on our drinks menu or ask to see bottle. We remind all our guests to drink responsibly. For more information on responsible drinking visit www.drinkaware.co.uk. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Cadbury® is a registered trademark of Mondelez International used under licence. ††Registered Trademark. All prices include VAT. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. Promoter: Whitbread Group PLC, PO Box 777, Dunstable LU5 5XE.



MSC-C-55716
All our pollock and haddock comes from an MSC certified sustainable fishery.
www.msc.org

be.drinkaware.co.uk