

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) (235kcal 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

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*)

GLUTEN FREE

MUESLI** (V)

(182kcal per 50g*)

SPECIAL K (V)

(113kcal per 30g*)

COCO POPS (V)

(115kcal per 30g*)

CORNFLAKES (V)

(113kcal per 30g*)

WEETABIX (VB)

(136kcal per 2 biscuits*)

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 PORK 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

Choose from a selection of teas

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)

**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,
upgrade to an alcoholic drink.

NIBBLES

TORTILLA CHIPS & DIP [Ⓜ]

Served with a tomato salsa (297kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (408kcal)

SKIN-ON CHIPS [Ⓜ] (277kcal)

CHEDDAR CHEESE PLATE [Ⓜ]

Cheddar cheese, crackers, caramelised onion
chutney and apple wedges (527kcal)

SOUPS & SALADS

TOMATO SOUP [Ⓜ]

Served with garlic and herb croutons (220kcal)

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

HOUSE SALAD [Ⓜ]

A mix of cos lettuce, cherry tomatoes, red peppers,
cucumber, sweetcorn and garlic and herb croutons (139kcal)

Add your choice of dressing:

French Dressing [Ⓜ] (+66kcal)

Marie-Rose Dressing [Ⓜ] (+98kcal)

Honey and Mustard Dressing [Ⓜ] (+139kcal)

Add a chicken breast (+155kcal)

Add chopped ham' (+67kcal)

Add prawns (+53kcal)

SWEET TREATS

TRIPLE CHOCOLATE BROWNIE [Ⓜ] (521kcal)

BLUEBERRY MUFFIN [Ⓜ] (467kcal)

CROISSANT [Ⓜ] (161kcal)

PAIN AU CHOCOLAT [Ⓜ] (167kcal)

CHOCOLATE CHIP COOKIE [Ⓜ] (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 £6

HOUSE TOASTIES

Freshly toasted, served with fresh rocket and salted crisps

CHEESE TOASTIE [Ⓜ] (668kcal)

CHEESE & TOMATO TOASTIE [Ⓜ] (684kcal)

CHEESE & HAM' TOASTIE (702kcal)

PIZZA

MARGHERITA [Ⓜ]

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 a salad garnish

NEW PRAWN & SEAFOOD SAUCE** (542kcal)

NEW CHIPOTLE BEEF CHILLI & SOUR CREAM (508kcal)

NEW CHEESE & BEANS [Ⓜ] (628kcal)

Vegan option available, just ask! [Ⓜ] (433kcal)

DESSERTS

TRIPLE CHOCOLATE BROWNIE & ICE CREAM [Ⓜ]

Served warm with vanilla ice cream and chocolate sauce (609kcal)

VANILLA ICE CREAM [Ⓜ]

(178kcal)

FRUIT SALAD [Ⓜ]

A selection of fruit (100kcal)

FOR THE LITTLE ONES

MAINS

MARGHERITA PIZZA [Ⓜ]

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

SPAGHETTI BOLOGNESE [Ⓜ] 1

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

DESSERTS

VANILLA ICE CREAM [Ⓜ]

(186kcal)

FRUIT SALAD [Ⓜ] 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

STARTERS

OUR PICK 5 BBQ CHICKEN WINGS

(387kcal)

SALT & PEPPER CALAMARI*

With spicy mayo (422kcal)

TOMATO SOUP ①

Served with garlic and herb croutons (219kcal)

Vegan option available, just ask! ② (199kcal)

CLASSIC PRAWN COCKTAIL**

Served with malted bread (369kcal)

GARLIC BREAD ①

(350kcal)

Add mozzarella & Cheddar ③ 0.99 (+196kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (408kcal)

OUR PICK LOADED NACHOS ①

Topped with nacho cheese sauce, red chillies, spring onion, tomato salsa and reduced-fat soured cream (471kcal)

Add chipotle beef chilli 2.99 (+125kcal)

GARLIC & HERB MUSHROOMS

Served with a smoky BBQ dip (442kcal)

OUR PICK SHARING PLATTER

Crispy chicken goujons, garlic and herb mushrooms, beer-battered onion rings⁵, cheesy potato dippers and garlic bread. Served with spicy mayo, reduced-fat soured cream and smoky BBQ dip (1,431kcal serves 2, 716kcal per serve)

⊕ 4.99 supplement as part of meal deal

CHEESY POTATO DIPPERS

With mozzarella, Cheddar, bacon and spring onions.

Served with reduced-fat soured cream (428kcal)

SALADS

HOUSE SALAD ①

A mix of cos lettuce, cherry tomatoes, red peppers, cucumber, sweetcorn and garlic and herb croutons (139kcal)

Add your choice of dressing:

French Dressing ② (+66kcal)

Marie-Rose Dressing ① (+98kcal)

Add a grilled chicken breast 2.99 (+155kcal)

PIZZA

CREATE YOUR OWN PIZZA

Get a slice of the action with our tomato sauce base, topped with mozzarella and Cheddar cheese ① (906kcal) and your choice of three toppings.

Add an extra topping

PEPPERONI (+130kcal)

HAM¹ (+40kcal)

CHICKEN (+77kcal)

RED ONION ① (+8kcal)

MUSHROOM ① (+23kcal)

RED PEPPER ① (+6kcal)

TOMATO ① (+12kcal)

RED CHILLI ① (+1kcal)

PINEAPPLE ① (+22kcal)

BURGERS

All our burgers are served in a brioche-style bun with skin-on chips and coleslaw, unless otherwise stated.

THE VEGAN BURGER ②

GARDEN GOURMET[®] Sensational™ burger with a Violife slice, lettuce, gherkin, red onion and burger sauce (901kcal with bun, 723kcal without bun)

SPICY CHICKEN BURGER

A stack of crunchy chicken goujons with spicy mayo (1,031kcal with bun, 836kcal without bun)

Swap to a grilled chicken breast (820kcal with bun, 642kcal without bun)

OUR PICK BIG STACK BURGER

Two 1/4lb* steak burgers, Cheddar, lettuce, gherkin, red onion and burger sauce (1,241kcal with bun, 1,064kcal without bun)

CHEESE & BACON BURGER

1/4lb* steak burger with tomato, lettuce, red onion and burger sauce (967kcal with bun, 790kcal without bun)

BURGER UPGRADES

2 Streaky bacon rashers (+63kcal)

2 THIS™ Isn't Bacon rashers ② (+58kcal)

1/4lb* Steak burger (+214kcal)

Cheese slice ① (+83kcal)

Vegan burger with Violife Slice ② (+281kcal)

FANCY A GREAT DEAL ON YOUR MEAL?

Includes 2 course dinner, a drink & breakfast - see the back of the menu for more details

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, grilled flat mushroom and garden peas (712kcal)
Swap chips for our chopped salad (477kcal)
Add peppercorn sauce (+39kcal)

* supplement as part of meal deal

MIXED GRILL

Grilled 4oz* sirloin steak, gammon steak, half a chicken breast and pork sausages. Served with garden peas, two fried eggs and half a grilled tomato (1,240kcal)
Upgrade to an 8oz* sirloin (+159kcal)
* supplement as part of meal deal

7oz* CHARGRILLED GAMMON STEAK

With skin-on chips, garden peas, grilled tomato (661kcal) and your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kcal)

CLASSICS

BEEF & ALE PIE⁵

Served with skin-on chips, garden peas and gravy (1,009kcal)

BEER-BATTERED FISH & CHIPS**⁵

Served with tartare sauce and your choice of garden peas (975kcal) or mushy peas (1,013kcal)
Add white bread and butter (+165kcal)

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 (611kcal)
Add naan bread (+191kcal)

TOMATO & CHILLI LINGUINE⁵

With fresh cherry tomatoes and a hint of garlic and chilli (413kcal)

THAI GREEN VEGETABLE CURRY

With red pepper, sweet potato, garden peas and bamboo shoots, served with white rice (626kcal)
Add a grilled chicken breast (+155kcal)

CHICKEN KATSU CURRY

Chicken goujons topped with our signature curry sauce, served with white rice (614kcal)

CLASSIC BEEF LASAGNE

Served with a chopped salad and garlic bread (793kcal)

WHOLETAIL SCAMPI & CHIPS**^A

Served with tartare sauce and your choice of garden peas (803kcal) or mushy peas (841kcal)
Add white bread and butter (+258kcal)

SMOTHERED CHICKEN

Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce. Served with skin-on chips, coleslaw, garlic bread and a salad garnish (847kcal)
Upgrade to double-smothered chicken (+312kcal)

CREAMY CHICKEN AND PULLED HAM PIE

With a cheesy crumb topping, served with skin-on chips and garden peas (1,118kcal)

SIDES

SKIN-ON CHIPS (277kcal)

BEER-BATTERED ONION RINGS⁵ (280kcal)

CHOPPED SIDE SALAD (42kcal)

COLESLAW (154kcal)

KATSU CHICKEN TOPPED CHIPS

Topped with our signature curry sauce, fresh chilli, coriander and spring onion (435kcal)
Go LARGE (Serves 2, 869kcal, 435kcal per portion)

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Topped with cheese sauce and reduced-fat soured cream (401kcal)
Go LARGE (Serves 2, 802kcal, 401kcal per portion)

DESSERTS

STICKY TOFFEE PUDDING

Served with custard (733kcal) or vanilla ice cream (723kcal)

TRIPLE CHOCOLATE BROWNIE & ICE CREAM

Served warm with vanilla ice cream and chocolate sauce (620kcal)

ICE CREAM SUNDAE WITH CADBURY[®]


DAIRY MILK CARAMEL NIBBLES

Vanilla ice cream with Cadbury[®] Dairy Milk Caramel Nibbles and chocolate sauce. Topped with a whip of cream and a crumbled chocolate flake (480kcal)

FRUIT SALAD

A selection of fruit (106kcal)

CHOCOLATE TORTE

Decadent chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (279kcal)
Add vanilla ice cream  0.99 (+70kcal)

BANOFFEE CHEESECAKE

Baked New York-style cheesecake, topped with banana, caramel sauce and crumbled chocolate flake. Served with vanilla ice cream (668kcal)

BERRY PANCAKE STACK^Y

American-style pancakes topped with fruit berries. Served with vanilla ice cream (374kcal)

DEALS AT THE SOCIAL

FANCY A GREAT DEAL ON DINNER + BREAKFAST?

You can get a 2-Course Dinner*, a drink and breakfast for only £26.99, 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 J20
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 (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.

BIG OFFERS FOR OUR YOUNGER GUESTS

Kids' dinner menu available every day

2 COURSES

SMALL APPETITES

LARGER APPETITES

Add a third course

BREAKFAST OFFER

KIDS EAT FREE†

LUNCH DEAL

Choose a fresh toastie, salted crisps and selected soft drink

Upgrade to an alcoholic drink

FEELING PECKISH?

NIBBLES AVAILABLE EVERY DAY 5PM - 10PM

3 Small Plates or 4 Small Plates

NIBBLES

SALT & PEPPER CALAMARIⓈ

GARLIC BREAD Ⓢ

CRISPY CHICKEN GOUJONS

LOADED NACHOS Ⓢ

SKIN-ON CHIPS Ⓢ

GARLIC & HERB MUSHROOMS

BEER-BATTERED ONION RINGSⓈ

CHEESY POTATO DIPPERS

5 BBQ CHICKEN WINGS

HONEY & MUSTARD GLAZED PORK SAUSAGES

ULTIMATE WIFI, A SWEET TREAT AND UNLIMITED TEA & COFFEE

Ask a member of our team for details

Adults need around 2,000kcal a day. Ⓢ Suitable for vegetarians. Ⓢ 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. Ⓢ 1 of your 5 a day. Ⓢ 2 of your 5 a day. 1 of your 5 a day = 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. 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 semi-skimmed milk. **As gluten is present in our kitchen, please tell your server and we will take care to minimise the risk of cross-contamination. †T&Cs apply. Up to two kids stay and eat breakfast for free with a full paying adult – subject to availability. **Daytime 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 semi-skimmed milk. **As gluten is present in our kitchen, please tell your server and we will take care to minimise the risk of cross-contamination. †T&Cs apply. Up to two kids stay and eat breakfast for free with a full paying adult – subject to availability. **Meal Deal Menu** Choose courses from main menu. Some menu dishes have a supplementary charge and charges are correct at time of print. Usual chargeable extras, upgrades and dish supplement dish charges apply (as per main menu). Side dishes will be charged separately. Two courses cannot be ordered from the same section. Two courses comprise of Starter & Main or Main & Dessert. This offer is only applicable to Premier Inn guests. Proof of stay will be required.

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