

Menu

SOMETHING FOR EVERYONE



Premier Inn
Rest easy

KIDS
EAT
FREE²

Breakfast

MENU

UNLIMITED COOKED

This includes unlimited cooked and continental breakfast, and unlimited drinks

Eggs - Scrambled (280kcal), **Fried** (108kcal),
Poached (79kcal) or **Boiled** (82kcal) **v**

Hash Browns **ve** (100kcal per hash brown)

Back Bacon Rashers (49kcal per rasher)

THIS™ Isn't Bacon **ve** (38kcal per rasher)

Premium Pork Sausages (122kcal per sausage)

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

Baked Beans **ve** (74kcal per spoon)

Black Pudding (122kcal per slice)

Halved Grilled Tomato **ve** (28kcal per half tomato)

Mushrooms **ve** (53kcal per spoon)

UNLIMITED CONTINENTAL

This includes unlimited continental breakfast and unlimited drinks

BAKERY

Croissant **v** (203kcal)

Pancake **v** (96kcal)

Pain au Chocolat **v** (184kcal)

Sourdough Crumpet **ve** (88kcal)

Blueberry Muffin **v** (235kcal)

SLICED BREAD

White Bread **ve** (90kcal per slice)

Gluten-Free Bread **ve**
(84kcal per slice)

Malted Brown Bread **ve**
(91kcal per slice)

FRUITS

Bananas **ve**

Fruit Berry Mix **ve**

Clementines **v**

Fresh Fruit Salad **ve**

Apples **ve**

YOGHURTS AND CEREALS

Gluten-Free Muesli **ve**
(182kcal per 50g*)

Porridge Oats **v**

With Cow's Milk (337kcal)

With Soya Drink (324kcal)

Granola (188kcal per 45g*)

Muesli Fruit **ve** (166kcal per pack*)

Special K **v** (113kcal per 30g*)

Coco Pops **v** (115kcal per 30g*)

Cornflakes **v** (116kcal per 30g*)

Weetabix **ve** (136kcal per 2 Biscuits*)

Rice Krispies **v** (117kcal per 30g*)

A selection of yoghurts **v**
(see packaging for calories)

PRESERVE, SPREADS AND JAMS

Assorted Jams **ve** (34kcal)

Hazelnut Spread **v** (83kcal)

Peanut Butter **ve** (98kcal)

Maple Syrup **ve** (63kcal)

Honey **v** (65kcal)

Marmite **ve** (21kcal)

Marmalade **ve** (33kcal)

Sunflower Spread **ve** (43kcal)

UNLIMITED TEA, COFFEE & JUICE

HOT DRINKS

Coffee

PG Tips

Choose from a selection of teas

Alpro Soya available on request. Please see separate Drinks Card for full range and calorie information.

COLD DRINKS

Cranberry Juice Drink **ve** (30kcal)

Apple Juice **ve** (71kcal)

Orange Juice **ve** (69kcal)

STARTERS

5 BBQ Chicken Wings

(376kcal)

Tomato Soup v

Served with garlic and herb croutons (220kcal)

Vegan option available, just ask (199kcal)

Classic Prawn Cocktail**

Served with malted bread (369kcal)

Garlic Bread v

(350kcal)

Add mozzarella & Cheddar v (+196kcal)

Loaded Nachos v

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

Add chipotle beef chilli (+125kcal)

Crispy Chicken Goujons

Served with a smoky BBQ dip (408kcal)

Garlic & Herb Mushrooms

Served with a smoky BBQ dip (442kcal)

Sharing Platter

Crispy chicken goujons, garlic and herb mushrooms, beer-battered onion rings^s, cheesy potato dippers and garlic bread. Served with spicy mayo, reduced-fat soured cream and smoky BBQ dip (1,454kcal serves 2, 727kcal per serve)

Cheesy Potato Dippers

With mozzarella, Cheddar, bacon and spring onions. Served with reduced-fat soured cream (408kcal)

SALADS

House Salad v

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

Add your choice of dressing:

French Dressing **VE** (+66kcal), Marie-Rose Dressing **v** (+98kcal)

Add a grilled chicken breast (+155kcal)

We've teamed up with Pennies, the digital charity box, to help support our partner GOSH charity. Just press 'yes' when you pay by card to donate 25p.



Pennies!

Every penny you give goes to charity:
95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024)
and 5% to Pennies (registered charity no. 1122489).

Feeling thirsty? Take a look at our drinks menu

PIZZA

All our pizzas are hand-rolled and freshly made to order

Create Your Own Pizza

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

Pepperoni (+130kcal)

Chicken (+77kcal)

Tomato v (+12kcal)

Ham' (+40kcal)

Red Onion v (+8kcal)

Red Chilli v (+1kcal)

Mushroom v (+23kcal)

Red Pepper v (+6kcal)

Pineapple v (+22kcal)

Add an extra topping

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 (691kcal)

Swap chips for our chopped salad (477kcal)

Add peppercorn sauce (+39kcal)

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 (1,219kcal)

Upgrade to an 8oz* sirloin (+159kcal)

7oz* Chargrilled Gammon Steak

With skin-on chips, garden peas, grilled tomato (640kcal) and your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kcal)

BURGERS

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

The Vegan Burger **VE**

GARDEN GOURMET® Sensational™ burger with a Violife slice, lettuce, gherkin, red onion and burger sauce (880kcal with bun, 703kcal without bun)

Spicy Chicken Burger

A stack of crunchy chicken goujons with spicy mayo (992kcal with bun, 815kcal without bun)

Swap to grilled chicken breast (799kcal with bun, 621kcal without bun)

Big Stack Burger

Two 1/4lb* steak burgers, Cheddar, lettuce, gherkin, red onion and burger sauce (1,221kcal with bun, 1,043kcal without bun)

Cheese & Bacon Burger

1/4lb* steak burger with tomato, lettuce, red onion and burger sauce (947kcal with bun, 769kcal without bun)

Burger Upgrades:

2 Streaky bacon rashers (+63kcal)

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

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

Cheese slice v (+83kcal)

Vegan burger with Violife slice **VE** (+281kcal)

CLASSICS

Beef & Ale Pie⁵

Served with skin-on chips, garden peas and gravy (989kcal)

Beer-Battered Fish & Chips^{**5}

Served with tartare sauce and your choice of garden peas (1,044kcal) or mushy peas (1,082kcal)

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 poppadum and mango chutney (611kcal)

Add naan bread (+191kcal)

Tomato & Chilli Linguine^{5VE}

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

Thai Green Vegetable Curry^{VE}

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)

Smothered Chicken

Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce. Served with skin-on chips, coleslaw, garlic bread and a salad garnish (826kcal)

Upgrade to double-smothered chicken

(+312kcal)

Creamy Chicken & Pulled Ham Pie

With a cheesy crumb topping, served with skin-on chips and garden peas (1,097kcal)



Scan for our Non-Gluten-Containing Ingredients menu.

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.** **V** Suitable for vegetarians. **VE** 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. Breakfast Menu: ¹T&Cs apply - ²Kids eat free: up to a maximum of 2 children under 16 (aged 15 and under) can eat breakfast free per adult purchasing a Full Premier Inn Breakfast. ^{*}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. [†]May contain fruit stones. **Main Menu:** ^{*}Approximate weight uncooked. ^{**}May contain small bones/shell pieces. ⁵May contain traces of alcohol. [†]May contain fruit stones. [‡]Contains tentacles and rings. ^{††}May contain one or more tails per piece. ¹Formed ham. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. 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. GARDEN GOURMET[®] - Reg. Trademark used in agreement with the Trademark owner. Cadbury[®] is a registered trademark of Mondelez International used under licence. All prices include VAT. Some items may differ to those shown. 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..

SIDES

Skin-on Chips^{VE} (256kcal)

Beer-Battered Onion Rings⁵ (323kcal)

Chopped Side Salad^{VE} (42kcal)

Coleslaw^V (154kcal)

Katsu Chicken Topped Chips

Topped with our signature curry sauce, fresh chilli, coriander and spring onion (414kcal)

Go LARGE

(Serves 2, 828kcal, 414kcal per portion)

Chipotle Beef Chilli Topped Chips

Topped with cheese sauce and reduced-fat soured cream (380kcal)

Go LARGE

(Serves 2, 761kcal, 380kcal per portion)

DESSERTS

Sticky Toffee Pudding^V

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

Triple Chocolate Brownie^V

Served warm with vanilla ice cream (620kcal)

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 (480kcal)

Fruit Salad^{VE}

A selection of fruit (106kcal)

Chocolate Torte^{VE}

Decadent chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (279kcal)

Add vanilla ice cream^V (+70kcal)

Banoffee Cheesecake^V

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

Berry Pancake Stack^{†V}

American-style pancakes topped with fruit berries.

Served with vanilla ice cream (374kcal)

Adults need around 2,000kcal a day



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