



Premier Inn

Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

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 Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

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.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



BREAKFAST BAPS without sauce

BACON BAP

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1468 kJ / 351 kcal	16.9 g	8.7 g	32.2 g	4.8 g	16.5 g	2.23 g

FRIED EGG BAP - V

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1504 kJ / 360 kcal	19.4 g	8.0 g	32.0 g	4.6 g	13.7 g	0.87 g

GARDEN GOURMET SENSATIONAL SAUSAGE BAP - V

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1717 kJ / 411 kcal	19.9 g	6.7 g	37.8 g	5.4 g	16.1 g	1.45 g

SAUSAGE BAP

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2261 kJ / 542 kcal	32.7 g	14.4 g	40.5 g	6.0 g	20.5 g	1.87 g

ADD SAUCE TO YOUR BAP

Add HP Sauce - V

Contains: Cereals containing Gluten (Barley, Rye)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	50 kJ / 12 kcal	0.0 g	0.0 g	2.8 g	2.3 g	0.1 g	0.13 g

Add Tomato Ketchup - V

Contains: Celery

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	29 kJ / 7 kcal	0.0 g	0.0 g	1.6 g	1.6 g	0.1 g	0.13 g

NIBBLES

CHICKEN WINGS WITH DIP (per 2 wings)

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	632 kJ / 151 kcal	7.5 g	1.8 g	5.9 g	3.3 g	14.9 g	0.65 g

CHOPPED SIDE SALAD (per portion) - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

MINI CHICKEN BITES (per piece)

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	85 kJ / 20 kcal	1.0 g	0.2 g	1.3 g	0.0 g	1.5 g	0.06 g

NACHOS & SALSA (per portion) - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	624 kJ / 149 kcal	6.3 g	0.9 g	19.8 g	1.0 g	2.2 g	0.43 g

SKIN-ON CHIPS (per 100g) - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	663 kJ / 158 kcal	6.9 g	0.5 g	20.5 g	0.4 g	2.2 g	0.84 g

SANDWICHES (per triangle portion)

BLT SANDWICH

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	386 kJ / 92 kcal	3.6 g	1.2 g	10.2 g	1.4 g	4.2 g	0.57 g

CHEESE & TOMATO SANDWICH - **V**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	378 kJ / 90 kcal	3.8 g	2.3 g	9.8 g	1.2 g	3.6 g	0.31 g

EGG MAYO SANDWICH - **V**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	303 kJ / 72 kcal	2.5 g	0.9 g	9.5 g	0.6 g	2.5 g	0.24 g

GRILLED CHICKEN MAYO SANDWICH

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	384 kJ / 91 kcal	3.1 g	0.9 g	9.8 g	0.9 g	5.6 g	0.41 g

HAM & TOMATO SANDWICH

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 76 kcal	1.7 g	0.8 g	9.9 g	1.3 g	4.8 g	0.44 g

ASSORTED CRISPS per pack

Cheese & Onion Crisps - **V**

Contains: Milk

May Contain: Other Cereals containing (Barley, Wheat), Celery, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	932 kJ / 223 kcal	12.0 g	0.9 g	25.2 g	1.2 g	2.5 g	0.54 g

Prawn Cocktail Crisps - V*Contains: No major allergens**May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	960 kJ / 230 kcal	13.1 g	1.1 g	24.3 g	0.9 g	2.8 g	0.54 g

Salt & Vinegar Crisps - V*Contains: No major allergens**May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	975 kJ / 234 kcal	13.9 g	1.1 g	23.7 g	0.5 g	2.7 g	0.73 g

Salted Crisps - V*Contains: No major allergens**May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	975 kJ / 234 kcal	13.9 g	1.1 g	23.7 g	0.5 g	2.7 g	0.73 g

PIZZAS

HAWAIIAN BBQ PIZZA (per slice)*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	612 kJ / 145 kcal	4.2 g	2.3 g	19.6 g	3.8 g	6.6 g	0.67 g

MARGHERITA PIZZA (per slice) - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	485 kJ / 115 kcal	3.6 g	2.1 g	15.5 g	0.9 g	4.8 g	0.46 g

PEPPERONI PIZZA (per slice)*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	620 kJ / 148 kcal	6.6 g	3.0 g	15.6 g	1.0 g	6.2 g	0.76 g

VEGGIE PIZZA (per slice) - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	533 kJ / 127 kcal	4.1 g	2.2 g	16.6 g	1.8 g	5.2 g	0.47 g

DESSERTS

BROWNIE (per 2 pieces) - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

CHOCOLATE TORTE (per 2 pieces) - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	505 kJ / 121 kcal	6.5 g	3.7 g	14.4 g	9.2 g	0.6 g	0.16 g

LEMON DRIZZLE CAKE (per 2 pieces) - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1176 kJ / 280 kcal	11.0 g	1.1 g	42.1 g	25.1 g	2.9 g	0.54 g

WHOLE FRUIT (per piece)

APPLES GREEN - VE V

Contains: No major allergens

May Contains: No major allergens

BANANA - VE V

Contains: No major allergens

May Contains: No major allergens

CLEMENTINE - V

Contains: No major allergens

May Contains: No major allergens