

Fancy a Meal Deal?

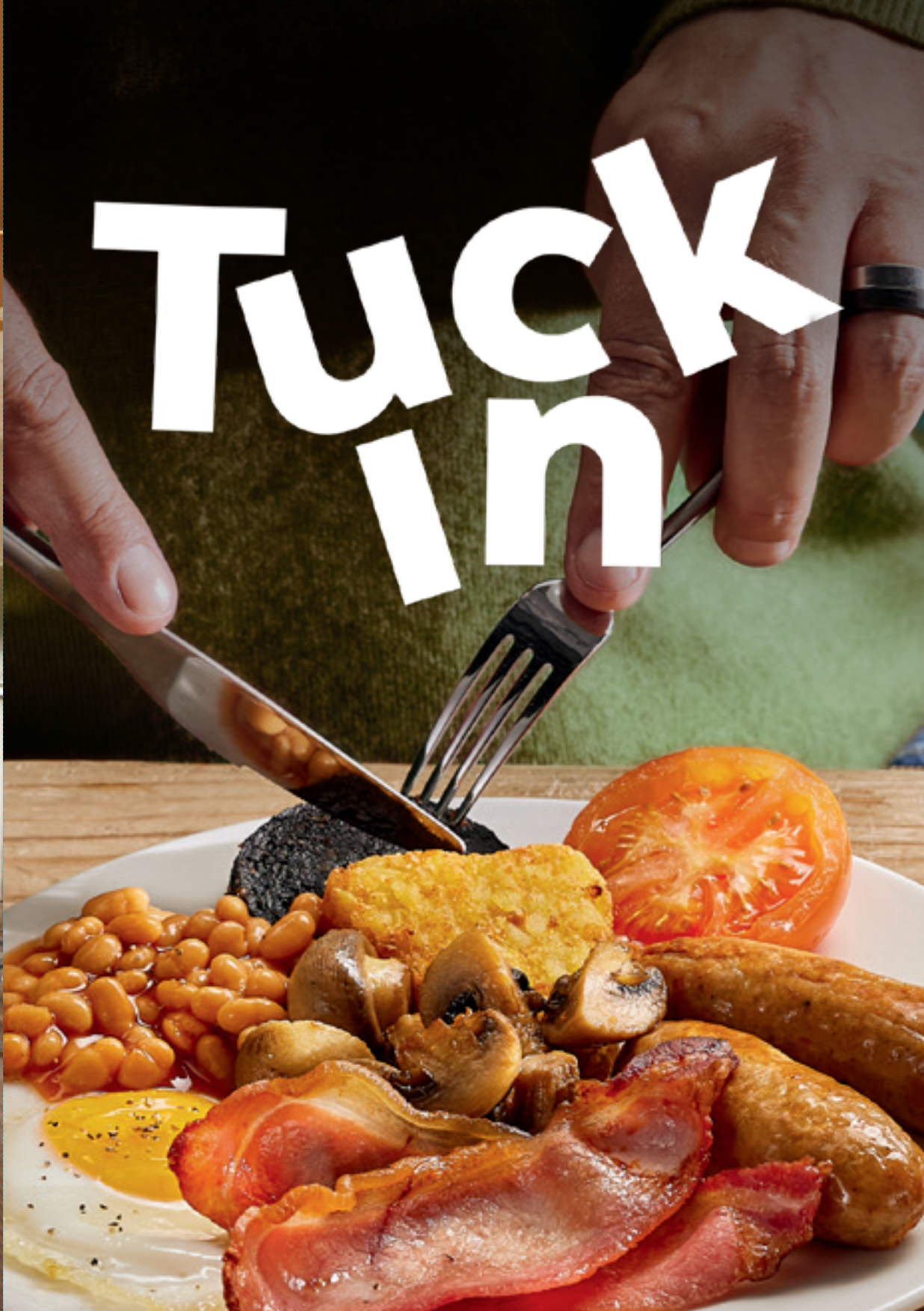
2-course dinner

+ drink

+ unlimited breakfast

£26.99

Fancy a third course?
Why not! Just £2 extra



Images for illustrative purposes only

72798/MW/Breakfast/Menu

V suitable for vegetarians **VE** suitable for vegans. All our meat products may contain small bones. **#** May contain fruit stones * Kids 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. Some items may differ to those shown. All products may be subject to change and availability. Photography is for illustrative purposes only. GARDEN GOURMET® Reg. Trademark used in agreement with the Trademark owner. **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 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. Alpro Soya available on request. 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. As gluten is present in our kitchen please tell your server and we will take care to minimise the risk of cross-contamination.**

Unlimited cooked breakfast

£10.99

Back Bacon Rashers
(49kcal per rasher)

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

Premium Sausages
(122kcal per sausage)

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

Eggs **V**
Scrambled (280kcal per spoon)
Fried (108kcal)
Poached (79kcal)
Boiled (82kcal)

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

Black Pudding
(122kcal per slice)

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

Halved Grilled **VE**
Tomatoes
(28kcal per half tomato)

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

This includes:



Adults need around 2,000 kcal a day

Kids eat for **free***



Unlimited continental

£8.99

This includes:



Bakery

- Croissant** **V** (203kcal)
- Pain Au Chocolat** **V** (184kcal)
- Blueberry Muffin** **V** (210kcal)
- Crumpet** **VE** (88kcal)
- American-style buttermilk pancakes** **V** (96kcal each)

Sliced bread

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

Preserve, spreads & jams

- Butter** **V** (46kcal)
- Sunflower spread** **VE** (43kcal)
- Hazelnut Chocolate Spread** **V** (81kcal)
- Marmalade** **VE** (33kcal)
- Honey** **V** (65kcal)
- Jams** **VE** (34kcal)
- Marmite** **VE** (21kcal)
- Maple Syrup** **VE** (63kcal)
- Peanut Butter** **VE** (98kcal)

Fruits

- A Selection of Whole Fruits** **V**
- Red Berry Mix** **VE**
- Fresh Fruit Salad** **VE**

Yoghurts & cereals

- A selection of yoghurts** (see packaging for calorie info)
- Porridge** **V** (337kcal with semi skimmed milk or 324 kcal with soya drink)
- Muesli** **V** (166kcal per pack)
- Granola** **V** (188kcal per 45g*)
- Special K** **V** (113kcal per 30g*)
- Cornflakes** **V** (116kcal per 30g*)
- Weetabix** **VVE** (136kcal for 2 biscuits*)
- Rice Krispies** **V** (117kcal per 30g*)
- Coco Pops** **V** (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

- Coffee** (6kcal without milk per cup)
- Cappuccino** (262kcal per cup)
- Latte** (122kcal per cup)
- Americano** (6kcal per cup)

- Espresso** (6kcal per cup)
- PG Tips Tea:** Choose from Black Tea, Green Tea, Raspberry Tea, Mint Tea or Earl Grey Tea

- Orange Juice** (69kcal per 150ml glass)
- Apple Juice** (71kcal per 150ml glass)
- Cranberry Juice Drink** (30kcal per 150ml glass)

Please see separate Drinks Card for full range and calorie information

Breakfast Menu



Premier Inn
Rest easy