

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:



Kids eat for free*

Adults need around 2,000 kcal a day



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 324kcal 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 **VE** (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