

Unlimited cooked breakfast

£9.99

Back Bacon Rashers
(49kcal per rasher)

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

Premium Sausages
(122kcal per sausage)

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

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

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

Black Pudding
(122kcal per slice)

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

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

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

This includes:



All you can eat from our cooked breakfast



All you can eat from our continental breakfast



Unlimited drinks

Kids eat for free*

Adults need around 2,000 kcal a day



Unlimited continental

£7.99

This includes:



All you can eat from our continental breakfast



Unlimited drinks

Bakery

Croissant **v** (203kcal)
Pain Au Chocolat **v** (184kcal)
Blueberry Muffin **v** (235kcal)
Sourdough Muffin **vVE** (226kcal)
Crumpet **vVE** (88kcal)

Sliced bread

White **vVE** (90kcal per slice)
Malted **vVE** (91kcal per slice)
Gluten-Free **v** (84kcal per slice)

American-style buttermilk pancakes

v (96kcal each)

Adults need around 2,000 kcal a day

Preserve, spreads & jams

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

Fruits

A Selection of Whole Fruits **v**
Red Berry Mix **vVE**
Fresh Fruit Salad **vVE**

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** (113kcal 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.

Unlimited tea, coffee and juice

Please see separate Drinks Card for full range and calorie information

Coffee
(6kcal without milk per cup)
Cappuccino (262kcal per cup)
Latte (122kcal per cup)
Americano (6kcal per cup)
Espresso (6kcal per cup)
Orange Juice
(69kcal per 150ml glass)
Apple Juice
(71kcal per 150ml glass)
Cranberry Juice Drink
(30kcal per 150ml glass)

Breakfast Menu



Premier Inn
Rest easy