

Kick-start your day



Premier Inn 



Unlimited Cooked 12.99

This includes unlimited cooked and continental breakfast, and unlimited drinks



Eggs V

Scrambled (280kcal), Fried (108kcal), Poached (79kcal) or Boiled (82kcal)

Hash Browns VE (100kcal, per hash brown)

Back Bacon Rashers (82kcal, per rasher)

THIS™ Isn't Bacon VE (59kcal, per rasher)

Premium Pork Sausages

(161kcal, per sausage)

Vegan Sausage VE (99kcal, per sausage)

HEINZ Baked Beans VE

(148kcal, per spoon)

Black Pudding (175kcal, per slice)

Halved Grilled Tomato VE

(28kcal, per half tomato)

Mushrooms VE

(26kcal, per spoon)

Unlimited Continental 10.99

This includes unlimited continental breakfast and unlimited drinks

Bakery

Croissant V (183kcal)

Pain au Chocolat V (172kcal)

Blueberry Muffin V (169kcal)

Pancake V (96kcal, per pancake)

Sourdough Crumpet VE (87kcal)

White Bread VE (92kcal, per slice)

Malted Brown Bread VE

(93kcal, per slice)

Gluten-Free Bread VE (205kcal, per slice)

Fruits

Banana VE

Clementine V

Apple VE

Fruit Berry Mix^o VE (49kcal, per 100g)

Fresh Fruit Salad VE (62kcal, per 100g)

Yoghurts and Cereals

Gluten Free Muesli V

(182kcal, per pack)

Porridge Oats V

(238kcal per serving, milk not included)

Granola V (217kcal, per 45g)

Muesli Fruit^o V (166kcal, per pack)

Special K V (118kcal, per 30g)

Coco Pops V (115kcal, per 30g)

Cornflakes V (116kcal, per 30g)

Weetabix VE (136kcal, per pack)

Rice Krispies V (117kcal, per 30g)

Greek Yoghurt V

(129kcal, per 125g)

Strawberry Yoghurt V

(87kcal, per 125g)

Preserves, Spreads and Jams

Assorted Jams VE (48kcal)

Peanut Butter VE (97kcal)

Honey V (61kcal, per 20g)

Marmalade VE (48kcal)

Hazelnut Spread V (81kcal)

Maple Syrup VE (63kcal, per 20g)

Marmite VE (21kcal)

Sunflower Spread VE (43kcal)

Butter V (46kcal)

Unlimited Drinks

Cold Drinks

Apple Juice VE (47kcal, per 100ml)

Orange Juice Blend VE

(48kcal, per 100ml)

Cranberry Juice Drink VE (20kcal, per 100ml)

Hot Drinks

Coffee

PG Tips

Choose from a selection of teas

Soya or Oat available on request. Please see separate Drinks Menu for our full range and calorie information.



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. 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).

Adults need around 2,000kcal a day. Children between 5-10 years old need around 1,800kcal a day, this will vary by age.

Our dishes are prepared in kitchens where allergen cross-contamination may occur; please inform your server of any allergies. Menu descriptions may not list all ingredients, and substitutions may occur – check current allergy information online and confirm with your server. (V) = suitable for vegetarians, (Ve) = suitable for vegans and vegetarians. Our vegan and vegetarian dishes are made to a vegan or vegetarian recipe, but we cannot guarantee that they are suitable if you have a food allergy. Please refer to our allergen information if you have a specific requirement. Calorie information is based on the average serving size and is correct at the time of printing. These may vary with substitution. All food weight is based on uncooked approximates. *Fruit stones. Prices are inclusive of VAT. Images for illustration purposes only. 2 kids eat free – up to a maximum of 2 children aged 15 and under can eat free per one adult purchasing a Full Premier Inn Breakfast. Speak to a member of the team or see our website for more information. Management may change or withdraw offers without notice.