

Unlimited cooked breakfast

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:



Adults need around 2,000 kcal a day

Kids eat for free*



Unlimited continental

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