



Premier Inn

Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



PREMIER INN BREAKFAST

UNLIMITED CONTINENTAL - BAKERY (per item/slice) - V

Croissant - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Other Cereals containing (Barley, Oats, Rye), Soya, Tree Nuts (Almond, Hazelnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	847 kJ / 203 kcal	11.6 g	6.2 g	19.7 g	3.3 g	4.3 g	0.39 g

Gluten Free Bread - V

Contains: Egg

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	353 kJ / 84 kcal	1.8 g	0.1 g	13.8 g	0.3 g	1.1 g	0.36 g

Malted Brown Sandwich Bread (per slice) - VE V

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	393 kJ / 93 kcal	0.4 g	0.1 g	18.2 g	1.1 g	3.3 g	0.28 g

Mini Pain Au Chocolat - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: Other Cereals containing (Barley, Oats), Tree Nuts (Almond, Cashew, Hazelnut, Pecan)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	769 kJ / 184 kcal	10.5 g	5.7 g	18.7 g	5.8 g	3.0 g	0.29 g

Reduced Sugar Pancake - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 96 kcal	3.0 g	0.4 g	14.3 g	1.0 g	2.7 g	0.29 g

Sourdough Crumpet - VE V

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	373 kJ / 88 kcal	0.4 g	0.1 g	17.7 g	0.8 g	2.9 g	0.58 g

White Sandwich Bread (per slice) - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: Other Cereals containing (Barley, Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.3 g	0.0 g	18.5 g	1.1 g	3.1 g	0.32 g

Blueberry Muffin - V

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Other Cereals containing (Barley, Oats), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	986 kJ / 235 kcal	9.4 g	1.1 g	34.1 g	19.0 g	3.4 g	0.15 g

UNLIMITED CONTINENTAL - DRINKS (per serving) - VE V

Tropical Fruit Juice - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	116 kJ / 27 kcal	0.0 g	0.0 g	6.3 g	6.3 g	0.0 g	0.00 g

Apple Juice - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	300 kJ / 71 kcal	0.0 g	0.0 g	16.8 g	16.8 g	0.1 g	0.00 g

Cranberry Juice Drink - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	126 kJ / 30 kcal	0.0 g	0.0 g	6.8 g	6.8 g	0.0 g	0.00 g

Orange Juice - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	297 kJ / 69 kcal	0.0 g	0.0 g	15.6 g	15.6 g	0.8 g	0.00 g

UNLIMITED CONTINENTAL - MILK (per 100ml) - V**Semi Skimmed Milk - V***Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	195 kJ / 46 kcal	1.6 g	1.1 g	4.7 g	4.7 g	3.3 g	0.10 g

Whole Milk - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	269 kJ / 64 kcal	3.6 g	2.3 g	4.6 g	4.6 g	3.4 g	0.11 g

Alpro Soya Drink - VE V*Contains: Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	177 kJ / 42 kcal	1.9 g	0.3 g	2.7 g	2.5 g	3.3 g	0.08 g

UNLIMITED CONTINENTAL - PORRIDGE - V**Porridge with Cows Milk - V***Contains: Cereals containing Gluten (Oats), Milk**May Contain: Other Cereals containing (Barley, Wheat), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1419 kJ / 337 kcal	9.3 g	4.0 g	44.4 g	14.6 g	16.4 g	0.31 g

Porridge with Soya Alternative - VE V*Contains: Cereals containing Gluten (Oats), Soya**May Contain: Other Cereals containing (Barley, Wheat), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1365 kJ / 325 kcal	10.2 g	1.6 g	38.4 g	8.0 g	16.4 g	0.25 g

UNLIMITED CONTINENTAL - PRESERVE, SPREADS AND JAM (per item) - V**Jim Jam Hazelnut Chocolate Spread - V***Contains: Milk, (Hazelnut)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	345 kJ / 83 kcal	5.5 g	1.1 g	7.4 g	1.3 g	1.0 g	0.03 g

Assorted Jam Portions - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	143 kJ / 34 kcal	0.0 g	0.0 g	8.3 g	7.0 g	0.0 g	0.01 g

Honey Portions - V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	278 kJ / 65 kcal	0.0 g	0.0 g	16.2 g	15.0 g	0.1 g	0.02 g

Sunflower Spread - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 43 kcal	4.7 g	1.1 g	0.0 g	0.0 g	0.0 g	0.09 g

Maple Syrup Portions - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	266 kJ / 63 kcal	0.1 g	0.0 g	15.3 g	15.3 g	0.1 g	0.16 g

Marmite Portions - VE V*Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Celery**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	88 kJ / 21 kcal	0.0 g	0.0 g	2.4 g	0.1 g	2.7 g	0.86 g

Nutella Hazelnut Chocolate Spread Portions - V*Contains: Milk, Soya, (Hazelnut)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 81 kcal	4.6 g	1.6 g	8.6 g	8.4 g	0.9 g	0.02 g

Orange Marmalade Portions - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	142 kJ / 33 kcal	0.0 g	0.0 g	8.3 g	8.1 g	0.0 g	0.00 g

Peanut Butter Portions - VE V*Contains: Peanut**May Contain: Other Cereals containing (Wheat), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.3 g	1.5 g	1.5 g	0.8 g	3.6 g	0.08 g

Salted Butter Portions - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	188 kJ / 46 kcal	5.0 g	3.3 g	0.0 g	0.0 g	0.0 g	0.12 g

UNLIMITED CONTINENTAL - SUGAR - VE V**Demerra Brown Sugar Sachet - VE V***Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	59 kJ / 14 kcal	0.0 g	0.0 g	3.5 g	3.5 g	0.0 g	0.00 g

Sweet & Low Sachet - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	16 kJ / 4 kcal	0.0 g	0.0 g	0.9 g	0.0 g	0.0 g	0.00 g

White Sugar Sachet - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	60 kJ / 14 kcal	0.0 g	0.0 g	3.5 g	3.5 g	0.0 g	0.00 g

UNLIMITED CONTINENTAL - YOGHURTS AND CEREALS - V**Alpen Muesli (per 45g) - V***Contains: Cereals containing Gluten (Oats, Wheat), Milk, (Almond, Hazelnut)**May Contain: Tree Nuts (Brazil, Cashew, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	700 kJ / 166 kcal	2.6 g	0.4 g	28.4 g	7.2 g	5.4 g	0.13 g

Coco Pops (per 30g) - V*Contains: Cereals containing Gluten (Barley)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 115 kcal	0.6 g	0.3 g	25.1 g	5.1 g	1.9 g	0.19 g

Granola Quaker Oat Raisin (per 45g) - V*Contains: Cereals containing Gluten (Oats, Wheat)**May Contain: Other Cereals containing (Barley, Rye), Milk, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	792 kJ / 188 kcal	4.1 g	0.5 g	31.9 g	10.3 g	3.6 g	0.00 g

Greek Yoghurt (per item) - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	329 kJ / 78 kcal	0.7 g	0.1 g	9.3 g	9.3 g	8.6 g	0.24 g

Kelloggs Muesli Fruit (per 45g) - V*Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Milk, Sulphite**May Contain: Peanut, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 166 kcal	2.3 g	0.4 g	30.1 g	8.1 g	4.2 g	0.01 g

Rice Krispies (per 30g) - V*Contains: Cereals containing Gluten (Barley)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	495 kJ / 117 kcal	0.4 g	0.1 g	25.8 g	2.4 g	2.1 g	0.30 g

Special K (per 30g) - V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	480 kJ / 113 kcal	0.4 g	0.1 g	24.3 g	4.3 g	2.3 g	0.24 g

Strawberry Yoghurt (per item) - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	485 kJ / 115 kcal	4.7 g	3.1 g	12.7 g	12.4 g	5.5 g	0.18 g

Weetabix (per 2 biscuits) - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	574 kJ / 136 kcal	0.8 g	0.2 g	25.9 g	1.7 g	4.5 g	0.11 g

Gluten Free Muesli (per 50g) - V*Contains: Soya, (Almond)**May Contain: Milk, Tree Nuts (Hazelnut, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	768 kJ / 182 kcal	3.0 g	0.3 g	30.5 g	13.0 g	6.5 g	0.38 g

Cornflakes (per 30g) - V*Contains: Cereals containing Gluten (Barley)**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	481 kJ / 113 kcal	0.4 g	0.1 g	25.0 g	1.8 g	2.3 g	0.17 g

UNLIMITED COOKED BREAKFAST (per item)**Baked Beans (per spoon) - VE V***Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	311 kJ / 74 kcal	0.2 g	0.0 g	11.9 g	4.8 g	4.4 g	0.50 g

Black Pudding (per slice)*Contains: Cereals containing Gluten (Barley, Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	507 kJ / 122 kcal	8.1 g	3.0 g	5.5 g	0.1 g	6.5 g	0.90 g

Back Bacon (per piece)*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	205 kJ / 49 kcal	3.0 g	1.2 g	0.1 g	0.1 g	5.3 g	0.77 g

Breakfast Sausage (per piece)*Contains: Cereals containing Gluten (Wheat), Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	508 kJ / 122 kcal	9.2 g	3.5 g	3.6 g	0.6 g	6.2 g	0.50 g

Garden Gourmet Vegan Sausage (per piece) - VE V*Contains: Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	330 kJ / 80 kcal	4.5 g	0.3 g	2.9 g	0.4 g	5.2 g	0.38 g

Eggs Scrambled (per spoon) - V*Contains: Egg, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1171 kJ / 280 kcal	25.7 g	13.8 g	1.3 g	1.3 g	11.0 g	0.30 g

Hash Brown (per piece) - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	419 kJ / 100 kcal	5.3 g	2.2 g	12.8 g	0.3 g	1.0 g	0.25 g

Grilled Tomato (per half) - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	117 kJ / 28 kcal	2.1 g	0.2 g	1.6 g	1.6 g	0.4 g	0.00 g

Egg Fried (per piece) - V**Contains: Egg***May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 108 kcal	8.5 g	1.8 g	0.1 g	0.1 g	7.9 g	0.19 g

This Isn't Bacon (per piece) - VE V**Contains: Soya***May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	158 kJ / 38 kcal	2.2 g	0.2 g	1.0 g	0.1 g	3.2 g	0.30 g

Egg Boiled (per piece) - V**Contains: Egg***May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	341 kJ / 82 kcal	5.8 g	1.7 g	0.0 g	0.0 g	6.8 g	0.20 g

Egg Poached (per piece) - V**Contains: Egg***May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 79 kcal	5.4 g	1.5 g	0.0 g	0.0 g	7.6 g	0.23 g

Mushrooms (per spoon) - VE V**Contains: No major allergens***May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	224 kJ / 53 kcal	4.9 g	0.4 g	0.3 g	0.2 g	1.5 g	0.20 g

UNLIMITED CONTINENTAL - FRUITS - V

Bananas (per piece) - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	598 kJ / 141 kcal	0.4 g	0.1 g	31.9 g	28.7 g	1.6 g	0.04 g

Fresh Fruit Salad (per spoon) - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 62 kcal	0.1 g	0.0 g	13.4 g	13.4 g	0.7 g	0.00 g

Fruit Berry Mix (per spoon) - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	166 kJ / 39 kcal	0.2 g	0.0 g	7.9 g	7.9 g	0.7 g	0.00 g

Apples Green (per piece) - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	305 kJ / 73 kcal	0.1 g	0.0 g	16.1 g	16.1 g	0.4 g	0.01 g

Clementine (per piece) - V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	8.7 g	8.7 g	0.9 g	0.00 g