

# Breakfast

## MENU

KIDS EAT FREE\*

### UNLIMITED COOKED

This includes unlimited cooked and continental breakfast and unlimited drinks

**Eggs - Scrambled** (280kcal), **Fried** (108kcal),  
**Poached** (79kcal) or **Boiled** (82kcal) **v**

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

**Back Bacon** (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)

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

**Black Pudding** (122kcal per slice)

**Halved Grilled Tomato** **ve** (28kcal per half tomato)

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

### UNLIMITED CONTINENTAL

This includes unlimited continental breakfast and unlimited drinks

#### BAKERY

**Croissant** **v** (203kcal)

**Pain au Chocolat** **v** (184kcal)

**Blueberry Muffin** **v** (210kcal per muffin)

**Pancake** **v** (96kcal)

**Sourdough Crumpet** **ve** (88kcal)

#### SLICED BREAD

**White Bread** **ve** (90kcal per slice)

**Malted Brown Bread** **ve** (91kcal per slice)

**Gluten Free Bread** **v** (84kcal per slice)

#### FRUITS

**Bananas** **ve**

**Clementines** **v**

**Apples** **ve**

**Fruit Berry Mix** **ve**

**Fresh Fruit Salad** **ve**

#### YOGHURTS AND CEREALS

**Porridge** **v**

With cow's milk (337kcal)

With soya drink (324kcal)

**Granola** (188kcal per 45g)

**Muesli Fruit** **v** (166kcal per pack)

**Special K** **v** (113kcal per 30g)

**Coco Pops** **v** (115kcal per 30g)

**Cornflakes** **v** (116kcal per 30g)

**Weetabix** **ve** (136kcal per 2 biscuits)

**Rice Krispies** **v** (117kcal per 30g)

**A selection of yoghurts** **v** (see packaging for calories)

#### PRESERVE, SPREADS AND JAMS

**Assorted Jams** **ve** (34kcal)

**Peanut Butter** **ve** (98kcal)

**Honey** **v** (65kcal)

**Orange Marmalade** **ve** (33kcal)

**Hazelnut Spread** **v** (83kcal)

**Maple Syrup** **ve** (63kcal)

**Marmite** **ve** (21kcal)

**Sunflower Spread** **ve** (43kcal)

### UNLIMITED TEA, COFFEE & JUICE

#### HOT DRINKS

**Coffee**

**PG Tips**

Choose from Black Tea, Green Tea,  
Raspberry Tea, Mint Tea or Earl Grey Tea

Please see separate Drinks Card for full range and calorie information

#### COLD DRINKS

**Cranberry Juice Drink** **ve** (30kcal)

**Apple Juice** **ve** (71kcal)

**Orange Juice** **ve** (69kcal)

Adults need around 2,000kcal a day

**v** suitable for vegetarians **ve** suitable for vegans. All our meat products may contain small bones. **⚠** May contain fruit stones \* Kids eat free: up to a maximum of 2 children under 16 (aged 15 and under) can eat breakfast free per adult purchasing a Full Premier Inn Breakfast. Some items may differ to those shown. All products may be subject to change and availability. Photography is for illustrative purposes only. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at the time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. **Don't worry, we know there are allergens in our food and drink which we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Ingredients can occasionally be substituted at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive.** Alpro Soya available on request. As gluten is present in our kitchen please tell your server and we will take care to minimise the risk of cross-contamination. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner.