



## Premier Inn

### *Allergy Information Guide Information:*

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

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 Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut) and products thereof.**

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

**Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.**

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 Premier Inn ALLERGY INFORMATION GUIDE

**Yes** The allergen is present

**Yes** Suitable for ovo-lacto vegetarians/ vegans

**No** Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>PREMIER INN BREAKFAST MENU</b>								
<b>UNLIMITED COOKED BREAKFAST per item or as specified</b>								
Bacon	207	49	3.0	1.2	0.1	0.1	5.4	0.8
BREAKFAST SAUSAGE	511	122	8.6	3.2	3.9	0.6	7.1	0.7
GARDEN GOURMET SAUSAGE	292	70	4.1	1.8	1.6	0.4	5.5	0.4
THIS ISN'T BACON	158	38	2.2	0.2	1.0	0.1	3.2	0.3
EGGS SCRAMBLED per spoon	1171	280	25.7	13.8	1.3	1.3	11.0	0.3
EGGS FRIED per item	452	108	8.5	1.8	0.1	0.1	7.9	0.0
EGGS POACHED per item	332	79	5.8	1.7	0.0	0.0	6.8	0.2
EGG BOILED per item	341	82	5.8	1.7	0.0	0.0	6.8	0.2
HASH BROWNS per item	420	100	5.3	2.2	12.8	0.3	1.0	0.3
Black Pudding per slice	509	122	8.1	3.0	5.5	0.1	6.6	0.9
mushrooms per spoon	224	53	4.9	0.4	0.3	0.2	1.5	0.2
GRILLED TOMATO per half	117	28	2.1	0.2	1.6	1.6	0.4	0.0
BEANS per spoon	310	74	0.2	0.0	11.9	4.8	4.4	0.5
<b>UNLIMITED CONTINENTAL</b>								
<b>BAKERY per item</b>								
CROISSANT	850	203	12.1	7.7	19.4	3.1	3.8	0.3
MINI PAIN AU CHOCOLAT	769	184	10.4	6.0	18.5	5.8	3.5	0.2
CHOC CHIP MUFFIN	1047	250	10.6	2.4	35.1	18.9	3.1	0.2
BLUEBERRY MUFFIN	984	235	9.3	0.9	34.5	17.0	3.0	0.2
SOUSDOUGH CRUMPETS	366	88	0.4	0.1	17.6	0.8	2.9	0.6
SAVOURY ENGLISH MUFFIN	946	226	3.4	1.6	39.8	3.0	8.0	0.8
WHITE SANDWICH BREAD	378	90	1.0	0.2	16.9	1.0	3.0	0.3
MALTED SANDWICH BREAD	379	91	0.8	0.1	16.5	0.7	3.5	0.3
GLUTEN FREE BREAD SLICE	353	84	1.7	0.1	13.7	0.3	2.2	0.4
REDUCED SUGAR PANCAKE	402	96	3.0	0.4	14.3	1.0	2.7	0.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>PRESERVE, SPREADS &amp; JAM per item</b>								
JIMJAM HAZELNUT CHOC SPREAD	347	83	5.6	1.1	7.4	1.3	1.0	0.0
NUTELLA CHOCOLATE SPREAD PORTIONS	338	81	4.6	1.6	8.6	8.4	0.9	0.0
ORANGE MARMALADE PORTIONS	140	33	0.0	0.0	8.3	8.1	0.0	0.0
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
MIXED JAM CASE	141	34	0.0	0.0	8.3	7.0	0.0	0.0
MARMITE PORTIONS	87	21	0.0	0.0	2.4	0.1	2.7	0.9
MAPLE SYRUP PORTIONS	262	63	0.1	0.0	15.3	15.3	0.1	0.2
PEANUT BUTTER	410	98	8.3	1.5	1.5	0.8	3.6	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
SALTED BUTTER PORTIONS	192	46	5.0	3.2	0.0	0.0	0.0	0.1
<b>YOGHURTS &amp; CEREALS per item or as specified</b>								
GREEK STYLE YOGHURT	327	78	0.0	0.0	8.1	8.1	11.4	0.3
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
KELLOGG'S MUESLI FRUIT per 45g	695	166	2.3	0.4	30.2	8.1	4.2	0.0
ALPEN MUESLI SACHET per 45g	700	166	2.6	0.4	28.4	7.2	5.4	0.1
GLUTEN FREE MUESLI per 50g	768	182	3.0	0.4	30.5	13.0	6.5	0.4
COCO POPS per 30g	482	115	0.6	0.3	25.2	5.1	1.9	0.2
CORNFLAKES per 30g	475	113	0.3	0.1	25.2	2.4	2.1	0.3
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.6	4.5	0.1
GRANOLA QUAKER OAT RAISIN per 45g	788	188	4.1	0.5	32.0	10.4	3.6	0.0
SPECIAL K per 30g	471	113	0.5	0.1	23.7	4.5	2.7	0.3
RICE KRISPIES per 30g	488	117	0.4	0.1	25.8	2.4	2.1	0.3
PORRIDGE WITH COWS MILK as made	1413	337	9.3	4.0	44.4	14.6	16.4	0.3
PORRIDGE WITH SOYA MILK DRINK as made	1357	324	10.2	1.6	38.4	8.0	16.4	0.2
<b>MILKS per 100ml</b>								
MILK SEMI SKIMMED 4 X 2LTR	194	46	1.6	1.1	4.7	4.7	3.3	0.1
WHOLE MILK	270	64	3.6	2.3	4.6	4.6	3.4	0.1
SOYA DRINK	176	42	1.9	0.3	2.7	2.5	3.3	0.1
<b>UNLIMITED DRINKS Per 100ml or Sachet</b>								
SILVERSPOON DEM SACHETS	58	14	0.0	0.0	3.5	3.5	0.0	0.0
SWEET N LOW	15	4	0.0	0.0	0.9	0.0	0.0	0.0
SILVERSPOON WHT SACHETS	59	14	0.0	0.0	3.5	3.5	0.0	0.0
APPLE JUICE	295	71	0.0	0.0	16.8	16.8	0.2	0.0
CRANBERRY JUICE DRINK	126	30	0.0	0.0	6.8	6.8	0.0	0.0
ORANGE JUICE	289	69	0.0	0.0	15.6	15.6	0.8	0.0

Dish / Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>PREMIER INN BREAKFAST MENU SS23</b>																											
<b>UNLIMITED COOKED BREAKFAST</b>																											
BACK BACON UNSMOKED (10002411)																										No	No
PI BREAKFAST PORK SAUSAGE (10001400)	Yes															Yes										No	No
GARDEN GOURMET VEGAN SAUSAGE (10003403)					Yes																					Yes	Yes
VEGAN BACON					Yes																					Yes	Yes
VEGAN BACON (10003277)					Yes																					Yes	Yes
RAPESEED OIL 100 ABV 2X10L (10002276)																										Yes	Yes
EGGS SCRAMBLED						Yes	Yes																			No	Yes
SEMI SKIMMED MILK (10001941)							Yes																			No	Yes
UHT WHIPPING CREAM (24097)							Yes																			No	Yes
CAGE FREE MED BARN EGGS (10001067)						Yes																				No	Yes
SALTED BLOCK BUTTER (10001077)							Yes																			No	Yes
TABLE SALT (54744)																										Yes	Yes
EGGS FRIED						Yes																				No	Yes
CAGE FREE MED BARN EGGS (10001067)						Yes																				No	Yes
RAPESEED OIL 100 ABV 2X10L (10002276)																										Yes	Yes
EGGS POACHED						Yes																				No	Yes
CAGE FREE MED BARN EGGS (10001067)						Yes																				No	Yes
HASH BROWNS																										Yes	Yes
HASH BROWNS (10001329)																										Yes	Yes
RAPESEED OIL 100 ABV 2X10L (10002276)																										Yes	Yes
CLOSED CUP MUSHROOMS																										Yes	Yes
MUSHROOM CUP (54218)																										Yes	Yes
TABLE SALT (54744)																										Yes	Yes
GRILLED TOMATOES																										Yes	Yes
TOMATO M (54216)																										Yes	Yes
RAPESEED OIL 100 ABV 2X10L (10002276)																										Yes	Yes
BAKED BEANS IN TOMATO SAUCE (10001944)																										Yes	Yes
BLACK PUDDING (53673)	Yes		Yes																							No	No
<b>ACCOMPANIMENTS</b>																											
CRACKED BLACK PEPPERCORNS (10003298)																										Yes	Yes
GROUND WHITE PEPPER (48047)																										Yes	Yes
HEINZ HP SAUCE (52037)		Yes	Yes																							Yes	Yes
HEINZ TOMATO KETCHUP (52036)												Yes														Yes	Yes
TABLE SALT (54744)																										Yes	Yes
<b>UNLIMITED CONTINENTAL</b>																											
<b>BAKERY</b>																											
CROISSANT 20 (51768)	Yes					Yes	Yes																			No	Yes
MINI PAIN AUX CHOCOLAT (10000935)	Yes				Yes	Yes	Yes																			No	Yes
BLUEBERRY MUFFIN (10002737)	Yes					Yes	Yes																			No	Yes
SOURDOUGH MUFFIN (10003607)	Yes				Yes																					Yes	Yes
SOURDOUGH CRUMPET (53706)	Yes																									Yes	Yes
WHITE SANDWICH TIN BREAD (51367)	Yes				Yes																					Yes	Yes
MALTED BROWN SANDWICH TIN BREAD (51368)	Yes		Yes																							Yes	Yes
GLUTEN FREE BREAD SLICE (54731)						Yes																				No	Yes
REDUCED SUGAR PANCAKE (10000656)	Yes					Yes	Yes																			No	Yes

Dish / Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	is the product suitable for Vegans?	is the Product suitable for Vegetarians?
<b>PRESERVE, SPREADS &amp; JAMS</b>																										
JIM JAMS HAZELNUT CHOCOLATE SPREAD PORTIONS 1						Yes											Yes								No	Yes
NUTELLA CHOC SPREAD PORTIONS (53496)				Yes		Yes											Yes								No	Yes
ORANGE MARMALADE PORTIONS (52229)																									Yes	Yes
HONEY PORTIONS (52228)																									No	Yes
ASSORTED JAM PORTIONS (10001621)																									Yes	Yes
MARMITE PORTIONS (45570)	Yes	Yes	Yes	Yes							Yes														Yes	Yes
MAPLE SYRUP SACHETS (53662)																									Yes	Yes
PEANUT BUTTER (54052)													Yes												Yes	Yes
LARDERFRESH SUNFLOWER SPREAD (47177)							Yes																		Yes	Yes
SALTED BUTTER PTN (54661)							Yes																		No	Yes
<b>FRUITS</b>																										
BANANAS (10002199)																									Yes	Yes
APPLES GREEN (54605)																									Yes	Yes
CLEMENTINE																									No	Yes
FRUIT BERRY MIX (10003254)																									Yes	Yes
DEL MONTE FRESH FRUIT (52205)																									Yes	Yes
<b>YOGHURTS &amp; CEREALS</b>																										
GREEK YOGHURT (53510)						Yes																			No	Yes
STRAWBERRY YOG ORG CREAMY (51102)						Yes																			No	Yes
KELLOGGS MUESLI FRUIT (10000339)	Yes	Yes	Yes	Yes		Yes									Yes										No	Yes
GLUTEN FREE MUESLI (10004080)				Yes													Yes								No	Yes
ALPEN SACHET NO ADDED SUGAR (10004086)	Yes			Yes		Yes											Yes	Yes							No	Yes
COCO POPS BAG PACK (53882)				Yes																					No	Yes
CORNFLAKES (50790)				Yes																					No	Yes
WEETABIX (51114)	Yes			Yes																					Yes	Yes
GRANOLA QUAKER OAT RAISIN (10000937)	Yes			Yes																					No	Yes
SPECIAL K (10000837)	Yes			Yes																					No	Yes
RICE KRISPIES BAG PAK (51195)				Yes																					No	Yes
PORRIDGE WITH COWS MILK				Yes		Yes																			No	Yes
OATS2GO PORRIDGE SACHETS (10000838)				Yes																					Yes	Yes
SEMI SKIMMED MILK (10001941)						Yes																			No	Yes
PORRIDGE WITH SOYA MILK DRINK				Yes	Yes																				Yes	Yes
OATS2GO PORRIDGE SACHETS (10000838)				Yes																					Yes	Yes
ALPRO SOYA MILK (54298, 60213)					Yes																				Yes	Yes
<b>MILKS</b>																										
SEMI SKIMMED MILK (10001941)						Yes																			No	Yes
ALPRO SOYA MILK (54298, 60213)					Yes																				Yes	Yes
WHOLE MILK (10001942)						Yes																			No	Yes
<b>UNLIMITED JUICES</b>																										
SUNPRIDE APPLE JUICE (10002729)																									Yes	Yes
SUNPRIDE CRANBERRY JUICE DRINK (10002728)																									Yes	Yes
SUNPRIDE ORANGE JUICE (10002730)																									Yes	Yes