

FOOD AT THE
SOCIAL

Premier Inn
Rest easy



KIDS EAT
FREE†

BREAKFAST

UNLIMITED CONTINENTAL BREAKFAST

Feeling fluffy and buttery? Fresh and creamy? A bit fruity? Any or all of the above, and our unlimited continental breakfast is for you. Help yourself to pastries, cereals, fruit and more.

THIS INCLUDES UNLIMITED CONTINENTAL BREAKFAST AND UNLIMITED DRINKS.

BAKERY

PAIN AU CHOCOLAT ① (184kcal)

If you'd like this toasty and warmed up, just ask our team

CROISSANT ① (167kcal)

If you'd like this toasty and warmed up, just ask our team

BLUEBERRY MUFFIN ① (169kcal)

PANCAKE ① (96kcal)

SOURDOUGH CRUMPET ② (88kcal)

WHITE BREAD ② (92kcal per slice)

MALTED BROWN BREAD ② (93kcal per slice)

GLUTEN-FREE BREAD** ② (102kcal per slice)

PRESERVE, SPREADS AND JAMS

ASSORTED JAMS ② (48kcal)

MAPLE SYRUP ② (63kcal)

PEANUT BUTTER ② (96kcal)

MARMITE ② (21kcal)

HONEY ① (65kcal)

SUNFLOWER SPREAD ②
(43kcal)

ORANGE MARMALADE ②
(48kcal)

BUTTER ① (46kcal)

HAZELNUT SPREAD ①
(81kcal)

FRUITS

BANANAS ②

FRESH FRUIT SALAD ②
(62kcal per spoon)

FRUIT BERRY MIX* ②
(40kcal per spoon)

APPLES ②

CLEMENTINE ①

YOGHURTS & CEREALS

GLUTEN-FREE MUESLI** ①
(183kcal per 50g*)

COCO POPS ①
(115kcal per 30g*)

PORRIDGE ①
With Cow's Milk (337kcal)
With Soya Drink (324kcal)
*Available from our kitchen -
ask a team member*

CORNFLAKES ①
(116kcal per 30g*)

WEETABIX ②
(138kcal per 30g*)

GRANOLA ①
(184kcal per 45g*)

RICE KRISPIES ①
(115kcal per 30g*)

MUESLI FRUIT* ①
(166kcal per pack*)

**GREEK STYLE
YOGHURT** ①
(103kcal per 100g)

SPECIAL K ①
(113kcal per 30g*)

**STRAWBERRY
YOGHURT** ①
(69kcal per 100g)

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

UNLIMITED COOKED BREAKFAST

Sometimes you just can't beat a Full English, and it doesn't get fuller than our unlimited cooked breakfast.

We've now got plenty of options for a great plant-based breakfast too, so sit back and enjoy!

THIS INCLUDES UNLIMITED COOKED AND CONTINENTAL BREAKFAST, AND UNLIMITED DRINKS.

EGGS ① - **SCRAMBLED** (280kcal), **FRIED** (108kcal),
POACHED (79kcal) **OR BOILED** (82kcal)

HASH BROWNS ② (100kcal per hash brown)

BACK BACON (49kcal per rasher)

THIS™ ISN'T BACON ② (57kcal per rasher)

PREMIUM PORK SAUSAGES (122kcal per sausage)

VEGAN SAUSAGE ② (86kcal per sausage)

HEINZ BAKED BEANS ② (86kcal per spoon)

BLACK PUDDING (173kcal per slice)

HALVED GRILLED TOMATO ② (28kcal per half tomato)

MUSHROOMS ② (53kcal per spoon)

UNLIMITED TEA, COFFEE & JUICE

HOT DRINKS

COFFEE

Latte (97kcal), Cappuccino (93kcal), Americano - Black (6kcal),
Americano - White (50kcal with 95ml milk), Espresso (4kcal)

TEA

Selection of teas available

COLD DRINKS

CRANBERRY JUICE DRINK ② (36kcal)

APPLE JUICE ② (72kcal)

ORANGE AND MANDARIN JUICE ② (72kcal)

FANCY A GREAT
DEAL ON DINNER
+ BREAKFAST?

See offers page for full details.

DAYTIME

Available every day 11am – 5pm

READY TO ORDER? POP TO THE BAR (AND DON'T FORGET YOUR TABLE NUMBER)

LUNCH DEAL

**FRESH TOASTIE, SALTED CRISPS
AND SOFT DRINK ,**
UPGRADE TO AN ALCOHOLIC DRINK.

NIBBLES

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (404kcal)

TORTILLA CHIPS & DIP [®]

Served with a tomato salsa (301kcal)

SKIN-ON CHIPS [®] (276kcal)

CHEDDAR CHEESE PLATE [Ⓟ]

Cheddar cheese, crackers, caramelised onion chutney
and apple wedges (567kcal)

SOUP & SALAD

^{NEW} CAESAR SALAD

Crisp cos lettuce drizzled with a rich, creamy Caesar dressing,
topped with mature Cheddar shavings and croutons (267kcal)

Add Chicken Breast (+156kcal)

Add Chicken and Bacon (+272kcal)

Add Chopped Ham¹ (+67kcal)

TOMATO & BASIL SOUP [Ⓟ]

Served with croutons (162kcal)

Vegan option available, just ask! (138kcal)

^{NEW} SANDWICHES

A selection of sandwiches with your choice of white or brown bread.

Served with fresh rocket and salted crisps

CHICKEN CAESAR & BACON CLUB (951kcal)

+ extra when ordered as part of lunch deal

EGG MAYO [Ⓟ] (682kcal)

BLT (989kcal)

+ extra when ordered as part of lunch deal

HOUSE TOASTIES

Freshly toasted, served with fresh rocket and salted crisps

^{NEW} Add Tomato soup [Ⓟ] to your toastie (+138kcal)

CHEESE TOASTIE [Ⓟ]

(667kcal)

CHEESE & HAM¹ TOASTIE

(700kcal)

CHEESE & TOMATO TOASTIE

[Ⓟ] (683kcal)

^{NEW} PEPPERONI PIZZA

TOASTIE (863kcal)

PIZZA

^{NEW} Add a drizzle of Honey Sriracha [Ⓟ] to any pizza for (+70kcal)

MARGHERITA PIZZA [Ⓟ]

Stonebaked pizza, topped with tomato sauce and mozzarella cheese
(871kcal)

PEPPERONI PIZZA

Stonebaked pizza, topped with tomato sauce, mozzarella
cheese and pepperoni (1,001kcal)

PIZZETTE

^{NEW} CHICKEN TIKKA PIZZETTE

Served with tzatziki, pickled red onions and rocket (579kcal)

JACKET POTATOES

All served with fresh rocket

CHIPOTLE BEEF CHILLI & SOUR CREAM (561kcal)

CHEESE & BEANS [Ⓟ] (640kcal)

Vegan option available, just ask! (442kcal)

DESSERTS

TRIPLE CHOCOLATE BROWNIE & ICE CREAM [Ⓟ]

Served warm with vanilla ice cream and chocolate sauce
(464kcal)

VANILLA ICE CREAM [Ⓟ] (209kcal)

FRUIT SALAD [Ⓟ]

A selection of fruit (100kcal)

SWEET TREATS

^{NEW} CINNAMON BUN [Ⓟ] (388kcal)

TRIPLE CHOCOLATE BROWNIE [Ⓟ] (373kcal per 2 pieces)

BLUEBERRY MUFFIN [Ⓟ] (338kcal per 2 muffins)

CROISSANT [Ⓟ] (161kcal)

PAIN AU CHOCOLAT [Ⓟ] (167kcal)

CHOCOLATE CHIP COOKIE [Ⓟ] (320kcal)

HOT DRINKS

AMERICANO

Black (6kcal) or with
95ml milk (50kcal)

CAPPUCCINO (93kcal)

LATTE (97kcal)

HOT CHOCOLATE (222kcal)

ESPRESSO (4kcal)

TEA

A selection of flavours available, just ask one of the team

ULTIMATE
WIFI, A SWEET
TREAT AND
UNLIMITED
TEA & COFFEE
FOR ONLY £6

FOR THE LITTLE ONES

MAINS

MARGHERITA PIZZA [Ⓟ]

Topped with tomato, mozzarella and Cheddar cheese (377kcal)

SPAGHETTI BOLOGNESE [Ⓟ] ¹

Beef bolognese sauce cooked with tomatoes,
onions, carrots and spaghetti (209kcal)

DESSERTS

VANILLA ICE CREAM [Ⓟ] (181kcal)

FRUIT SALAD [Ⓟ] ² A selection of fruit (50kcal)



SCAN FOR OUR
NON-GLUTEN-CONTAINING
INGREDIENTS MENU.

DINNER

Served from 5pm - 10pm

LITTLE ONES
FEELING PECKISH?
ASK A MEMBER OF OUR TEAM
FOR OUR KIDS' MENU

LIGHT BITES

FANCY SHARING?

Try 3 light bites or 4. Available everyday 5pm-10pm

TRY OUR NEW DISHES!

HONEY SRIRACHA CHICKEN WINGS
(387kcal)

CRISPY PRAWNS**
With spicy mayo (297kcal)

CHICKEN TIKKA SKEWER

With a mint yoghurt dip (245kcal)

CRISPY VEGETABLE SPRING ROLLS VE

With hoisin sauce (193kcal)

GARLIC PIZZETTE VE (457kcal)

VEGETABLE GYOZA VE

With honey sriracha sauce (247kcal)

KATSU CHICKEN TOPPED CHIPS

Topped with our signature curry sauce,
fresh chilli, coriander and spring onion
(475kcal)

OUR PICK **BBQ CHICKEN WINGS**
(373kcal)

CRISPY CHICKEN GOUJONS
Served with a smoky BBQ dip (404kcal)
or spicy mayo (424kcal)

TOMATO & BASIL SOUP VE
Topped with croutons (161kcal)
Vegan option available, just ask (138kcal)

OUR PICK **LOADED NACHOS** VE
Served with a tomato salsa, Cheddar cheese
sauce, jalapeños and spring onions (441kcal)

NEW Add chicken goujons (+174kcal)

BEER-BATTERED ONION RINGS VE ^S
(323kcal)

SKIN-ON CHIPS VE (254kcal)

CAESAR SALAD

Crisp cos lettuce drizzled with a rich, creamy
Caesar dressing, topped with mature Cheddar
shavings and croutons (116kcal)

GRILLS

All our beef is 100% British and Irish.

MIXED GRILL

4oz* sirloin steak, gammon steak, half a chicken breast and pork
sausages. Served with beer-battered onion rings^S, garden peas,
a fried egg, half a grilled tomato and skin-on chips (1,226kcal)

NEW Upgrade to an 8oz* sirloin (+160kcal)

+ supplement as part of meal deal

OUR PICK **8OZ* SIRLOIN STEAK**

30-day-aged British & Irish beef, served with skin-on chips,
grilled tomato and garden peas (630kcal)

Add peppercorn sauce (+34kcal)

NEW Add crispy prawns** (+220kcal)

NEW Add green pesto (+160kcal)

+ supplement as part of meal deal

5OZ* GRILLED GAMMON STEAK

With skin-on chips, garden peas, grilled tomato (509kcal) and your
choice of two fried eggs (216kcal), two grilled pineapple rings (44kcal)
or one of each (130kcal)

Double up your gammon (+198kcal)

NEW **CHICKEN TIKKA SKEWERS**

With a flatbread, lettuce, cherry tomatoes, mint yoghurt,
mango chutney and skin-on chips (1,056kcal)

OUR PICK **SMOTHERED CHICKEN**

Topped with bacon, cheese and smoky BBQ sauce. Served with
skin-on chips, garlic flatbread and a salad garnish (706kcal)

NEW Upgrade to double-smothered chicken (+295kcal)

PIZZA

CREATE YOUR OWN PIZZA

Get a slice of the action with our tomato sauce base, topped with mozzarella cheese VE (871kcal) and your choice of three toppings:

PEPPERONI (+130kcal)

MUSHROOM VE (+23kcal)

TOMATO VE (+20kcal)

PINEAPPLE VE (+22kcal)

CHICKEN (+78kcal)

BACON (+49kcal)

JALAPEÑOS VE (+3kcal)

PICKLED RED ONION VE (+43kcal)

Add an extra topping

NEW Add a drizzle to your pizza for Choose from:

HONEY SRIRACHA VE (70kcal)

GREEN PESTO VE (160kcal)

BBQ VE (56kcal)

MANGO CHUTNEY VE (61kcal)

CHICKEN TIKKA PIECES (+181kcal)

POPPADOMS VE (+40kcal)

SAUSAGE (+145kcal)

NACHO CHEESE SAUCE VE (51kcal)

MINT YOGHURT VE (30kcal)

FANCY A GREAT DEAL
Includes 2-course dinner, a drink & breakfast

BURGERS

OUR PICK THE HOUSE STACK BURGER

Two 4oz¹ steak burgers, cheese, lettuce, tomato ketchup and mayo.
Served in a brioche-style bun, with skin-on chips and onion rings⁵
(1,315kcal)

Add 2 back bacon rashers (+99kcal)

BBQ GARDEN GOURMET® SENSATIONAL™ BURGER ⑩

GARDEN GOURMET® Sensational™ burger, lettuce and BBQ sauce.
Served in a brioche-style bun, with skin-on chips, onion rings⁵ and
tomato ketchup (931kcal)

CHICKEN STACK BURGER

A stack of chicken goujons with lettuce and mayo.
Served in a brioche-style bun, with skin-on chips, onion rings⁵
and tomato ketchup (1,119kcal)

DOUBLE UP ON CHIPS

CLASSICS

NEW SWEET AND SOUR PRAWNS**

Crispy prawns in sweet & sour sauce, served with white rice
(613kcal)

NEW Add spring rolls (+107kcal)

BEER-BATTERED FISH & CHIPS**⁵

Served with skin-on chips, peas and tartare sauce (1,044kcal)

NEW Add white bread and butter (+229kcal)

NEW Add curry sauce (+105kcal)

OUR PICK CHICKEN MAKHANI CURRY

Medium-spiced curry with marinated chargrilled chicken
in a rich, creamy masala sauce. Served with white rice,
a poppadom and mango chutney (661kcal)

CHICKEN KATSU CURRY

Crispy chicken goujons topped with our signature
curry sauce. Served with white rice (648kcal)

NEW SPINACH & RICOTTA RAVIOLI ⑩

Filled ravioli with green pesto, cracked black pepper
& rocket (779kcal)

NEW Add a pizzette ⑩ (+385kcal)

NEW Add a chicken breast (+156kcal)

TOMATO & CHILLI LINGUINE⁵ ⑩

With rocket and a hint of garlic and chilli (342kcal)

Add a chicken breast (+156kcal)

NEW Add a pizzette ⑩ (+385kcal)

CAESAR SALAD

Crisp cos lettuce drizzled with a rich, creamy
Caesar dressing, topped with mature Cheddar shavings
and croutons (269kcal)

Add a chicken breast (+156kcal)

DOUBLE UP ON CHIPS*

*On any main served with chips, see light bites for calorie information

DESSERTS

NEW BANOFFEE CHEESECAKE ⑩

Baked New York-style cheesecake, topped with banana,
caramel sauce and crumbled chocolate flake. Served with
vanilla ice cream (584kcal)

STICKY TOFFEE PUDDING ⑩

Served with vanilla ice cream (594kcal)

NEW BISCOFF® PANCAKE STACK ⑩

American-style pancakes topped with Biscoff® crumb
and sauce. Served with vanilla ice cream
and strawberries (729kcal)

TRIPLE CHOCOLATE BROWNIE ⑩

Served warm with vanilla ice cream (463kcal)

FRUIT SALAD ⑩

A selection of fruit (100kcal)

OUR PICK ICE CREAM SUNDAE WITH CADBURY®

DAIRY MILK CARAMEL NIBBLES ⑩

Vanilla ice cream with Cadbury® Dairy Milk
Caramel Nibbles and chocolate sauce. Topped with a
whip of cream and a crumbled chocolate flake (482kcal)

NEW LEMON & RASPBERRY SEMIFREDDO ⑩

Italian lemon & raspberry frozen mousse, on a biscuit base
(470kcal)

VANILLA ICE CREAM ⑩

Served with your choice of sauce, chocolate (265kcal)
or caramel (267kcal)

BERRY PANCAKE STACK* ⑩

American-style pancakes topped with fruit berries.
Served with vanilla ice cream (375kcal)

AL ON YOUR MEAL

- see the back of the menu for more details

DEALS AT THE SOCIAL

MEAL DEAL

2-course dinner, a drink and
unlimited breakfast the following morning
Upgrade to 3 courses

CHOOSE YOUR TIPPLE FROM THE OPTIONS BELOW:

SOFT DRINKS

Coca-Cola Zero Sugar
Coca-Cola
Diet Coke
Schweppes Slimline Lemonade
J20 (275ml)
Still or Sparkling Water (330ml)

ALCOHOLIC DRINKS

Heineken (330ml)
Peroni (330ml)
NEW Sol (330ml)
Heineken 0.0 (330ml)
House Wine (White / Red / Rosé) (175ml)
Draught beer & cider may be available,
head up to the bar or ask a team member to find out.

UPGRADE TO ONE OF THE FOLLOWING FOR AN EXTRA CHARGE:

Rekorderlig (500ml)
Pinot Grigio (175ml)
Jam Shed, Chardonnay (175ml)
Steakmaker, Malbec (175ml)
Fever-Tree Sparkling Drinks
Drinks may vary, check with a team member for current range.

*Dishes marked with  will incur a supplementary charge as priced.
Any dish upgrades and sides come at an extra cost as priced
on the Dinner Menu.

ULTIMATE WIFI, A SWEET TREAT + UNLIMITED TEA & COFFEE

Ask a member of our team for details

HIRE OUR SPACE!

SPEAK TO A TEAM
MEMBER TO BOOK
OUR SPACE FOR YOUR
FUNCTION TODAY

Adults need around 2,000kcal a day.  Suitable for vegetarians.  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.  1 of your 5 a day.  2 of your 5 a day. 1 of your 5 a day = a minimum of 40g of fruit or vegetables, or 150ml pure juice. **Dinner Menu** *Approximate weight uncooked. **May contain rings & tentacles. *May contain one or more tail per piece. **May contain small bones/shell pieces. †Formed ham. ‡May contain traces of alcohol. *May contain fruit stones. **Breakfast Menu** *May contain fruit stones. *Without milk. Choose from semi-skimmed (46kcal/100ml) or whole milk (64kcal/100ml). Alpro soya drink (42kcal/100ml) and Oat drink (48kcal/100ml) also available on request. The additional milk calories are based on semi-skimmed milk. **As gluten is present in our kitchen, please tell your server and we will take care to minimise the risk of cross-contamination. †T&Cs apply. Up to two kids stay and eat breakfast for free with a full paying adult – subject to availability. **Daytime Menu** **May contain small bones/shell pieces. †Formed ham. Lunch bundle for £8 entitles the holder(s) to a freshly toasted Toastie, Salted Crisps and selected soft drink. For an additional £3, an alcoholic drink can be selected. Choose from the Daytime Menu in the associated restaurant only. Any items ordered in addition to the lunch bundle will be an additional charge, payable in the restaurant. This offer is available for a limited period only, is subject to availability and the Restaurant Manager reserves the right to withdraw this offer at any time. **Meal Deal Menu** Choose courses from main menu. Some menu dishes have a supplementary charge and charges are correct at time of print. Usual chargeable extras, upgrades and dish supplement dish charges apply (as per main menu). Side dishes will be charged separately. Two courses cannot be ordered from the same section. Two courses comprise of Starter & Main or Main & Dessert. This offer is only applicable to Premier Inn guests. Proof of stay will be required.

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. Ingredient can occasionally be substituted or changed 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. 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 time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more. Full nutrition information is available on our website. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Cadbury® is a registered trademark of Mondelez International used under licence. The HEINZ trademarks are owned by H.J. Heinz Foods UK Limited, used with permission. All prices include VAT. Some items may differ to those shown. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. Promoter: Whitbread Group PLC, PO Box 777, Dunstable LU5 5XE.



MSC-C-55716 All our pollock and haddock comes from a fishery that has been independently certified to the MSC's environmental standard for fishing. msc.org

bedrinkaware.co.uk