

FOOD AT THE
SOCIAL

Premier Inn
Rest easy



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 ⑩ (184kcal)

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

CROISSANT ⑩ (167kcal)

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

BLUEBERRY MUFFIN ⑩ (169kcal)

PANCAKE ⑩ (96kcal)

SOURDOUGH CRUMPET ⑩ (88kcal)

WHITE BREAD ⑩ (92kcal per slice)

MALTED BROWN BREAD ⑩ (93kcal per slice)

GLUTEN-FREE BREAD** ⑩ (102kcal per slice)

PRESERVE, SPREADS
AND JAMS

ASSORTED JAMS ⑩ (48kcal)

PEANUT BUTTER ⑩ (96kcal)

HONEY ⑩ (65kcal)

ORANGE MARMALADE ⑩
(48kcal)

HAZELNUT SPREAD ⑩
(81kcal)

MAPLE SYRUP ⑩ (63kcal)

MARMITE ⑩ (21kcal)

SUNFLOWER SPREAD ⑩
(43kcal)

BUTTER ⑩ (46kcal)

FRUITS

BANANAS ⑩

FRUIT BERRY MIX* ⑩
(40kcal per spoon)

CLEMENTINE ⑩

FRESH FRUIT SALAD ⑩
(62kcal per spoon)

APPLES ⑩

YOGHURTS & CEREALS

GLUTEN-FREE MUESLI** ⑩
(183kcal per 50g*)

PORRIDGE ⑩
With Cow's Milk (337kcal)
With Soya Drink (324kcal)
*Available from our kitchen -
ask a team member*

GRANOLA ⑩
(184kcal per 45g*)

MUESLI FRUIT* ⑩
(166kcal per pack*)

SPECIAL K ⑩
(113kcal per 30g*)

COCO POPS ⑩
(115kcal per 30g*)

CORNFLAKES ⑩
(116kcal per 30g*)

WEETABIX ⑩
(138kcal per 30g*)

RICE KRISPIES ⑩
(115kcal per 30g*)

GREEK-STYLE
YOGHURT ⑩
(103kcal per 100g)

STRAWBERRY
YOGHURT ⑩
(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 ⑩ - SCRAMBLED (280kcal), FRIED (108kcal),
POACHED (79kcal) OR BOILED (82kcal)

HASH BROWNS ⑩ (100kcal per hash brown)

BACK BACON (49kcal per rasher)

THIS™ ISN'T BACON ⑩ (57kcal per rasher)

PREMIUM PORK SAUSAGES (122kcal per sausage)

VEGAN SAUSAGE ⑩ (86kcal per sausage)

HEINZ BAKED BEANS ⑩ (86kcal per spoon)

BLACK PUDDING (173kcal per slice)

HALVED GRILLED TOMATO ⑩ (28kcal per half tomato)

MUSHROOMS ⑩ (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 ⑩ (36kcal)

APPLE JUICE ⑩ (72kcal)

ORANGE AND MANDARIN JUICE ⑩ (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 OR SANDWICH, SALTED CRISPS
AND SOFT DRINK,
UPGRADE TO AN ALCOHOLIC DRINK.

NIBBLES

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (404kcal)

TORTILLA CHIPS & DIP ^{VE}

Served with a tomato salsa (301kcal)

SKIN-ON CHIPS ^{VE} (276kcal)

CHEDDAR CHEESE PLATE ^{VI}

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 ^{VI}

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)

+1.99 extra when ordered as part of lunch deal

EGG MAYO ^{VI} (682kcal)

BLT (989kcal)

+1.49 extra when ordered as part of lunch deal

HOUSE TOASTIES

Freshly toasted, served with fresh rocket and salted crisps

^{NEW} Add Tomato soup ^{VI} to your toastie (+138kcal)

CHEESE TOASTIE ^{VI}

(667kcal)

CHEESE & HAM¹ TOASTIE

(700kcal)

CHEESE & TOMATO TOASTIE

^{VI} (683kcal)

^{NEW} PEPPERONI PIZZA

TOASTIE (863kcal)

PIZZA

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

MARGHERITA PIZZA ^{VI}

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)

^{NEW} PRAWN COCKTAIL PIZZETTE** (513kcal)

JACKET POTATOES

All served with a salad garnish

PRAWNS** (542kcal)

CHIPOTLE BEEF CHILLI & SOUR CREAM (561kcal)

CHEESE & BEANS ^{VI} (640kcal)

Vegan option available, just ask! (442kcal)

DESSERTS

TRIPLE CHOCOLATE BROWNIE & ICE CREAM ^{VI}

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

VANILLA ICE CREAM ^{VI} (209kcal)

FRUIT SALAD ^{VE}

A selection of fruit (100kcal)

SWEET TREATS

^{NEW} CINNAMON BUN ^{VI} (388kcal)

TRIPLE CHOCOLATE BROWNIE ^{VI} (373kcal per 2 pieces)

BLUEBERRY MUFFIN ^{VI} (338kcal per 2 muffins)

CROISSANT ^{VI} (161kcal)

PAIN AU CHOCOLAT ^{VI} (167kcal)

CHOCOLATE CHIP COOKIE ^{VI} (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 THE LITTLE ONES

MAINS

MARGHERITA PIZZA ^{VI}

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

SPAGHETTI BOLOGNESE ^{VI} ¹

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

DESSERTS

VANILLA ICE CREAM ^{VI} (181kcal)

FRUIT SALAD ^{VE} ² A selection of fruit (50kcal)

Adults need around 2,000kcal a day. Children between 5-10 years old need around 1,800kcal a day.



SCAN FOR OUR
NON-GLUTEN-CONTAINING
INGREDIENTS MENU.

DINNER

Served from 5pm - 10pm

LIGHT BITES

FANCY SHARING?

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

TRY OUR NEW DISHES!

CRISPY SALT AND PEPPER CHICKPEAS (430kcal)

PIZZETTE

Freshly baked & loaded with your choice of:

Garlic & Cheese (656kcal)

Tomato & Basil Pesto (470kcal)

Add Grana Padano (+20kcal)

CHICKEN WINGS

Our loaded crunchy tortilla-coated wings seasoned with our signature blend of spices, choose from:

Classic BBQ (637kcal)

Honey Sriracha (658kcal)

VEGETABLE GYOZA (V)

With honey sriracha sauce (247kcal)

CRISPY VEGETABLE SPRING ROLLS

With hoisin sauce (306kcal)

CRISPY PRAWNS**

With spicy mayo (297kcal)

FALAFEL (V)

With mint yoghurt, cherry tomatoes, cucumber & pickled red onion garnish (359kcal)

CHICKEN TIKKA SKEWER

With a mint yoghurt dip (232kcal)

ITALIAN STYLE NACHOS (V)

Deep fried Ricotta and tomato ravioli, pesto dip (524kcal) or tomato sauce (378kcal), finished with Grana Padano

OUR PICK SALT & PEPPER CALAMARI*

With spicy mayo (419kcal)

CRISPY CHICKEN GOUJONS

Served with a smoky BBQ dip (426kcal) or spicy mayo (446kcal)

LOADED NACHOS (V)

Topped with nacho cheese sauce, spring onion, tomato salsa, jalapeños and soured cream (498kcal)

Add chipotle beef chilli (+166kcal)

TOMATO & BASIL SOUP (V)

Served with croutons (162kcal)

Vegan option available, just ask (138kcal)

CLASSIC PRAWN COCKTAIL**

Served with malted bread (379kcal)

GRILLS

All our beef is 100% British and Irish.

MIXED GRILL

Grilled 4oz* sirloin steak, half a gammon steak, half a chicken breast and pork sausages. Served with skin-on chips, garden peas, a fried egg, and half a grilled tomato (1,240kcal)

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

⊕ 3.99 supplement as part of meal deal

NEW CHICKEN TIKKA SKEWERS

With a flatbread, pickled red onion, lettuce, cherry tomatoes, tzatziki, mango chutney and skin-on chips (1,053kcal)

NEW MEDITERRANEAN SEA BASS**

With citrus grains, crispy chickpeas, roasted peppers, tomatoes and rocket, drizzled with green pesto (733kcal)

OUR PICK 8OZ* SIRLOIN STEAK

30-day-aged British & Irish beef, served with skin-on chips, grilled tomato, grilled flat mushroom and garden peas (711kcal).

Swap chips for our chopped salad (-235kcal)

Add peppercorn sauce (+34kcal)

NEW Add green pesto (+160kcal)

NEW Add crispy prawns** (+220kcal)

⊕ 2.99 supplement as part of meal deal

7OZ* CHARGRILLED GAMMON STEAK

With skin-on chips, garden peas, grilled tomato (659kcal) and your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kcal)

PIZZA

OUR PICK CREATE YOUR OWN PIZZA

Get a slice of the action with our tomato sauce base, topped with mozzarella cheese (V) (764kcal)

ADD YOUR CHOICE OF THREE TOPPINGS:

PEPPERONI

(+130kcal)

CHICKEN

(+78kcal)

TOMATO (V)

(+12kcal)

CHICKEN TIKKA

PIECES (+181kcal)

BACON

(+104kcal)

CHERRY

TOMATOES (V)

(+14kcal)

HAM¹

(+40kcal)

RED ONION (V)

(+8kcal)

RED CHILLI (V)

(+1kcal)

PICKLED RED

ONION (V) (+43kcal)

SAUSAGE

(+145kcal)

POPPADUMS (V)

(+40kcal)

MUSHROOM (V)

(+23kcal)

RED PEPPER (V)

(+10kcal)

PINEAPPLE (V)

(+22kcal)

JALAPENOS (V)

(+3kcal)

SWEETCORN (V)

(+25kcal)

ADD AN EXTRA TOPPING

NEW ADD A DRIZZLE TO YOUR PIZZA – CHOOSE FROM:

HONEY SRIRACHA (V) (70kcal)

BBQ (V) (56kcal)

NACHO CHEESE SAUCE (V) (51kcal)

GREEN PESTO (V) (160kcal)

MANGO CHUTNEY (V) (61kcal)

TZATZIKI (V) (26kcal)

SALADS & BOWLS

NEW CHICKEN TZATZIKI NOURISH BOWL

A mix of citrus grains, salt and pepper chickpeas, lettuce, cucumber, pickled red onion and cherry tomatoes. Served with a lemon wedge (564kcal)

NEW Swap your chicken for falafel (V) (+98kcal)

NEW Add a pizzette (V) (+385kcal)

HOUSE SALAD (V)

A mix of cos lettuce, cherry tomatoes, red peppers, cucumber, sweetcorn and croutons (144kcal)

ADD YOUR CHOICE OF DRESSING:

French Dressing (V) (+66kcal)

Marie Rose Dressing (V) (+104kcal)

Add a grilled chicken breast (+156kcal)

Vegan option available, just ask! (97kcal)

BURGERS

All our burgers are served in a brioche-style bun with skin-on chips and coleslaw, unless otherwise stated.
Swap your bun for a chopped side salad (-230kcal)

OUR PICK BIG STACK BURGER

Two 1/4lb* steak burgers, cheese, lettuce, gherkin, red onion and burger sauce (1,354kcal with bun, 1,124kcal with salad)

THE VEGAN BURGER

GARDEN GOURMET® Sensational™ burger with a Violife slice, lettuce, gherkin, red onion, burger sauce and vegan slaw (994kcal with bun, 764kcal with salad).

CLASSIC CHEESE & BACON BURGER

1/4lb* steak burger with tomato, lettuce, red onion and burger sauce (1,078kcal with bun, 848kcal with salad)

SPICY CHICKEN BURGER

Crispy coated chicken breast with lettuce, tomato, red onion and spicy mayo sauce (1,060kcal with bun, 830kcal with salad)

BURGER UPGRADES

2 STREAKY BACON RASHERS (+63kcal)

2 THISTM ISN'T BACON RASHERS (V) (+155kcal)

1/4LB* STEAK BURGER (+214kcal)

CHEESE SLICE (V) (+83kcal)

VEGAN BURGER WITH VIOLIFE SLICE (V) (258kcal)

DOUBLE UP ON CHIPS* OR UPGRADE TO TOPPED CHIPS*

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

CLASSICS

BEER-BATTERED FISH & CHIPS***

Served with tartare sauce and your choice of garden peas (971kcal) or mushy peas (1,009kcal)

Add white bread and butter (+229kcal)

NEW Add curry sauce (+105kcal)

OUR PICK SMOTHERED CHICKEN

Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce. Served with skin-on chips, coleslaw, garlic bread and a salad garnish (827kcal)

Upgrade to double-smothered chicken (+311kcal)

NEW SWEET AND SOUR PRAWNS**

Crispy prawns in sweet & sour sauce, served with white rice (652kcal)

NEW Add spring rolls (+198kcal)

THAI GREEN VEGETABLE CURRY (V)

With red pepper, sweet potato, garden peas and bamboo shoots, served with white rice (626kcal)

Add a grilled chicken breast (+156kcal)

NEW Add spring rolls (V) (+198kcal)

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 (663kcal)

Add naan bread (+153kcal)

CHICKEN KATSU CURRY

Chicken goujons topped with our signature curry sauce, served with white rice (671kcal)

TOMATO & CHILLI LINGUINE^s (V)

With fresh cherry tomatoes and a hint of garlic and chilli (352kcal)

NEW Add a grilled chicken breast (+156kcal)

NEW Add a freshly baked pizzette (V) (+385kcal)

NEW CREATE YOUR OWN RAVIOLI

Filled ravioli, finished with grated Grana Padano, cracked black pepper & rocket

CHOOSE YOUR FILLING:

Spinach & Ricotta (478kcal)

Ricotta, Mascarpone and tomato (362kcal)

CHOOSE YOUR SAUCE:

Green Pesto (+320kcal)

Italian Tomato (+27kcal)

Add a grilled chicken breast (+156kcal)

Add a freshly baked pizzette (+385kcal)

SIDES

OUR PICK KATSU CHICKEN TOPPED CHIPS

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

Go LARGE (Serves 2, 950kcal, 475kcal per portion)

SKIN-ON CHIPS (V) (276kcal)

BEER-BATTERED ONION RINGS^s (436kcal)

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Topped with cheese sauce and soured cream (431kcal)

Go LARGE (Serves 2, 862kcal, 431kcal per portion)

CHOPPED SIDE SALAD (V) (42kcal)

COLESLAW (V) (154kcal)

DESSERTS

BANOFFEE CHEESECAKE (V)

Baked New York-style cheesecake, topped with banana, caramel sauce and crumbled chocolate flake. Served with vanilla ice cream (590kcal)

STICKY TOFFEE PUDDING (V)

Served with custard (604kcal) or vanilla ice cream (601kcal)

NEW BISCOFF® PANCAKE STACK (V)

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

OUR PICK TRIPLE CHOCOLATE BROWNIE (V)

Served warm with vanilla ice cream and chocolate sauce (478kcal)

FRUIT SALAD (V)

A selection of fruit (105kcal)

NEW LEMON & RASPBERRY SEMIFREDDO (V)

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

ICE CREAM SUNDAE WITH CADBURY® DAIRY MILK CARAMEL NIBBLES (V)

Vanilla ice cream with Cadbury® Dairy Milk Caramel Nibbles and chocolate sauce. Topped with a whip of cream and a crumbled chocolate flake (502kcal)

NEW APPLE & BLACKBERRY CRUMBLE SUNDAE (V)

Vanilla ice cream with apple and blackberry compote and crumble. Topped with a whip of cream and raspberry sauce (503kcal)

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
Diet Coke
Coca-Cola
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.

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. ① Suitable for vegetarians. ② 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. **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. Supplement charges may apply. Lunch bundle from £8 entitles the holder(s) to a toastie or sandwich, 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 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