

Food Menu

Meal Deal

Save up to 30%

See inside for details



Premier Inn



Choose 2 Courses

Smaller appetites | Larger appetites

Add a third course



GREAT ORMOND STREET
HOSPITAL CHARITY

For every 3-course
meal sold we donate
20p to our partner,
GOSH charity

Starters

Garlic & Parsley Flatbread VE (131kcal)

Tortilla Chips V

Served with a cucumber, yoghurt and mint dip
and diced tomatoes (176kcal)

Vegan option available, just ask! VE (150kcal)

Veggie Sticks VE 1

Served with a cucumber, yoghurt and mint dip (47kcal)

Mains - Smaller Appetites

Ten-Veg Tomato Pasta VE 2 (233kcal)

Oven Baked Poppin' Chicken

Breaded chicken bites made with 100% chicken breast,
served with skin-on chips (279kcal)

Oven Baked Fish Bites**

Breaded pollock fish bites, served with skin-on chips (334kcal)

Grilled Chicken Breast

Served with skin-on chips (235kcal)

Mains - Larger Appetites

Margherita Pizza V (377kcal)

Spaghetti Bolognese 1 (209kcal)

Grilled Chicken Breast Burger

Served with skin-on chips (372kcal)

Beef Burger

Served with skin-on chips (507kcal)

Oven Baked Fish Bites**

Breaded pollock fish bites, served with skin-on chips (451kcal)

Sides

2 Mini Corn Ribs VE 1 (48kcal)

HEINZ Baked Beans VE 1 (48kcal)

Peas VE 1 (47kcal)

Mini Salad VE 1 (27kcal)

Desserts

Vanilla Ice Cream V

With a wafer and sprinkled with chocolate (181kcal)

Chocolate Brownie V

Served with vanilla ice cream (256kcal)

Pancakes V 1

With fresh banana, chocolate sauce and a whip of cream (238kcal)

Fruit Salad VE 2 (50kcal)

Pip Organic Rainbow Fruity Ice Lolly VE 1 (19kcal)

Pip Organic Berry Ice Lolly VE 1 (31kcal)

OUR promise:

We care about all our guests, especially our youngest ones. It's why we've designed our kids' menu with the help of our clever Nutritionist

Therefore we promise:

- To provide carefully controlled levels of calories, fat, saturates, sugar and salt
- To meet the nutritional needs of children
- To include 2 of their 5 a day in all our main meals
- To offer yummy vegetarian options
- We never use artificial colours or flavours
- To offer a range of no added sugar drinks
- 100% responsibly sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- No genetically modified ingredients

Breakfast

KIDS EAT FREE[#]

Unlimited Cooked

This includes unlimited cooked and continental breakfast, and unlimited drinks

Eggs **V**

Scrambled (280kcal), Fried (108kcal), Poached (79kcal) or Boiled (82kcal)

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

Back Bacon Rashers (49kcal per rasher)

THIS™ Isn't Bacon **VE** (57kcal per rasher)

Premium Pork Sausages (122kcal per sausage)

Vegan Sausage **VE** (86kcal per sausage)

~~VEIN?~~ Baked Beans **VE** (86kcal per spoon)

Black Pudding (173kcal 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** (167kcal)

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

Blueberry Muffin **V** (169kcal)

Pancake **V** (96kcal)

Sourdough Crumpet **VE** (88kcal)

White Bread **VE** (92kcal)

Malted Brown Bread **VE** (93kcal)

Gluten Free Bread** **VE** (102kcal)

Fruits

Bananas **VE**

Clementine **V**

Apple **VE**

Fruit Berry Mix* **VE** (40kcal)

Fresh Fruit Salad **VE** (62kcal)

Yoghurts and Cereals

Gluten Free Muesli** **V** (183kcal)

Porridge Oats **V**

With Cow's Milk (337kcal) with Soya Drink (324kcal)

Granola **V** (184kcal 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** (138kcal per 2 biscuits*)

Rice Krispies **V** (115kcal per 30g*)

Greek Style Yoghurt **V** (103kcal per 100g)

Strawberry Yoghurt **V** (69kcal per 100g)

Preserve, Spreads and Jams

Assorted Jams **VE** (48kcal)

Peanut Butter **VE** (96kcal)

Honey **V** (65kcal per 20g*)

Marmalade **VE** (48kcal)

Hazelnut Spread **V** (81kcal)

Maple Syrup **VE** (63kcal per 20g*)

Marmite **VE** (21kcal)

Sunflower Spread **VE** (43kcal)

Butter **V** (46kcal)

Drinks

Cold Drinks

Apple Juice **VE** (72kcal)

Orange and Mandarin Juice **VE** (72kcal)

Cranberry Juice Drink **VE** (36kcal)

Hot Drinks

Coffee

PG Tips

Choose from a selection of teas

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

Main Menu

There's something here for everyone...

Light Bites

OUR PICK Salt & Pepper Calamari

With spicy mayo (419kcal)

BBQ Chicken Wings

(385kcal)

Crispy Chicken Goujons

Served with your choice of dip: smoky BBQ (426kcal) or spicy mayo (446kcal)

Loaded Nachos

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

+ ADD chipotle beef chilli (+166kcal)

Tomato & Basil Soup

Served with croutons (161kcal)

Vegan option available, just ask (138kcal)

Classic Prawn Cocktail

Served with malted bread (379kcal)

NEW

Crispy Salt and Pepper Chickpeas (430kcal)

Garlic & Cheese Pizzette (656kcal)

Tomato & Basil Pesto Pizzette (470kcal)

+ ADD Grana Padano Cheese (+20kcal)

Honey Sriracha Chicken Wings (399kcal)

Vegetable Gyoza

With honey sriracha sauce (247kcal)

Crispy Vegetable Spring Rolls

With hoisin sauce (306kcal)

Crispy Prawns

With spicy mayo (297kcal)

Falafel

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

Chicken Tikka Skewer

With a mint yoghurt dip (232kcal)

Double up on chips or UPGRADE to topped chips*

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

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, two fried eggs and half a grilled tomato (1,240kcal)

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

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 (-234kcal)

+ ADD peppercorn sauce (+34kcal)

NEW + ADD green pesto (+160kcal)

NEW + ADD crispy prawns** (+220kcal)

7oz* Chargrilled Gammon Steak

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

NEW Mediterranean Sea Bass

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

NEW Chicken Tikka Skewers

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

Pizza

All our pizzas are hand rolled and freshly made to order

Create Your Own Pizza

Get a slice of the action with our tomato sauce base, topped with mozzarella and Cheddar cheese (764kcal) and your choice of three toppings:

Pepperoni (+130kcal)

Ham[†] (+40kcal)

Mushroom (V) (+23kcal)

Chicken (+78kcal)

Red Onion (V) (+8kcal)

Red Pepper (V) (+10kcal)

Tomato (V) (+12kcal)

Red Chilli (V) (+1kcal)

Pineapple (V) (+22kcal)

NEW Chicken Tikka Pieces

(+181kcal)

NEW Pickled Red Onion (V) (+43kcal)

NEW Jalapeños (V) (+3kcal)

Bacon (+104kcal)

Sausage (+145kcal)

Sweetcorn (V) (+25kcal)

NEW Cherry Tomatoes (V) (+14kcal)

NEW Poppadoms (V) (+40kcal)

+ 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)

Pasta

NEW Create Your Own Ravioli

Filled Ravioli, finished with Grana Padano, cracked black pepper & rocket

Choose your filling:

Spinach & Ricotta (478kcal)

Ricotta, Mascarpone & Tomato (362kcal)

Choose your sauce:

Green Pesto (+320kcal)

Italian Tomato (+27kcal)

+ ADD Grilled chicken breast (+156kcal)

+ ADD Freshly Baked Pizzette (+385kcal)

Scan for our Non-Gluten-Containing Ingredients menu



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.

NEW 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 **VE**

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)

NEW Spicy Chicken Burger

Crispy coated chicken breast with lettuce, tomato, red onion and spicy mayo. (1,060kcal with bun, 848kcal with salad)

UPGRADE

2 Streaky bacon rashers (+63kcal)

2 THIS™ Isn't Bacon rashers **VE** (+155kcal)

1/4lb* Steak Burger (+214kcal)

Cheese Slice **V** (+83kcal)

Vegan Burger with Violife Vegan Slice **VE** (+258kcal)

Double up on chips **VE** (276kcal)

Upgrade to loaded chips **V** (see sides for calories)

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)

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)

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)

Tomato & Chilli Linguine[§] **VE**

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

NEW ⊕ **ADD** chicken breast (+156kcal)

NEW ⊕ **ADD** pizzette **VE** (+385kcal)

Thai Green Vegetable Curry **VE**

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

⊕ **ADD** chicken breast (+156kcal)

NEW ⊕ **ADD** spring rolls (+198kcal)

NEW Sweet and Sour Prawns**

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

NEW ⊕ **ADD** spring rolls (+198kcal)

Chicken Katsu Curry

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

Salads

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)

☺ **SWAP** your chicken for falafel **V** (+98kcal)

⊕ **ADD** a pizzette (+385kcal)

House Salad **V**

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

Vegan option available, just ask! (97kcal)

Your choice of dressing:

French dressing **VE** (+66kcal)

Marie Rose dressing **V** (+104kcal)

⊕ **ADD** a grilled chicken breast (+156kcal)

Add a little extra on the side

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)

Chipotle Beef Chilli Topped Chips

Topped with cheese sauce and soured cream (431kcal)

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

Skin-On Chips **VE** (276kcal)

Beer-Battered Onion Rings[§] (436kcal)

Chopped Side Salad **VE** (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 (601kcal) or vanilla ice cream (604kcal)

NEW Biscoff® Pancake Stack **V**

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

Triple Chocolate Brownie **V**

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

Fruit Salad **VE**

A selection of fruit (105kcal)

NEW Lemon & Raspberry Semifreddo **VE**

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

OUR PICK 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)

Meal Deal

2-course dinner with a drink and unlimited breakfast

ADD a third course for extra

Simply choose 2 courses from our main menu, a drink and unlimited breakfast the following morning!

Drinks Included:

Coca-Cola Zero Sugar

Coca-Cola

Diet Coke

Schweppes Slimline Lemonade

J2O (275ml)

Still or Sparkling Water (330ml)

Tea or Coffee

Heineken (330ml)

Peroni (330ml)

NEW Sol (330ml)

Heineken 0.0 (330ml)

175ml Glass of House Wine

White, Red or Rosé

Main Upgrades:

The following dishes on the main menu will incur a supplementary charge:

Sirloin 8oz*

Mixed Grill

Drinks Upgrade:

The following drinks will incur a supplementary charge:

Fever-Tree Sparkling Drinks

Raspberry & Rose Lemonade, Sicilian Lemonade or Ginger Beer (275ml)

Pinot Grigio (175ml)

Steakmaker, Malbec (175ml)

Jam Shed, Chardonnay (175ml)

Other Draught Beer and Cider

Rekorderlig (500ml)

Drinks may vary regionally, please speak to a team member for our current range

Draught beer & cider may be available, head up to the bar or ask a team member to find out



We've teamed up with Pennies, the digital charity box, to help support our partner GOSH charity. Just press 'yes' when you pay by card to donate 25p. Every penny you give goes to charity: 95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489).

Adults need around 2,000kcal a day. Kids aged 5-10 need around 1,800kcal a day.

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. **V** Suitable for vegetarians. **VE** 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. Full nutrition information is available on our website. Menu descriptions may not list every ingredient. Ingredients 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. **Kids Menu** 1 of your 5 a day, 2 of your 5 a day. We have allowed a slightly higher added sugar content for the chocolate brownie dessert, as we know how much kids love these occasional treats. 1 of your 5 a day = a minimum of 40g of fruit or vegetables, or 150ml pure juice. 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. **Breakfast Menu** *T&Cs apply - 2 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, subject to availability. *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. *May contain fruit stones/stone fragments. **Main Menu** *Approximate weight uncooked. **May contain small bones/shell pieces. *May contain traces of alcohol. *May contain fruit stones/stone fragments. *Contains tentacles and rings. *May contain one or more tails per piece. *Formed ham. Menu descriptions may not list every ingredient. All meat, fish and poultry dishes may contain small bones. 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. **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 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.

be **drinkaware**.co.uk



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