



Premier Inn

Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

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 Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

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 ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



PREMIER INN BREAKFAST

UNLIMITED CONTINENTAL - BAKERY (per item/slice) - V

Pancake - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 96 kcal	3.0 g	0.4 g	14.3 g	1.0 g	2.7 g	0.29 g

Gluten Free Bread (per slice) - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	447 kJ / 106 kcal	2.7 g	0.2 g	18.6 g	0.3 g	0.8 g	0.30 g

Blueberry Muffin - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Other Cereals containing (Barley, Oats), Sesame, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	707 kJ / 169 kcal	8.2 g	0.7 g	21.3 g	12.2 g	2.1 g	0.16 g

Croissant - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Soya, Tree Nuts (Hazelnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	675 kJ / 161 kcal	7.5 g	4.3 g	19.3 g	2.2 g	3.7 g	0.40 g

Malted Brown Sandwich Bread (per slice) - VE V

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	393 kJ / 93 kcal	0.4 g	0.1 g	18.2 g	1.1 g	3.3 g	0.28 g

Mini Pain Au Chocolat - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: Tree Nuts (Almond, Hazelnut, Pecan)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	612 kJ / 147 kcal	8.2 g	4.6 g	14.7 g	4.5 g	2.8 g	0.23 g

Sourdough Crumpet - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	370 kJ / 87 kcal	0.3 g	0.1 g	17.6 g	0.8 g	2.9 g	0.58 g

White Sandwich Bread (per slice) - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: Other Cereals containing (Barley, Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.3 g	0.0 g	18.5 g	1.1 g	3.1 g	0.32 g

UNLIMITED CONTINENTAL - DRINKS (per serving) - VE V

Apple Juice - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	299 kJ / 70 kcal	0.1 g	0.0 g	17.1 g	17.1 g	0.1 g	0.00 g

Cranberry Juice Drink - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	120 kJ / 30 kcal	0.8 g	0.1 g	7.3 g	7.2 g	0.8 g	0.01 g

Mandarin and Orange Juice - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	303 kJ / 72 kcal	0.3 g	0.0 g	15.4 g	14.1 g	0.9 g	0.00 g

UNLIMITED CONTINENTAL - FRUITS**Bananas (per piece) -** **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	513 kJ / 121 kcal	0.4 g	0.1 g	27.4 g	24.7 g	1.4 g	0.00 g

Apples Green (per piece) - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	322 kJ / 77 kcal	0.7 g	0.1 g	14.9 g	14.9 g	0.8 g	0.00 g

Clementine (per piece)*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	106 kJ / 25 kcal	0.1 g	0.0 g	5.5 g	5.5 g	0.6 g	0.01 g

Fresh Fruit Salad (per spoon) - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	218 kJ / 52 kcal	0.1 g	0.0 g	11.8 g	11.8 g	0.9 g	0.00 g

Fruit Berry Mix (per spoon) - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	161 kJ / 38 kcal	0.2 g	0.0 g	8.4 g	8.4 g	1.1 g	0.00 g

UNLIMITED CONTINENTAL - MILK (per 100ml) - **V****Semi Skimmed Milk -** **V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	193 kJ / 46 kcal	1.5 g	0.9 g	4.6 g	4.6 g	3.5 g	0.11 g

Whole Milk - **V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	269 kJ / 64 kcal	3.6 g	2.3 g	4.6 g	4.6 g	3.4 g	0.11 g

Alpro Soya Drink - VE V*Contains: Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.9 g	0.3 g	2.6 g	2.5 g	3.3 g	0.09 g

UNLIMITED CONTINENTAL - PORRIDGE - V**Porridge with Cows Milk - V***Contains: Cereals containing Gluten (Oats), Milk**May Contain: Other Cereals containing (Barley, Wheat), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1415 kJ / 336 kcal	8.7 g	3.4 g	45.7 g	14.3 g	16.4 g	0.33 g

Porridge with Soya Alternative - VE V*Contains: Cereals containing Gluten (Oats), Soya**May Contain: Other Cereals containing (Barley, Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1362 kJ / 324 kcal	9.9 g	1.6 g	39.7 g	8.0 g	15.8 g	0.27 g

UNLIMITED CONTINENTAL - PRESERVE, SPREADS AND JAM (per item) - V**Sunflower Spread - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 43 kcal	4.7 g	1.1 g	0.0 g	0.0 g	0.0 g	0.09 g

Maple Syrup Portions - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	269 kJ / 63 kcal	0.0 g	0.0 g	15.8 g	15.8 g	0.0 g	0.13 g

Assorted Jam Portions - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	204 kJ / 48 kcal	0.0 g	0.0 g	11.8 g	10.2 g	0.1 g	0.02 g

Honey Portions - V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	278 kJ / 65 kcal	0.0 g	0.0 g	16.2 g	15.0 g	0.1 g	0.02 g

Marmite Portions - VE V*Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Celery**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	88 kJ / 21 kcal	0.0 g	0.0 g	2.4 g	0.1 g	2.7 g	0.86 g

Nutella Hazelnut Chocolate Spread Portions - V*Contains: Milk, Soya, Tree Nuts (Hazelnut)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 81 kcal	4.6 g	1.6 g	8.6 g	8.4 g	0.9 g	0.02 g

Orange Marmalade Portions - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.0 g	0.0 g	11.8 g	10.2 g	0.1 g	0.02 g

Peanut Butter Portions - **VE** **V****Contains: Peanut****May Contain: Sesame, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	400 kJ / 97 kcal	8.3 g	1.5 g	1.5 g	0.8 g	3.6 g	0.08 g

Salted Butter Portions - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	188 kJ / 46 kcal	5.0 g	3.2 g	0.0 g	0.0 g	0.0 g	0.11 g

UNLIMITED CONTINENTAL - SUGAR - **VE** **V****Demerra Brown Sugar Sachet -** **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	75 kJ / 18 kcal	0.0 g	0.0 g	4.4 g	4.4 g	0.0 g	0.00 g

White Sugar Sachet - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	74 kJ / 18 kcal	0.0 g	0.0 g	4.4 g	4.4 g	0.0 g	0.00 g

Sweet & Low Sachet - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	16 kJ / 4 kcal	0.0 g	0.0 g	1.0 g	0.0 g	0.0 g	0.00 g

UNLIMITED CONTINENTAL - YOGHURTS AND CEREALS - **V****Coco Pops (per 30g) -** **V****Contains: Cereals containing Gluten (Barley)****May Contain: Milk**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 115 kcal	0.6 g	0.3 g	25.2 g	5.1 g	1.9 g	0.20 g

Granola Quaker Oat Raisin (per 45g) - **V****Contains: Cereals containing Gluten (Oats, Wheat)****May Contain: Other Cereals containing (Barley, Rye), Milk, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	774 kJ / 184 kcal	4.1 g	0.5 g	31.5 g	10.8 g	3.6 g	0.00 g

Rice Krispies (per 30g) - **V****Contains: Cereals containing Gluten (Barley)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	495 kJ / 117 kcal	0.4 g	0.1 g	25.8 g	2.4 g	2.1 g	0.30 g

Special K (per 30g) - **V****Contains: Cereals containing Gluten (Barley, Wheat)****May Contain: Other Cereals containing (Oats, Rye), Milk, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	498 kJ / 118 kcal	0.4 g	0.1 g	25.2 g	4.5 g	2.4 g	0.25 g

Strawberry Yoghurt (per 120g) - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	485 kJ / 115 kcal	4.7 g	3.1 g	12.7 g	12.4 g	5.5 g	0.18 g

Weetabix (per 2 biscuits) - VE V**Contains: Cereals containing Gluten (Barley, Wheat)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	582 kJ / 138 kcal	0.8 g	0.2 g	26.2 g	1.6 g	4.6 g	0.11 g

Gluten Free Muesli (per 50g) - V**Contains: Soya, Tree Nuts (Almond)****May Contain: Milk, Tree Nuts (Hazelnut, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	768 kJ / 182 kcal	3.0 g	0.3 g	30.5 g	13.0 g	6.5 g	0.38 g

Cornflakes (per 30g) - V**Contains: Cereals containing Gluten (Barley)****May Contain: Other Cereals containing (Oats, Rye, Wheat),
Milk, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	492 kJ / 116 kcal	0.4 g	0.1 g	25.6 g	1.8 g	2.3 g	0.18 g

Greek Yoghurt (per 125g) - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	536 kJ / 129 kcal	10.6 g	7.1 g	5.3 g	5.3 g	3.1 g	0.11 g

Muesli Fruit (per 45g) - V**Contains: Cereals containing Gluten (Oats, Wheat), Milk,
Tree Nuts (Almond, Hazelnut)****May Contain: Tree Nuts (Brazil, Cashew, Macadamia, Pecan,
Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	702 kJ / 166 kcal	2.5 g	0.4 g	29.3 g	8.1 g	5.0 g	0.13 g

UNLIMITED COOKED BREAKFAST (per item)**Baked Beans (per spoon) - VE V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	362 kJ / 86 kcal	0.4 g	0.1 g	14.5 g	5.5 g	4.2 g	0.74 g

Vegan Sausage (per piece) - VE V**Contains: Soya****May Contain: Celery, Mustard, Sulphite**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	367 kJ / 88 kcal	5.6 g	0.4 g	3.2 g	0.6 g	5.0 g	0.64 g

Black Pudding (per slice)**Contains: Cereals containing Gluten (Barley, Oats,
Wheat)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	727 kJ / 175 kcal	13.5 g	4.7 g	7.5 g	0.8 g	5.0 g	0.80 g

Back Bacon (per piece)**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	3.0 g	1.2 g	0.1 g	0.1 g	5.4 g	0.78 g

Breakfast Sausage (per piece)**Contains: Cereals containing Gluten (Wheat), Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	603 kJ / 145 kcal	10.9 g	4.1 g	4.3 g	0.7 g	7.4 g	0.59 g

Vegan Bacon (per piece) - VE V*Contains: Soya**May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	240 kJ / 57 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

Egg Fried (per piece) - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 108 kcal	8.5 g	1.8 g	0.1 g	0.1 g	7.9 g	0.19 g

Eggs Scrambled (per spoon) - V*Contains: Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1171 kJ / 280 kcal	25.7 g	13.8 g	1.3 g	1.3 g	11.0 g	0.30 g

Hash Brown (per piece) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	419 kJ / 100 kcal	5.3 g	2.2 g	12.8 g	0.3 g	1.0 g	0.25 g

Grilled Tomato (per half) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	117 kJ / 28 kcal	2.1 g	0.2 g	1.6 g	1.6 g	0.4 g	0.01 g

Mushrooms (per spoon) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	224 kJ / 53 kcal	4.9 g	0.4 g	0.3 g	0.2 g	1.5 g	0.20 g

Egg Boiled (per piece) - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	341 kJ / 82 kcal	5.8 g	1.7 g	0.0 g	0.0 g	6.8 g	0.20 g

Egg Poached (per piece) - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 79 kcal	5.4 g	1.5 g	0.0 g	0.0 g	7.6 g	0.23 g