

Unlimited cooked breakfast

Back Bacon Rashers
(49kcal per rasher)

THIS™ Isn't Bacon **VE**
(38kcal per rasher)

Premium Sausages
(122kcal per sausage)

GARDEN GOURMET® Sensational™ Vegan Sausage **VE**
(70kcal per sausage)

Eggs **V**
Scrambled (280kcal per spoon)
Fried (108kcal)
Poached (79kcal)
Boiled (82kcal)

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

Black Pudding
(122kcal per slice)

Mushrooms **VE**
(53kcal per spoon)

Halved Grilled **VE**
Tomatoes
(28kcal per half tomato)

Baked Beans **VE**
(74kcal per spoon)

This includes:



Kids eat for free*

Adults need around 2,000 kcal a day



Unlimited continental

This includes:



Bakery

Croissant **V** (203kcal)
Pain au Chocolat **V** (184kcal)
Blueberry Muffin **V** (210kcal)
Crumpet **VE** (88kcal)
American-style buttermilk pancakes **V** (96kcal each)

Sliced bread

White **VE** (90kcal per slice)
Malted **VE** (91kcal per slice)
Gluten-Free **V** (84kcal per slice)

Preserve, spreads & jams

Butter **V** (46kcal)
Sunflower spread **VE** (43kcal)
Hazelnut Chocolate Spread **V** (81kcal)
Marmalade **VE** (33kcal)
Honey **V** (65kcal)
Jams **VE** (34kcal)
Marmite **VE** (21kcal)
Maple Syrup **VE** (63kcal)
Peanut Butter **VE** (98kcal)

Fruits

A Selection of Whole Fruits **V**
Red Berry Mix **VE**
Fresh Fruit Salad **VE**

Yoghurts & cereals

A selection of yoghurts (see packaging for calorie info)
Porridge **V** (337kcal with semi-skimmed milk or 324kcal with soya drink)
Muesli **V** (166kcal per pack)
Granola **V** (188kcal per 45g*)
Special K **V** (113kcal per 30g*)
Cornflakes **V** (116kcal per 30g*)
Weetabix **VE** (136kcal for 2 biscuits*)
Rice Krispies **V** (117kcal per 30g*)
Coco Pops **V** (115kcal per 30g*)

Choose from semi-skimmed (46kcal/100ml), whole milk (64kcal/100ml) or *without milk. Alpro soya drink (42kcal/100ml) also available on request.

Adults need around 2,000 kcal a day

Unlimited tea, coffee and juice

Coffee (6kcal without milk per cup)
Cappuccino (262kcal per cup)
Latte (122kcal per cup)
Americano (6kcal per cup)

Espresso (6kcal per cup)
PG Tips Tea: Choose from Black Tea, Green Tea, Raspberry Tea, Mint Tea or Earl Grey Tea

Orange Juice (69kcal per 150ml glass)
Apple Juice (71kcal per 150ml glass)
Cranberry Juice Drink (30kcal per 150ml glass)

Please see separate Drinks Card for full range and calorie information

Breakfast Menu



Premier Inn
Rest easy