

A close-up photograph of a full English breakfast served on a white plate. The meal includes several fried eggs with bright yellow yolks, two slices of thick-cut, golden-brown bacon, two sausages, a slice of black pudding, a slice of white pudding, a portion of baked beans, and a mushroom. In the background, a white cup of coffee and a white teapot are visible. The text 'Tuck in' is overlaid in a large, white, sans-serif font across the center of the plate.

**Tuck
in**

Unlimited cooked breakfast

£9.99

Back Bacon Rashers
(49kcal per rasher)

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

Premium Sausages
(122kcal per sausage)

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

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

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

Black Pudding
(122kcal per slice)

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

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

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

This includes:



All you can eat
from our cooked
breakfast



All you can eat
from our continental
breakfast



Unlimited
drinks

Kids
eat for
free*

Adults need around 2,000 kcal a day



Breakfast Menu

Unlimited continental £7.99

This includes:



All you can eat
from our continental
breakfast



Unlimited
drinks

Bakery

- Croissant **v** (203kcal)
- Pain Au Chocolat **v** (184kcal)
- Blueberry Muffin **v** (235kcal)
- Sourdough Muffin **vve** (226kcal)
- Crumpet **vve** (88kcal)

Sliced bread

- White **vve** (90kcal per slice)
- Malted **vve** (91kcal per slice)
- Gluten-Free **v** (84kcal per slice)

American-style buttermilk pancakes **v** (96kcal each)

Preserve, spreads & jams

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

Fruits

- A Selection of Whole Fruits **v**
- Red Berry Mix **vve**
- Fresh Fruit Salad **vve**

Yoghurts & cereals

- A selection of yoghurts (see packaging for calorie info)
- Porridge **v** (337kcal with semi skimmed milk or 324 kcal with soya drink)
- Muesli **v** (166kcal per pack)
- Granola **v** (188kcal per 45g*)
- Special K **v** (113kcal per 30g*)
- Cornflakes **v** (113kcal per 30g*)
- Weetabix **vve** (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

Please see separate Drinks Card for full range and calorie information

- Coffee (6kcal without milk per cup)
- Cappuccino (262kcal per cup)
- Latte (122kcal per cup)
- Americano (6kcal per cup)
- Espresso (6kcal per cup)
- Orange Juice (69kcal per 150ml glass)
- Apple Juice (71kcal per 150ml glass)
- Cranberry Juice Drink (30kcal per 150ml glass)



Premier Inn
Rest easy