

SugarBeat

– eating house –

Bringing Food to your Ears!



Breakfast

Served 9am to 12 noon everyday

Big Beat Full English 2 Eggs, 3 rashers Norfolk cured bacon, 2 Sizzling Norfolk sausages, tomato, mushroom, baked beans, hash browns, toast.	£11.95
Yummy Beat Full English 1 Egg, 2 rashers Norfolk cured bacon, 1 Sizzling Norfolk sausage, tomato, mushroom, baked beans, hash browns, toast.	£8.95
Green Beat Vegetarian Full English (V) 2 eggs, 2 vegetarian sausages, tomato, mushroom, baked beans, hash browns, toast.	£8.95
Eggs Benedict (GFA) Free range poached eggs on toasted English muffin, sliced ham, hollandaise sauce, pumpkin seeds.	£8.95
Eggs Florentine (V)(GFA) Free range poached eggs on toasted English muffin, wilted spinach, hollandaise sauce, pumpkin seeds.	£8.95
Eggs Royal (GFA) Free range poached eggs on toasted English muffin, smoked salmon, hollandaise sauce, pumpkin seeds.	£9.95
Three Free-Range Scrambled Eggs on Toast (V)(GFA) With Bacon.	£5.95
	£7.95
	£9.95
Smashed Avocado (V)(GFA) Toasted sourdough, poached eggs, chilli flakes.	£8.95
Field Mushrooms (V)(GFA) Toasted sourdough, poached eggs. Add Avocado.	£7.95 £8.95
Eggy Bread (GFA) Crispy Bacon	£6.95
Beat Sausage or Bacon Muffin English muffin, homemade sausage patty or crispy Norfolk cured bacon, melted cheese, egg & hash brown.	£6.95
Sausage Sandwich (GFA) On white, granary or ciabatta.	£5.50
Bacon Sandwich (GFA) On white, granary or ciabatta.	£4.50
Crusty Toast (V)(GFA) Choice of jam, marmalade, Marmite, Nutella.	£2.95
Pancakes (V) Choice of Nutella, lemon & sugar, maple syrup.	£4.95
Natural Yoghurt (V) Fruit compote, granola.	£4.95

Nibbles

Mixed Olives (V)(VE)(GF)	£3.95
Bread, Olive Oil & Balsamic (V)(VE)	£3.95
Garlic Bread (V)	£2.95
Garlic Bread with Cheese (V)	£3.95
Halloumi Fries (V) Sweet chilli sauce.	£5.95

Starters

Chicken & Ham Hock Terrine (GFA) Piccalilli, toasted granary bread.	£7.95
Smoked Mackerel & Horseradish Pate (GFA) Pickled radish, pea shoots, toasted granary bread.	£7.95
Bang Bang Cauliflower Bao Buns (V)(VE) Spring onions, iceberg & cucumber.	£7.95
Char Sui Pulled Pork Bao Buns Asian slaw, spring onions, sesame seeds.	£7.95
Tempura King Prawns Sweet chilli sauce.	£8.95

Nachos & Loaded Fries

Dirty, Clean or Just Plain Yummy!

Cheesy Nachos (V)(GF)	Small £7.95 Large £10.95
Slow Cooked BBQ Pulled Pork Cheesy Nachos (GF)	Small £9.95 Large £12.95
All the above served with guacamole, tomato salsa & sour cream.	
Nacho extras: Jalapeños £1.00 Piri Piri sauce £1.50	
Chilli Salt, Garlic & Herby Mayo (V)(VE)	£7.95
Parmesan & Truffle Mayo (V)	£7.95
Melted Cheese, crispy onions & green chilli sauce (V)(VE)	£7.95
Halloumi Fries, natural yoghurt, pomegranate, sumac, coriander & chilli (V)	£11.95
Homemade Beef Chilli, cheddar cheese, jalapeños & French's American Mustard.	£12.95

Sandwiches Served 12-5pm

Falafel Wrap (V)(VE) Mayo, lettuce, cucumber, red onion.	£7.95
Tuna Melt (GFA) Ciabatta, tuna mayo, cheddar cheese.	£7.95
Chicken & Bacon (GFA) Ciabatta, lettuce, tomato, truffle mayo.	£7.95

Notes V = Vegetarian / VE = Vegan / GF = Gluten Free / GFA = Gluten Free Adaptable Many of our dishes are easily adapted to suit those who have allergies, please ask your server for more information. We do offer gluten free bread if required. For all allergen details, please ask a member of staff for our information pack. Service is discretionary with all tips being split equally between the whole team.

From The Grill

SugarBeat Hunters Chicken (GFA) Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf salad & sweet potato fries.	£14.95
11oz Pork T-Bone (GF) Sautéed new potatoes, roasted apple & shallots, green beans, Orchard Pig cider & wholegrain mustard sauce .	£16.95
8oz Rump Steak (GFA) Hand cut chips, slow roasted tomato, onion rings, mixed leaf .	£20.95
Surf & Turf (GFA) 8oz rump steak, garlic king prawns, hand cut chips, slow roasted tomato, onion rings, mixed leaf.	£24.95
Steak Sauces Peppercorn (GF), blue cheese (GF), garlic butter (GF).	£1.95 each

Favourites

SugarBeat Cobb Salad (GF) Chargrilled chicken & bacon, avocado, cherry tomato, blue cheese, soft boiled egg. – Vegetarian option available.	£13.95
Risotto (V)(VE)(GF) Please ask for today's flavour.	£12.95
Crispy Chilli Chicken Tempura chicken strips, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£12.95
Chilli Tofu (V)(VE) Crispy tofu cubes Crispy tofu cubes, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£13.95
Tempura Chilli Prawns Tempura king prawns, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£15.95
Warm Home Cured Maple Smoked Bacon Loin (GFA) Two free range eggs & hand cut chips.	£13.95
Beer Battered Fish of the Day Hand cut chips, crushed minted peas & tartar sauce.	£14.95

Burgers

Beat Burger Brioche bun, bacon, Monterey jack cheese, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	£14.95
Plant-Based Burger (VE) Pretzel burger bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	£14.95
Southern Fried Chicken Burger Brioche bun, mango mayo, lettuce, tomato, red onion, coleslaw, French fries.	£14.95
Halloumi Burger (V) Brioche bun, chipotle mayo, roasted pineapple, zingy slaw, sweet potato fries.	£14.95

Sides

French Fries (V)(VE)	£3.25
Hand Cut Chips (V)(VE)	£3.25
Sweet Potato Fries (V)(VE)	£3.50
Onion Rings (V)	£2.95
Field Mushrooms (V)(VE)(GF)	£2.95
Beat Slaw (V)(GF)	£2.95
Side Salad (V)(VE)(GF)	£2.95
Seasonal Vegetables (V)(VE)(GF)	£2.95

Puddings

House Crème Brûlée (V)(GFA) Shortbread.	£6.50
House Cheesecake (V) Please ask for today's flavour.	£6.50
Warm Cookie Dough (V) Honeycomb ice cream, chocolate sauce.	£6.50
Strawberry Eton Mess (V) Strawberries, Chantilly cream, meringue, strawberry coulis, baby mint.	£6.50
SugarBeat Summer Sundae (V) – for 2 White chocolate & raspberry, Madagascan vanilla & strawberry ice cream, white chocolate blondie, strawberry sauce, cream	£11.95
3 Scoops of Ice Cream or Sorbets (V)(GF)	£4.95

Little Beats Mains

Tempura Chicken	French Fries	
Fish Goujons		
Sausage		
Cheese Burger	New Potatoes	
Ham & Egg		
Cheese & Tomato Ciabatta Pizza		
Pasta with Tomato Sauce	Garlic Bread	
& Grated Cheese		
	Carrot Sticks	
	Peas	
	Beans	
	Sweetcorn	
	Salad	
Please select 1 item from each section above.		£5.95

Little Beats Desserts

Ice Cream Cone Choice of chocolate, strawberry or vanilla.	£1.95
Chocolate Brownie Vanilla ice cream & chocolate sauce.	£3.95
Pancakes Choice of Nutella, maple syrup or lemon & sugar.	£3.95
Warm Chocolate Chip Cookie Vanilla ice cream & chocolate sauce.	£3.95

Please see our drinks menu on the reverse >