



# SugarBeat

– eating house –

Bringing Food to your Ears!

## Breakfast

Served everyday 9:00 am to 11:30 am

<b>Big Beat Breakfast</b> 2 Eggs, 3 rashers of Norfolk cured bacon, 2 sizzling Norfolk sausages, 3 hash browns, tomato, mushroom, baked beans & toast.	<b>£14.95</b>
<b>Beat Breakfast</b> 1 Egg, 2 rashers of Norfolk cured bacon, 1 sizzling Norfolk sausage, 2 hash browns, tomato, mushroom, baked beans & toast.	<b>£9.95</b>
<b>Kids Beat Breakfast</b> 1 Egg, 1 rasher of Norfolk cured bacon, 1 sizzling Norfolk sausage, 1 hash brown, baked beans & toast.	<b>£6.95</b>
<b>Veggie Beat Breakfast (V)</b> 2 Eggs, 2 vegetarian sausages, 2 hash browns, tomato, mushroom, baked beans & toast.	<b>£9.95</b>
<b>Eggs Florentine (V)(GFA)</b> Free range poached eggs on toasted English muffin, wilted spinach, hollandaise sauce, pumpkin seeds.	<b>£8.95</b>
<b>Eggs Benedict (GFA)</b> Free range poached eggs on toasted English muffin, sliced ham, hollandaise sauce, pumpkin seeds.	<b>£9.95</b>
<b>Eggs Royal (GFA)</b> Free range poached eggs on toasted English muffin, smoked salmon, hollandaise sauce, pumpkin seeds.	<b>£9.95</b>
<b>Three Free-Range Scrambled Eggs on Toast (V)(GFA)</b> With Bacon.	<b>£6.95</b>
	<b>£7.95</b>
	<b>£9.95</b>
<b>Smashed Avocado (V)(GFA)</b> Toasted sourdough, crumbled feta cheese, crushed chillis, poached eggs.	<b>£8.95</b>
<b>Field Mushrooms (V)(GFA)</b> Toasted sourdough, poached eggs.	<b>£7.95</b>
	<b>£8.95</b>
<b>Pancake Stack (V)</b> 3 fluffy pancakes, choice of bacon & maple syrup or Loaded Biscoff.	<b>£6.95</b>
<b>Sausage Sandwich</b> On white, granary or ciabatta.	<b>£5.95</b>
<b>Bacon Sandwich (GFA)</b> On white, granary or ciabatta.	<b>£4.95</b>
<b>Crusty Toast (V)</b> Choice of jam, marmalade, Marmite, Nutella.	<b>£3.95</b>
<b>Natural Yoghurt (V)</b> Fruit compote, granola.	<b>£5.95</b>

## Nibbles

<b>Mixed Olives (V)(VE)(GF)</b>	<b>£4.25</b>
<b>Homemade Focaccia, Olive Oil &amp; Balsamic (V)(VE)</b>	<b>£4.95</b>
<b>Garlic Bread (V)</b>	<b>£3.50</b>
<b>Garlic Bread with Cheese (V)</b>	<b>£4.50</b>
<b>Halloumi Fries (V)</b> Sweet chilli sauce.	<b>£6.95</b>
<b>Tempura Vegetables (VE)</b> Soy, ginger & lime dip.	<b>£5.95</b>

## Starters

<b>Mozzarella Dippers (V)</b> Sweet Chilli Sauce.	<b>£6.95</b>
<b>Wild Mushroom Bruschetta (V)(VE)(GFA)</b> Sourdough, dairy free garlic butter, truffle oil, micro parsley.	<b>£7.95</b>
<b>Crispy Squid</b> Pickled Asian dressing, micro coriander.	<b>£8.95</b>
<b>Smoky Pulled Chicken (GFA)</b> Charred sweetcorn & pineapple salsa, flat bread, micro coriander.	<b>£8.95</b>
<b>Tempura King Prawns</b> Sweet chilli sauce.	<b>£9.95</b>

## Loaded Nachos or Fries

All nachos are served with tomato salsa, guacamole and sour cream as well.

<b>Cheddar Cheese (V)</b>	Small <b>£6.95</b> Large <b>£10.95</b>
<b>Add Jalapeños</b>	Small <b>£7.95</b> Large <b>£11.95</b>
<b>Katsu Curry (VE)</b> Spring onions, pickled ginger, coriander.	Small <b>£9.95</b> Large <b>£12.95</b>
<b>Add Tempura Chicken</b> (Vegan option available).	Small <b>£10.95</b> Large <b>£14.95</b>
<b>Cheese Burger</b> Beat burger beef mince, cheddar cheese, gherkins, burger sauce.	Small <b>£10.95</b> Large <b>£14.95</b>
<b>Homemade Beef or Vegetarian Chilli</b> Cheddar cheese, French's American Mustard, Micro Coriander.	Small <b>£10.95</b> Large <b>£14.95</b>
<b>Extra: jalapeños</b>	<b>£1.00</b>

## Sandwiches Served 12-5pm

Served with homemade crisps & salad. **Upgrade to chips for £1.50.**

<b>Tortilla Pizza (V)(VE)</b> Tomato marinara sauce, vegan nduja, basil pesto, roasted butternut squash.	<b>£9.95</b>
<b>Tuna Melt (GFA)</b> Ciabatta, tuna mayo, cheddar cheese.	<b>£9.95</b>
<b>Sausage &amp; Caramelised Red Onion</b> Ciabatta, French's mustard mayo. (Vegan option available).	<b>£9.95</b>

<b>Notes</b> 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.
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## From The Grill

<b>SugarBeat Hunters Chicken (GFA)</b> Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf salad & sweet potato fries.	<b>£15.95</b>
<b>Steak &amp; Frites (GFA)</b> Minute steak, French fries, slow roasted tomato.	<b>£14.95</b>
<b>8oz Rump Steak (GFA)</b> Chunky chips, slow roasted tomato, onion rings, mixed leaf.	<b>£22.95</b>
<b>Surf &amp; Turf (GFA)</b> 8oz rump steak, garlic king prawns, chunky chips, slow roasted tomato, onion rings, mixed leaf.	<b>£26.95</b>
<b>Steak Sauces</b> <b>Peppercorn (GF), blue cheese (GF), garlic butter (GF)</b>	<b>£2.25 each</b>

## Favourites

<b>Greek Salad (V)(GF)</b> Olives, cucumber, cherry tomatoes, red onion, feta cheese, mint, mixed leaf salad.	<b>£12.95</b>
<b>Add Chicken (GF)</b>	<b>£15.95</b>
<b>Vegetable Bhuna Curry (V)(VE)(GFA)</b> Basmati rice, naan bread, mango chutney.	<b>£12.95</b>
<b>Add Chicken (GFA)</b>	<b>£15.95</b>
<b>Chilli Cauliflower (V)(VE)</b> Panko breadcrumb Cauliflower bites, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	<b>£12.95</b>
<b>Crispy Chilli Chicken</b> Tempura chicken strips, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	<b>£14.95</b>
<b>Tempura Chilli Prawns</b> Tempura king prawns, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	<b>£15.95</b>
<b>Norfolk Sausage &amp; Mash (Vegan option available)</b> Wholegrain mustard mash, savoy cabbage, red onion gravy, crispy onions.	<b>£14.95</b>
<b>Warm Home Cured Maple Smoked Bacon Loin (GFA)</b> Two free range eggs & chunky chips.	<b>£15.95</b>
<b>Beer Battered Fish of the Day</b> Chunky chips, crushed minted peas & tartar sauce.	<b>£15.95</b>
<b>Cod Loin (GF)</b> Saag aloo, tomato & coconut sauce, tender stem broccoli, tikka almonds.	<b>£17.95</b>
<b>Pork Tenderloin (GF)</b> Wholegrain mustard mash, wild mushrooms, kale, cider jus.	<b>£18.95</b>

## Burgers

<b>Beat Burger</b> Brioche bun, mayo, lettuce, tomato, red onion, gherkin, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries.	<b>£15.25</b>
<b>Plant-Based Burger (VE)</b> Pretzel burger bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	<b>£15.25</b>
<b>Southern Fried Chicken Burger</b> Brioche bun, miso mayo, char sui glaze, pickled sesame slaw, French fries.	<b>£15.25</b>
<b>Halloumi Burger (V)</b> Brioche bun, mayo, chilli jam, lettuce, tomato, red onion, coleslaw, sweet potato fries.	<b>£15.25</b>
<b>Lamb Burger</b> Brioche bun, rosemary & garlic mayo, lettuce, tomato, red onion, coleslaw, French fries.	<b>£15.25</b>

## Sides

<b>French Fries (V)(VE)</b>	<b>£3.95</b>
<b>Chunky Chips (V)(VE)</b>	<b>£3.95</b>
<b>Sweet Potato Fries (V)(VE)</b>	<b>£3.95</b>
<b>Cheesy Chips (V)</b>	<b>£4.95</b>
<b>Onion Rings (V)</b>	<b>£3.95</b>
<b>Field Mushrooms (V)(VE)(GF)</b>	<b>£3.95</b>
<b>Beat Slaw (V)(GF)</b>	<b>£3.75</b>
<b>Side Salad (V)(VE)(GF)</b>	<b>£3.75</b>
<b>Seasonal Vegetables (V)(VE)(GF)</b>	<b>£3.75</b>

## Puddings

<b>House Crème Brulee (V)(GFA)</b> Shortbread.	<b>£7.50</b>
<b>House Cheesecake (V)</b> Ice Cream.	<b>£7.50</b>
<b>Salted Caramel Brownie (V)</b> Madagascan vanilla ice cream, caramel popcorn.	<b>£7.50</b>
<b>Butterscotch Tart (VE)</b> Dairy free vanilla ice cream, pecan caramel shards.	<b>£7.50</b>
<b>Warm Cookie Dough (V)</b> Honeycomb ice cream, chocolate sauce.	<b>£7.50</b>
<b>House Crumble (V)</b> Custard or Madagascan vanilla ice cream.	<b>£7.50</b>
<b>SugarBeat Sundae (V)</b> Honeycomb, Madagascan vanilla & chocolate brownie ice cream, brownie, chocolate sauce, cream.	for 1 <b>£7.95</b> for 2 <b>£12.95</b>
<b>3 Scoops of Ice Cream or Sorbets (V)</b> Madagascan vanilla, honeycomb, Chocolate brownie, strawberry or Biscoff ice cream.	<b>£5.95</b>

## Little Beats Mains

<b>Chicken Nuggets</b>	<b>French Fries</b> <b>New Potatoes</b> <b>Garlic Bread</b>	
<b>Fish Goujons</b>		
<b>Sausage</b>		
<b>Cheese Burger</b>		
<b>Ham &amp; Egg</b>		
<b>Cheese &amp; Tomato Ciabatta Pizza</b>	<b>Carrot Sticks</b> <b>Peas</b> <b>Beans</b> <b>Sweetcorn</b> <b>Salad</b>	
<b>Macaroni Cheese</b>		
Please select 1 item from each section above.		<b>£7.95</b>

## Little Beats Desserts

<b>Ice Cream Cone</b> Choice of chocolate, strawberry or vanilla.	<b>£2.50</b>
<b>Chocolate Brownie</b> Madagascan vanilla ice cream & chocolate sauce.	<b>£3.95</b>
<b>Pancakes</b> Choice of Nutella, maple syrup or lemon & sugar.	<b>£3.95</b>
<b>Warm Chocolate Chip Cookie</b> Vanilla ice cream & chocolate sauce.	<b>£3.95</b>

Please see our drinks menu on the reverse >

## Drinks

### Coffees

Espresso	£2.85
Double Espresso	£3.15
Macchiato	£3.15
Americano	£2.85
Flat White	£3.35
Mocha	£3.85
Cappuccino	£3.35
Latte	£3.35
Hot Chocolate	£3.85
Luxury Hot Chocolate	£3.95

### Teas

English Breakfast Tea	£2.85
Earl Grey Tea	£2.85
Peppermint Tea	£2.85
Camomile Tea	£2.85
Green Tea	£2.85

### Milkshakes

Chocolate Milkshake	£4.95
Strawberry Milkshake	£4.95
Vanilla Milkshake	£4.95
Biscoff Milkshake	£4.95
Honeycomb Milkshake	£4.95

### Soft Drinks

Hildon Still Water	(S) £2.50	(L) £4.95
Hildon Sparkling	(S) £2.50	(L) £4.95
Fentimans	£3.95	
Coke / Diet Coke / Coke Zero	£3.25	
Sprite Zero	£3.25	
Appletiser	£3.25	
Orange Juice	£3.00	
Apple Juice	£3.00	
Cranberry Juice	£3.00	
J2o	£3.25	
Delicious Norfolk cordials:		
Wild Elderflower	£2.85	
Redcurrant & Grapefruit	£2.85	
Rhubarb, Orange & Ginger	£2.85	
Strawberry & Lime	£2.85	

### Speciality Coffee

Irish Coffee	£6.50
Italian Coffee	£6.50
French Coffee	£6.50
Calypso Coffee	£6.50
Baileys Coffee	£6.50

### Spirits

Vodka	(25ml)	£3.70
Gin	(25ml)	£3.70
Gin - Non Alcoholic	(25ml)	£3.70
Rum	(25ml)	£3.70
Brandy	(25ml)	£3.95
Whiskey	(25ml)	£3.70
Bourbon	(25ml)	£3.95
Vermouths	(50ml)	£3.70
Mixers	(each)	£2.20

### Draught

Beat Beer	(3.8%)	£4.95
Stella Artois	(4.6%)	£5.35
Neck Oil	(4.3%)	£5.95
Lacons LGR	(4.4%)	£5.75
Sandford Devon Red	(4.5%)	£5.45
Guinness	(4.1%)	£5.75

### Bottles

Becks Blue	(0%)	£3.95
Guinness 0.0	(0%)	£4.50
Kopparberg Cider - Strawberry & Lime	(0%)	£4.50
Adnams Ghost Ship	(0.5%)	£4.50
Budweiser	(4.5%)	£4.50
Peroni	(5.0%)	£4.50
Corona	(4.6%)	£4.50
Kopparberg Cider - Mix Fruit	(4.0%)	£5.75
Kopparberg Cider - Strawberry & Lime	(4.0%)	£5.75

### Real Ales

A selection of Real Ales	(variable)
<i>Please ask a member of staff</i>	

### Wines

Available in:	125ml	175ml	Carafe	Bottle
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#### Whites

Antina, Sauvignon Blanc 2020, Spain	£4.25	£5.25	£13.95	£20.95
Opal Ridge, Semillon Chardonnay 2018, Australia	£4.50	£5.50	£14.95	£21.95
Novita, Pinot Grigio 2021, Italy	£4.75	£5.95	£15.95	£23.95
Tournée du Sud, Picpoul de Pinet 2021, France	£5.50	£6.95	£17.95	£25.95
The Nest, Sauvignon Blanc 2021, Marlborough, New Zealand	£5.95	£7.35	£19.95	£27.95

#### Reds

Antina, Tempranillo Cabernet Sauvignon 2020, Spain	£4.25	£5.25	£13.95	£20.95
Opal Ridge, Shiraz Cabernet 2019, Australia	£4.50	£5.50	£14.95	£21.95
Swartland Founders, Merlot 2021, South Africa	£4.75	£5.95	£15.95	£23.95
El Camino, Malbec 2020, Argentina	£5.50	£6.95	£17.95	£25.95
Hugonell, Rioja Crianza 2018, Spain	£5.95	£7.35	£19.95	£27.95

#### Rosè

Misty Peak, Zinfandel Blush 2020, USA	£4.25	£5.25	£13.95	£20.95
Novita, Pinot Grigio Blush 2020, Italy	£4.75	£5.95	£15.95	£23.95

#### Prosecco

Gocce di Favola, Prosecco Italy	£6.95 glass	£28.95 bottle
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### Cocktails

Original Mojito	£8.50
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, soda water</i>	
Ginger Beer Mojito	£8.50
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, ginger beer</i>	
Strawberry Mojito	£8.50
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, strawberry syrup</i>	
Apple Teaser	£8.50
<i>25ml vodka, 25ml peach schnapps, Appletiser</i>	
Fancy Gin	£8.50
<i>50ml gin, Franklins tonic, Norfolk cordial</i>	
Woo Woo	£7.95
<i>25ml vodka, 25ml peach schnapps, cranberry juice</i>	
Bloody Mary	£7.95
<i>50ml vodka, tomato juice, Worcestershire sauce, tabasco, pepper, squeeze of fresh lime</i>	
The Fruity Beat	£7.95
<i>25ml Malibu, 25ml peach schnapps, cranberry juice, pineapple juice</i>	



# SugarBeat

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# Christmas Beat

With a mouth watering Christmas menu and oodles of festive cheer, there's no better place to celebrate your Christmas get together!

Whether you're a party of 2 or 100 we have a lovely restaurant, two private dining rooms and a fully stocked bar ready to accommodate you.

*Our Christmas menu is available from  
Wednesday 27th November to Tuesday 24th December.*

Ask a member of staff for a menu and booking details.