



Bringing Food to your Ears!

Breakfast

Served Monday to Saturday 9am to 11.30am
& Sunday 9am to 11.15am.

Big Beat Breakfast 2 Eggs, 3 rashers of Norfolk cured bacon, 2 sizzling Norfolk sausages, 3 hash browns, tomato, mushroom, baked beans & toast.	£14.95
Beat Breakfast 1 Egg, 2 rashers of Norfolk cured bacon, 1 sizzling Norfolk sausage, 2 hash browns, tomato, mushroom, baked beans & toast.	£10.95
Kids Beat Breakfast 1 Egg, 1 rasher of Norfolk cured bacon, 1 sizzling Norfolk sausage, 1 hash brown, baked beans & toast.	£7.95
Veggie Beat Breakfast (V) 2 Eggs, 2 vegetarian sausages, 2 hash browns, tomato, mushroom, baked beans & toast.	£10.95
Eggs Florentine (V)(GFA) Free range poached eggs on toasted English muffin, wilted spinach, hollandaise sauce, pumpkin seeds.	£9.95
Eggs Benedict (GFA) Free range poached eggs on toasted English muffin, sliced ham, hollandaise sauce, pumpkin seeds.	£10.95
Eggs Royal (GFA) Free range poached eggs on toasted English muffin, smoked salmon, hollandaise sauce, pumpkin seeds.	£10.95
Three Free-Range Scrambled Eggs on Toast (V)(GFA) With Bacon. With Salmon.	£7.95 £8.95 £9.95
Smashed Avocado (V)(GFA) Granary bloomer, chilli jam, poached eggs.	£9.95
Field Mushrooms (V)(GFA) Granary bloomer, poached eggs. Add Avocado.	£8.95 £9.95
Pancake Stack (V) 3 fluffy pancakes, choice of bacon & maple syrup or pistachios, freeze dried raspberries, pistachio sauce.	£8.95
Sausage Sandwich On white, granary or ciabatta.	£5.95
Bacon Sandwich (GFA) On white, granary or ciabatta.	£4.95
Crusty Toast (V) Choice of jam, marmalade, Marmite, Nutella.	£3.95
Natural Yoghurt (V) Fruit compote, granola.	£6.95

Nibbles

Mixed Olives (V)(VE)(GF)	£4.95
Homemade Focaccia, Olive Oil & Balsamic (V)(VE)	£4.95
Garlic Bread (V)	£3.95
Garlic Bread with Cheese (V)	£4.95
Halloumi Fries (V) Sweet chilli sauce.	£6.95

Starters

Creamy Garlic Mushrooms (V)(GFA) Warm crusty roll, truffle oil, micro parsley.	£7.95
Mini Spring Rolls & Samosa (V)(VE) Mango chutney, mint & coriander dip.	£8.95
Smoked Haddock Chowder (GFA) Leeks, sweetcorn, warm crusty roll.	£8.95
Confit Duck Bon Bons Plum sauce, Asian pickled cabbage.	£8.95
Tempura King Prawns Sweet chilli sauce.	£9.95

Loaded Nachos or Fries

All nachos are served with tomato salsa, guacamole & sour cream.

Cheddar Cheese (V)	Small	£7.95	Large	£11.95
Vegetarian Chilli (V)(VE)	Small	£9.95	Large	£13.95
Dairy free grated cheese, coriander.				
Hoisin Duck	Small	£10.95	Large	£14.95
Spring onions, cucumber, hoisin sauce, pickled ginger.				
BBQ Pulled Pork	Small	£10.95	Large	£14.95
Homemade BBQ sauce, cheddar cheese.				
Extra: jalapeños				£1.00

Sandwiches Served 12-5pm

Served with Coleslaw & Salad. **Add French fries for £1.50.**

BBQ Pulled Oyster Mushroom (V)(VE) Soft baguette, iceberg, tomato & red onion.	£10.95
Tuna Melt (GFA) Ciabatta, cheddar cheese.	£10.95
Chicken Tikka (GFA) Soft baguette, lettuce, red onion.	£10.95

Notes V = Vegetarian / VE = Vegan / GF = Gluten Fre / 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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Please see our drinks menu on the reverse >

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.	£15.95
Steak & Frites (GFA) Minute steak, French fries, slow roasted tomato.	£14.95
8oz Rump Steak (GFA) Chunky chips, slow roasted tomato, field mushroom, mixed leaf.	£24.95
Surf & Turf (GFA) 8oz rump steak, garlic king prawns, chunky chips, slow roasted tomato, field mushroom, mixed leaf.	£28.95
Steak Sauces (GF) Peppercorn, blue cheese, garlic butter	£2.25 each

Favourites

Autumn Salad (GF) Roasted butternut squash & beetroot, quinoa, apple, candied walnuts, mixed leaf & house dressing. Add Chicken £16.95	£13.95
Teriyaki Rice Bowl (V)(VE)(GF) Fried rice, Asian pickled cabbage, carrot, red pepper, spring onions, pickled ginger, sesame seeds, micro coriander. Add Chicken £16.95 / Add Smoked Salmon £18.95	£13.95
Tempura Chilli Cauliflower (V)(VE) Panko breaded cauliflower bites, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£14.95
Crispy Chilli Chicken Tempura chicken strips, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£15.95
Tempura Chilli Prawns Tempura king prawns, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£16.95
Warm Home Cured Maple Smoked Bacon Loin (GFA) Two free range eggs & chunky chips.	£15.95
Scampi & Chips Chunky chips, mixed leaf salad, lemon wedge & tartar sauce.	£15.95
Fish of The Day (GF) Lemon & almond new potato terrine, julienne carrot & courgette, warm tartare sauce, parsley oil.	£18.95
Slow Cooked Beef Short Rib (GFA) Smoked mashed potato, heritage carrots, beef gravy, crispy onions.	£18.95

Burgers

Beat Burger Sesame seed bun, mayo, lettuce, tomato, red onion, gherkin, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries.	£15.95
Plant-Based Burger (VE) Sesame seed bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	£15.95
Southern Fried Chicken Burger Sesame seed bun, Cajun mayo, lettuce, tomato, red onion, coleslaw, French fries.	£15.95
Halloumi Burger (V) Sesame seed bun, garlic mayo, sweet chilli jam, lettuce, tomato, caramelised red onion, coleslaw, sweet potato fries.	£15.95
Lamb Burger Sesame seed bun, rosemary & garlic mayo, lettuce, tomato, red onion, coleslaw, French fries.	£15.95
Big Beat Burger Sesame seed bun, beef burger, bacon, Monterey jack cheese, Southern fried chicken burger, garlic mayo, sweet chilli jam, lettuce, tomato, caramelised red onion, tomato & roast pepper relish, French fries.	£23.95

Sides

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

Puddings

House Crème Brûlée (V)(GFA) Shortbread.	£7.95
House Cheesecake (V) Ice Cream.	£7.95
Kit Kat Chocolate Brownie (V) White & milk chocolate sauce, Madagascan vanilla ice cream.	£7.95
Ginger Pudding (V)(VE) Ginger sauce, dairy free custard.	£7.95
Warm Cookie Dough (V) Honeycomb ice cream, chocolate sauce.	£7.95
Banana & Peanut Butter Parfait (V)(GF) Salted caramel, white chocolate shards, honeycomb.	£7.95
SugarBeat Sundae (V) Madagascan vanilla, honeycomb & chocolate brownie ice cream, brownie chunks, white & milk chocolate sauce, cream.	for 1 £7.95 for 2 £13.95
3 Scoops of Ice Cream or Sorbets (V) Madagascan vanilla, honeycomb, chocolate brownie, strawberry or Biscoff ice cream.	£5.95

Little Beats Mains

Chicken Nuggets Fish Goujons Sausages Cheese Burger Ham & Egg Cheese & Tomato Ciabatta Pizza Macaroni Cheese	French Fries New Potatoes Garlic Bread Carrot Sticks Peas Beans Sweetcorn Salad
Please select 1 item from each section above.	£8.95

Little Beats Desserts

Ice Cream Cone Choice of chocolate, strawberry or vanilla.	£2.50
Chocolate Brownie Madagascan 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

Drinks

Coffees

Espresso	£2.95
Double Espresso	£3.50
Macchiato	£3.50
Americano	£3.25
Flat White	£3.75
Mocha	£3.95
Cappuccino	£3.75
Latte	£3.95
Hot Chocolate	£3.95
Luxury Hot Chocolate	£4.50
Oat Milk Alternative	+£0.75

Pot of Tea

English Breakfast Tea	£2.95
Earl Grey Tea	£2.95
Peppermint Tea	£2.95
Camomile Tea	£2.95
Green Tea	£2.95
Berry Tea	£2.95

Speciality Coffee

Irish Coffee	£7.50
Italian Coffee	£7.50
French Coffee	£7.50
Calypso Coffee	£7.50
Baileys Coffee	£7.50

Milkshakes - with cream

Chocolate Brownie Milkshake	£5.50
Strawberry Milkshake (GF)	£5.50
Vanilla Milkshake (GF)	£5.50
Biscoff Milkshake (GF)	£5.50
Honeycomb Milkshake (GF)	£5.50

Soft Drinks

Hildon Still Water	
Large	£4.95
Small	£2.50
Hildon Sparkling Water	
Large	£4.95
Small	£2.50
Fentimans (Ginger Beer, Rose Lemonade)	£3.95
Coke / Diet Coke / Coke Zero / Fanta / Sprite Zero	£3.50
Appletiser	£3.50
Orange Juice / Apple Juice / Cranberry Juice	£3.30
J20 (Apple & Mango, Orange & Passion Fruit, Apple & Raspberry)	£3.50
Norfolk Cordials:	
Wild Elderflower	£3.00
Redcurrent & Grapefruit	£3.00
Rhubarb, Orange & Ginger	£3.00
Strawberry & Lime	£3.00

Spirits

Vodka	(25ml)	£3.85
Gin	(25ml)	£3.85
Rum	(25ml)	£3.85
Whiskey	(25ml)	£3.85
Brandy	(25ml)	£3.95
Bourbon	(25ml)	£3.95
Mixers	(50ml)	£2.25

Draught

Beat Beer	(3.8%)	£4.95
Stella	(4.6%)	£5.65
Neck Oil	(4.3%)	£5.95
Lacons LGR	(4.4%)	£5.95
Aspalls Cyder	(4.5%)	£5.95
Guinness	(4.1%)	£5.95

Non-Alcoholic Alternatives

Peroni	(0.0%)	£4.75
Guinness	(0.0%)	£4.75
Kopparberg (Strawberry & Lime)	(0.0%)	£4.75
Adnams Ghostship	(0.5%)	£4.75
Gin - (Non Alcoholic Norfolk Home Farm Rhubarb Gin or Seedlip Gin)	(0.0%)	£3.75
Noughty White Wine (175ml)	(0.0%)	£6.50
Noughty Rose Wine (175ml)	(0.0%)	£6.50

Bottles

Peroni	(5.0%)	£4.75
Corona	(4.6%)	£4.75
Budweiser	(4.5%)	£4.75
Koppaberg (Strawberry & Lime, Mixed Fruit)	(4.0%)	£5.95

Real Ales

A selection of Real Ales
Please ask a member of staff.

Cocktails

Original Mojito	£9.95
50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, soda water.	
Strawberry Mojito	£9.95
50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, strawberry syrup.	
Pineapple Mojito	£9.95
50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, pineapple purée, soda water.	
Fruity Beat	£9.95
25ml Malibu, 25ml peach schnapps, cranberry juice, pineapple juice.	
Strawberry Kiss	£10.95
25ml vodka, Prosecco, cranberry juice, pineapple juice & strawberry syrup.	
Espresso Martini	£10.95
25ml vodka, 25ml kahlua, vanilla syrup, espresso coffee.	
Porn Star Martini	£10.95
25ml Absolut vanilla, 25ml Passoã, passion fruit purée, Prosecco.	

Jugs (Also available as single glasses)

Pimms & Lemonade	£19.95
200ml Pimms, lemonade & Pimms garnish.	
Aperol Spritz	£29.95
375ml Prosecco, 150ml Aperol, soda water.	

Wine

Available in:	125ml	175ml	250ml	Caraffe	Bottle
White					
Antina, Sauvignon Blanc	£3.95	£5.50	£7.95	£15.95	£22.95
Spain, 2023					
Opal Ridge, Semillion Chardonnay	£3.95	£5.50	£7.95	£15.95	£22.95
Australia, 2019					
Novita, Pinot Grigio	£4.25	£5.75	£8.50	£16.50	£23.95
Italy, 2023					
Tournee de Sud, Picpoul de Pinet	£5.75	£7.95	£11.50	£22.50	£32.95
France, 2023					
The Nest, Sauvignon Blanc	£6.50	£8.95	£12.75	£25.95	£37.95
New Zealand, 2023					
Sveinns Hamlet, Bacchus	£6.50	£8.95	£12.75	£25.95	£37.95
Swainsthorpe, Norfolk, UK (Grown next door), 2024					

Red

Antina, Tempranillo	£3.95	£5.75	£8.25	£16.50	£22.95
Spain, 2023					
Opal Ridge, Shiraz	£4.50	£6.50	£8.95	£16.95	£24.95
Australia, 2021					
Tumbleweed Wild, Merlot	£4.75	£6.50	£9.50	£18.95	£25.95
South Africa, 2024					
El Camino, Malbec	£4.75	£6.50	£9.50	£18.95	£25.95
Argentina, 2022					
Hugonell, Rioja Crianza	£5.50	£7.75	£10.95	£21.95	£29.95
Spain, 2021					

Rose

Misty Peak, Zinfandel Blush	£3.95	£5.50	£7.95	£15.95	£22.95
USA, 2022					
Novita, Pinot Grigio Blush	£4.75	£6.50	£9.50	£18.95	£25.95
Italy, 2023					
Sveinns Hamlet, Rosè	£6.50	£8.95	£12.75	£25.95	£37.95
Swainsthorpe, Norfolk, UK (Grown next door), 2024					

Prosecco

Gocci de Favola, Prosecco	£6.95				£29.95
Italy					



SugarBeat
– eating house –

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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
Friday 28th November to Wednesday 24th December.

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

