



SugarBeat

– eating house –

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.	£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 Fresh fruit, honey & mascarpone.	£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

Grilled Goat's Cheese (V)(GFA) On focaccia with caramelised red onions, mixed leaf, cherry tomatoes, balsamic glaze.	£7.95
Onion Bhajis (V)(VE) Mango chutney, dukkah crumb, coriander oil.	£7.95
Smoked Salmon Pâté (GFA) Pickled cucumbers, toasted granary bloomer.	£8.95
Char Sui Pulled Pork Bao Buns Miso mayo, pickled cucumbers, pickled ginger, sesame seeds, micro coriander.	£8.95
Tempura King Prawns Sweet chilli sauce.	£9.95

Loaded Nachos or Fries

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

Cheddar Cheese (V)	Small £6.95 Large £10.95
Add Jalapeños	Small £7.95 Large £11.95
Vegetarian Chilli (V)(VE) Dairy free grated cheese, coriander.	Small £9.95 Large £13.95
Chicken Fajita Pulled chicken, roasted peppers & onions, cheddar cheese.	Small £10.95 Large £14.95
BBQ Pulled Pork Homemade BBQ sauce, cheddar cheese.	Small £10.95 Large £14.95
Extra: jalapeños	£1.00

Sandwiches Served 12-5pm

Served with Coleslaw & Salad. **Add chips for £1.50.**

Crispy Tofu (V)(VE) Red pepper pesto, mixed leaf, tomato.	£9.95
Prawn Cocktail (GFA) Granary bloomer, prawns, marie rose sauce, lettuce & cucumber.	£9.95
Reuben (GFA) Soft baguette, salt beef, sauerkraut, cheese, thousand island dressing.	£9.95

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.	£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.	£23.95
Surf & Turf (GFA) 8oz rump steak, garlic king prawns, chunky chips, slow roasted tomato, field mushroom, mixed leaf.	£27.95
Steak Sauces Peppercorn (GF), blue cheese (GF), garlic butter (GF)	£2.25 each

Favourites

Caesar Salad Chicken, bacon, garlic croutons, parmesan cheese, baby gem, Caesar dressing.	£15.95
Vietnamese Salad (VE)(GF) Rice noodles, nappa cabbage, red peppers, cucumber, carrot, Vietnamese dressing, peanuts, coriander & mint. Add Tofu (V)(VE) Add Steak (GF)	£13.95 £15.95 £16.95
Pesto Penne (V)(VE) Creamy basil pesto sauce, cherry tomatoes, spinach. Add Chicken	£13.95 £16.95
Chilli Cauliflower (V)(VE) Panko breadcrumb Cauliflower bites, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£13.95
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
Beer Battered Fish of the Day Chunky chips, crushed minted peas & tartar sauce.	£16.95
Pan Roasted Salmon (GF) Pea & saffron risotto topped with rocket, cherry tomato & parmesan salad.	£18.95
Pork T-Bone (GF) Herb crushed new potatoes, tender stem broccoli, creamy mushroom & spinach sauce.	£18.95

Burgers

Beat Burger Brioche bun, mayo, lettuce, tomato, red onion, gherkin, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries.	£15.95
Plant-Based Burger (VE) Pretzel burger bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	£15.95
Chicken Parmo Burger Breadcrumb chicken, béchamel sauce, cheddar cheese, garlic mayo, lettuce, tomato, red onion, coleslaw, French fries.	£15.95
Halloumi Burger (V) Brioche bun, red pepper pesto, lettuce, tomato, red onion, coleslaw, sweet potato fries.	£15.95
Lamb Burger Brioche bun, rosemary & garlic mayo, lettuce, tomato, red onion, coleslaw, French fries.	£15.95

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
White Chocolate & Pistachio Blondie (V) Pistachio sauce, stracciatella ice cream.	£7.95
Coconut & Lime Frangipane (V)(VE) Pineapple purée, toasted coconut, dairy free vanilla ice cream.	£7.95
Warm Cookie Dough (V) Honeycomb ice cream, chocolate sauce.	£7.95
Vanilla Panna Cotta (GF) Passion fruit purée, white chocolate soil, fresh fruit, chocolate shard.	£7.95
SugarBeat Sundae (V) Honeycomb, Madagascan vanilla & chocolate brownie ice cream, brownie, chocolate sauce, cream.	for 1 £7.95 for 2 £12.95
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	French Fries New Potatoes Garlic Bread	
Fish Goujons		
Sausages		
Cheese Burger		
Ham & Egg		
Cheese & Tomato Ciabatta Pizza	Carrot Sticks Peas Beans Sweetcorn Salad	
Tomato Penne Pasta with Cheese		
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

Please see our drinks menu on the reverse >

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

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

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	(5.5%)	£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 Raspberry 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
50ml vodka, 25ml Passoã, passion fruit purée, vanilla syrup, Prosecco	

Jugs

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
<i>Spain, 2023</i>					
Opal Ridge, Semillion Chardonnay	£3.95	£5.50	£7.95	£15.95	£22.95
<i>Australia, 2019</i>					
Novita, Pinot Grigio	£4.25	£5.75	£8.50	£16.50	£23.95
<i>Italy, 2023</i>					
Tournee de Sud, Picpoul de Pinet	£5.75	£7.95	£11.50	£22.50	£32.95
<i>France, 2023</i>					
The Nest, Sauvignon Blanc	£6.50	£8.95	£12.75	£25.95	£37.95
<i>New Zealand, 2023</i>					

Red

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

Rose

Misty Peak, Zinfandel Blush	£3.95	£5.50	£7.95	£15.95	£22.95
<i>USA, 2022</i>					
Novita, Pinot Grigio Blush	£4.75	£6.50	£9.50	£18.95	£25.95
<i>Italy, 2023</i>					

Prosecco

Gocci de Favola, Prosecco	£6.95				£29.95
<i>Italy</i>					



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A Function Room and Marquee for all...

If you are considering a Wedding, Special Occasion, Corporate Event or any other gathering, please ask for more details regarding private hire of our Venue, Function Room or Marquee.



Did you know?

We are now an Approved Venue for Marriages and Civil Partnership Ceremonies.

Please ask for more details.