



Bringing Food to your Ears!

Breakfast

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

Big Beat Breakfast	£14.95
2 Eggs, 3 rashers of Norfolk cured bacon, 2 sizzling Norfolk sausage, 3 hash browns, tomato, mushroom, baked beans & toast.	
Beat Breakfast	£10.95
1 Egg, 2 rashers of Norfolk cured bacon, 1 sizzling Norfolk sausage, 2 hash browns, tomato, mushroom, baked beans & toast.	
Kids Beat Breakfast	£7.95
1 Egg, 1 rasher of Norfolk cured bacon, 1 sizzling Norfolk sausage, 1 hash brown, baked beans & toast.	
Veggie Beat Breakfast (V)	£10.95
2 Eggs, 2 vegetarian sausages, 2 hash browns, tomato, mushroom, baked beans & toast.	
Eggs Benedict (GFA)	£11.95
Free range poached eggs on toasted English muffin, sliced ham, hollandaise sauce, pumpkin seeds.	
Eggs Royal (GFA)	£12.95
Free range poached eggs on toasted English muffin, smoked salmon, hollandaise sauce, pumpkin seeds.	
Scrambled Eggs on Toasted Sourdough (V)(GFA)	£7.95
With Bacon	£9.95
With Salmon	£11.95
Smashed Avocado (V)(GFA)	£10.95
Toasted sourdough, poached eggs, chilli jam.	
With Bacon	£12.95
With Halloumi	£13.95
Field Mushrooms (V)(GFA)	£8.95
Toasted sourdough, poached eggs.	
With Bacon	£10.95
With Avocado	£11.95
Pancake Stack (V)	£8.95
Choice of bacon & maple syrup or ask for today’s special flavour.	
Sausage Sandwich	£6.95
On white, malted grain or ciabatta.	
Bacon Sandwich (GFA)	£5.95
On white, malted grain or ciabatta.	
Crusty Toast (V)	£3.95
Choice of jam, marmalade or Nutella.	

Nibbles

Mixed Olives (V)(VE)(GF)	£4.95
Sundried Tomatoes (V)(VE)(GF)	£4.95
Homemade Focaccia, Oil & Balsamic (V)(VE)	£4.95
Garlic Bread (V)	£3.95
Garlic Bread with Cheese (V)	£4.95
Halloumi Fries (V)	£6.95
Sweet chilli sauce.	
Corn Ribs (VE)	£6.95
Cajun mayo.	

Starters

Soup of the Day (VE)(GFA)	£8.95
Served with granary bread.	
Mushroom Pate (V)(GFA)	£9.95
Toasted sourdough, micro parsley.	
Beef Chilli or Pulled Pork Tacos (GF)	£9.95
Nacho cheese sauce, pickled shallots, micro coriander.	
Chicken & Bacon Croquettes	£9.95
Ceasar sauce, mixed leaf.	
Piri Piri King Prawns (GFA)	£10.95
Garlic butter, toasted sourdough, micro coriander.	

Loaded Nachos or Fries

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

Cheddar Cheese (V)(GF on Nachos)	Small £7.95	Large £11.95
Add bacon	Small £9.95	Large £13.95
Add chicken (GF on Nachos)	Small £11.95	Large £15.95
Simply Nachos (V)(GF)	Small £7.95	Large £11.95
With a bowl of homemade nacho cheese sauce.		
Bang Bang Cauliflower (V)(VE)	Small £8.95	Large £12.95
Bang bang sauce, pickled shallots, micro coriander.		
Smoked Ham Hock (GF on Nachos)	Small £11.95	Large £15.95
Slow cooked ham hock, cheddar cheese, French’s mustard.		
Homemade Chilli (GF on Nachos)	Small £11.95	Large £15.95
Beef chilli, cheddar cheese, micro coriander.		
Extra: Jalapeños £1 Dipping pot of homemade nacho cheese sauce £2		

Sandwiches Served 12-5pm

Served with Coleslaw & Salad. **Add chips for £1.95.**

Halloumi Flatbread (V)	£10.95
Cherry tomatoes, red onion, mixed leaf, pomegranate seeds, hot honey.	
Tuna Melt (GFA)	£10.95
Ciabatta, cheddar cheese.	
Chicken & Bacon (GFA)	£10.95
Ciabatta, chicken, maple bacon, garlic mayo, lettuce & red onions.	

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.

From The Grill

SugarBeat Hunters Chicken (GFA)	£17.95
Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf salad & French fries.	
Steak & Frites (GFA)	£16.95
Minute steak, French fries, slow roasted tomato.	
8oz Rump Steak (GFA)	£25.95
Chunky chips, slow roasted tomato, field mushroom, mixed leaf.	
Surf & Turf (GFA)	£29.95
8oz rump steak, garlic king prawns, chunky chips, slow roasted tomato, field mushroom, mixed leaf.	
Steak Sauces	£2.50
Peppercorn (GF), Blue cheese (GF), Garlic butter (GF)	each

Favourites

Smashed Potato Salad (V)(VE)(GF)	£14.95
Roasted smashed potatoes with paprika & garlic, mixed leaf, red onion, cherry tomatoes, garlic mayo dressing.	
Add Chicken & Bacon	£17.95
Miso Roasted Aubergine (V)(VE)	£15.95
Asian style hummus, pickled red cabbage, tender stem broccoli, sesame seeds, micro coriander.	
Panko Chilli Cauliflower Noodles (V)(VE)	£15.95
Crispy Chilli Chicken	£16.95
Tempura Chilli Prawn Noodles	£17.95
Stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	
Maple Smoked Bacon Loin (GFA)	£16.95
Slow cooked in cherry coke, maple & mustard, Two free range eggs & chunky chips.	
Slow Cooked Ribs (GFA)	£17.95
Sticky Bourbon glaze, coleslaw & French fries	
Scampi & Chips	£17.95
Chunky chips, mixed leaf salad, lemon wedge & tartar sauce.	
Coq Au Vin (GF)	£19.95
Creamy mashed potato, tender stem broccoli.	
Fish of The Day (GF)	£19.95
Roast crushed potatoes, courgette & carrot spaghetti, beurre blanc sauce.	

Burgers

Beat Burger (GFA)	£16.95
Japanese milk bun, truffle mayo, lettuce, tomato, red onion, gherkin, maple streaky bacon, Monterey jack cheese, tomato & roast pepper relish, French fries.	
Plant-Based Burger (VE)	£16.95
Corn burger bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	
Southern Fried Chicken Burger	£16.95
Japanese milk bun, ranch dressing, lettuce, tomato, red onion, coleslaw, French fries.	
Halloumi Burger (V)	£16.95
Corn burger bun, harissa mayo, lettuce, tomato, caramelised red onion, coleslaw, sweet potato fries.	
Korean Pulled Pork Bun	£16.95
Japanese milk bun, gochujang mayo, Asian style slaw, French fries.	
Big Beat Burger	£24.95
Japanese milk bun, beef burger, maple streaky bacon, Monterey jack cheese, Southern fried chicken burger, burger sauce, lettuce, tomato, caramelised red onion, tomato & roast pepper relish, French fries.	

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
Panko 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
Macaroni Cheese (V)	£5.95
Garlic & herb crumb.	

Puddings

House Crème Brûlée (V)(GFA)	£8.95
Shortbread.	
House Cheesecake (V)	£8.95
Ice Cream.	
House Crumble (V)	£8.95
Custard or Madagascan vanilla ice cream.	
Apple & Ginger Frangipane (V)(VE)	£8.95
Granola, blackberry sorbet.	
Warm Cookie Dough (V)	£8.95
Honeycomb ice cream, chocolate sauce.	
Milk Chocolate Panna Cotta (GF)	£8.95
Chantilly cream, salted caramel.	
SugarBeat Sundae (V)	for 1 £7.95 / for 2 £13.95
Madagascan vanilla, honeycomb & chocolate brownie ice cream, brownie chunks, white & milk chocolate sauce, cream.	
3 Scoops of Ice Cream or Sorbets (V)	£5.95
Madagascan vanilla, honeycomb, chocolate brownie, strawberry or Biscoff ice cream.	

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	
Macaroni Cheese		
<i>Please select 1 item from each section above.</i>		
£8.95		

Little Beats Desserts

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

Please see our drinks menu on the reverse >

Drinks

Coffees

Espresso	£3.00
Double Espresso	£3.60
Macchiato	£3.60
Americano	£3.35
Flat White	£3.85
Mocha	£3.95
Cappuccino	£3.85
Latte	£3.95
Hot Chocolate	£3.95
Luxury Hot Chocolate	£4.95
Oat Milk or Soya Milk Alternative	+£0.75

Pot of Tea

English Breakfast Tea	£3.00
Earl Grey Tea	£3.00
Peppermint Tea	£3.00
Camomile Tea	£3.00
Green Tea	£3.00
Berry Tea	£3.00

Speciality Coffee

Irish Coffee	£7.75
Italian Coffee	£7.75
French Coffee	£7.75
Calypso Coffee	£7.75
Baileys Coffee	£7.75

Milkshakes - with cream

Chocolate Brownie Milkshake	£6.50
Strawberry Milkshake (GF)	£6.50
Vanilla Milkshake (GF)	£6.50
Biscoff Milkshake	£6.50
Honeycomb Milkshake (GF)	£6.50

Soft Drinks

Hildon Still Water	
Large	£4.95
Small	£2.50
Hildon Sparkling Water	
Large	£4.95
Small	£2.50
Franklin & Sons (Ginger Beer, Raspberry Lemonade, Rhubarb Lemonade)	£3.95
Coke / Diet Coke / Coke Zero / Fanta / Sprite Zero	£3.95
Appletiser	£3.75
Orange Juice / Apple Juice / Cranberry Juice / Pineapple Juice	£3.50
J20 (Apple & Mango, Orange & Passion Fruit, Apple & Raspberry)	£3.75
Norfolk Cordials:	
Wild Elderflower	£3.00
Raspberry	£3.00
Rhubarb, Orange & Ginger	£3.00
Strawberry & Lime	£3.00

Spirits

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

Draught

Beat Beer	(3.8%)	£5.50
Stella	(4.6%)	£5.95
Madri	(4.6%)	£6.25
Lacons Luma IPA	(4.5%)	£5.95
Lacons LGR	(4.4%)	£5.95
Aspalls Cyder	(4.5%)	£5.95
Guinness	(4.1%)	£6.25

Bottles

Peroni	(5.0%)	£4.95
Corona	(4.6%)	£4.95
Budweiser	(4.5%)	£4.95
Koppaberg (Strawberry & Lime, Mixed Fruit)	(4.0%)	£5.95

Real Ales

A selection of Real Ales	Please ask a member of staff.	
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Non-Alcoholic Alternatives

Peroni	(0.0%)	£4.95
Guinness	(0.0%)	£5.50
Kopparberg (Strawberry & Lime)	(0.0%)	£5.95
Adnams Ghostship	(0.5%)	£5.50
Gin - (Non Alcoholic Norfolk Home Farm Rhubarb Gin or Seedlip Gin)	(0.0%)	£3.95
Noughty White Wine (175ml)	(0.0%)	£6.50
Noughty Rose Wine (175ml)	(0.0%)	£6.50

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.	
Hugo Spritz	£10.95
125ml Prosecco, 25ml elderflower liqueur, soda.	
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
Gran Fondo, Bianco d'Italia Italy, 2024	£4.80	£6.00	£8.30	£16.50	£23.95
Opal Ridge, Semillion Chardonnay Australia, 2023	£5.00	£6.30	£8.60	£16.95	£24.95
Novita, Pinot Grigio Italy, 2024	£5.20	£6.50	£9.00	£17.95	£25.95
Tournee de Sud, Picpoul de Pinet France, 2024	£6.80	£8.50	£11.70	£22.95	£32.95
The Nest, Sauvignon Blanc New Zealand, 2024	£7.60	£9.50	£13.20	£25.95	£35.95
Sveinns Hamlet, Bacchus Swainsthorpe, Norfolk, UK (Grown next door), 2024	£6.80	£8.50	£11.70	£22.95	£32.95

Red

Gran Fondo, Rosso d'Italia Italy, 2024	£4.80	£6.00	£8.30	£16.50	£23.95
Wild Garden, Pinotage South Africa, 2022	£5.20	£6.50	£9.00	£17.95	£25.95
Opal Ridge, Shiraz Australia, 2024	£5.40	£6.80	£9.30	£18.50	£26.95
Tumbleweed Wild, Merlot South Africa, 2024	£5.60	£7.00	£9.70	£18.95	£27.95
El Camino, Malbec Argentina, 2023	£5.80	£7.30	£10.00	£19.95	£28.95
Sveinns Hamlet, Pinot Noir Swainsthorpe, Norfolk, UK (Grown next door), 2025	£6.80	£8.50	£11.70	£22.95	£32.95

Rose

Misty Peak, Zinfandel Blush USA, 2022	£4.80	£6.00	£8.30	£16.50	£23.95
Novita, Pinot Grigio Blush Italy, 2023	£5.60	£7.00	£9.70	£18.95	£27.95
Sveinns Hamlet, Rosè Swainsthorpe, Norfolk, UK (Grown next door), 2024	£6.80	£8.50	£11.70	£22.95	£32.95

Prosecco

Gocci de Favola, Prosecco Italy	£7.50				£29.95
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SugarBeat
- eating house -

Bringing Food to your Ears!



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 27th November to Thursday 24th December.

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

