



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 sausage, 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 Benedict (GFA) Free range poached eggs on toasted English muffin, sliced ham, hollandaise sauce, pumpkin seeds.	£11.95
Eggs Royal (GFA) Free range poached eggs on toasted English muffin, smoked salmon, hollandaise sauce, pumpkin seeds.	£12.95
Scrambled Eggs on Toasted Sourdough (V)(GFA) With Bacon With Salmon	£7.95 £9.95 £11.95
Smashed Avocado (V)(GFA) Toasted sourdough, poached eggs, chilli jam. With Bacon With Halloumi	£10.95 £12.95 £13.95
Field Mushrooms (V)(GFA) Toasted sourdough, poached eggs. With Bacon With Avocado	£8.95 £10.95 £11.95
Pancake Stack (V) Choice of bacon & maple syrup or ask for today's special flavour.	£8.95
Sausage Sandwich On white, malted grain or ciabatta.	£6.95
Bacon Sandwich (GFA) On white, malted grain or ciabatta.	£5.95
Crusty Toast (V) Choice of jam, marmalade or Nutella.	£3.95

Nibbles

Mixed Olives (V)(VE)(GF)	£4.95
Piquante Peppers (V) Filled with cream cheese.	£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) Sweet chilli sauce.	£6.95

Starters

Brie Beignets (V) Chilli jam.	£9.95
Sticky Mushroom Bao Buns (V)(VE) Kimchi, vegan mayo, micro coriander.	£9.95
Mackerel Pate (GFA) Toasted sourdough, pickled cucumbers.	£9.95
Pork Belly (GF) Gochujang sauce, pickled ginger, sesame seeds, micro coriander.	£9.95
Tempura King Prawns Sweet chilli sauce.	£10.95

Loaded Nachos or Fries

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

Cheddar Cheese (V)(GF on Nachos) Add bacon	<i>Small</i> £7.95 <i>Large</i> £11.95 <i>Small</i> £9.95 <i>Large</i> £13.95
Chilli Jam & Garlic Mayo (V)(VE) (GF on Nachos) Red onions.	<i>Small</i> £8.95 <i>Large</i> £12.95 <i>Small</i> £9.95 <i>Large</i> £14.95 <i>Small</i> £11.95 <i>Large</i> £15.95
Korean Pork (GF on Nachos) Slow cooked Korean pulled pork, gochujang sauce, kimchi, pickled cucumber.	<i>Small</i> £11.95 <i>Large</i> £15.95
Beat Burger (GF on Nachos) Beat burger mince, cheddar cheese, gherkins & burger sauce.	<i>Small</i> £11.95 <i>Large</i> £15.95
Extra: jalapeños	£1.00

Sandwiches Served 12-5pm

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

Vegan Sweet Chilli Chicken (V)(VE) Ciabatta, sweet chilli mayo, lettuce & red onion.	£10.95
Smoked Salmon Bagel (GFA) Toasted bagel, smoked salmon, dill cream cheese, pickled cucumbers.	£10.95
Steak Baguette (GFA) Warm baguette, cream cheese filled piquante peppers, cheddar cheese & red onions.	£10.95

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.	£17.95
Steak & Frites (GFA) Minute steak, French fries, slow roasted tomato.	£16.95
8oz Rump Steak (GFA) Chunky chips, slow roasted tomato, field mushroom, mixed leaf.	£25.95
Surf & Turf (GFA) 8oz rump steak, garlic king prawns, chunky chips, slow roasted tomato, field mushroom, mixed leaf.	£29.95
Steak Sauces Peppercorn (GF), Blue cheese (GF), Garlic butter (GF)	£2.50 each

Favourites

Mexican Style Salad (GF) Avocado, black bean, cherry tomato, sweetcorn, cheddar cheese, mixed leaf, lime & coriander dressing.	£14.95
Add Chicken	£16.95
Chicken Caesar Salad Baby gem, chicken, bacon, garlic croutons, parmesan shavings & Caesar dressing.	£16.95
Creamy Cajun Tagliatelle (V)(VE) Creamy Cajun sauce with red peppers, leeks, red onions & mushrooms.	£13.95
Add Chicken	£16.95
Crispy Chilli Chicken or Panko Chilli Cauliflower (V)(VE) or Tempura Chilli Prawn Stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£16.95 £15.95 £17.95

Warm Home Cured Maple Smoked Bacon Loin (GFA) **£15.95**
Two free range eggs & chunky chips.

Scampi & Chips **£16.95**
Chunky chips, mixed leaf salad, lemon wedge & tartar sauce.

Chicken Ballotine (GF) **£19.95**
Please ask your server for today's filling. Sauteed new potatoes, roasted red pepper & tomato sauce, tender stem broccoli.

Fish of The Day (GF) **£19.95**
New potato terrine, roasted cherry tomatoes, tender stem broccoli, creamy salsa verde sauce.

Burgers

Beat Burger (GFA) Japanese milk bun, mayo, lettuce, tomato, red onion, gherkin, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries.	£16.95
Plant-Based Burger (VE) Corn burger bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	£16.95
Southern Fried Chicken Burger Japanese milk bun, katsu mayo, lettuce, red onion, pickled cucumber, coleslaw, French fries.	£16.95
Halloumi Burger (V) Corn burger bun, sweet chilli mayo, lettuce, tomato, red onion, coleslaw, sweet potato fries.	£16.95
Lamb Burger (GFA) Japanese milk bun, mayo, lettuce, tomato, red onion, coleslaw, French fries.	£16.95
Big Beat Burger Japanese milk bun, beef burger, bacon, Monterey jack cheese, Southern fried chicken burger, burger sauce, lettuce, tomato, caramelised red onion, tomato & roast pepper relish, French fries.	£25.95

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

Puddings

House Crème Brûlée (V)(GFA) Shortbread.	£8.50
House Cheesecake (V) Ice Cream.	£8.50
Jammie Dodger Blondie (V) White chocolate sauce, white chocolate & raspberry ice cream.	£8.50
Chocolate Torte (V)(VE) Boozy cherries, cherry sorbet.	£8.50
Warm Cookie Dough (V) Honeycomb ice cream, chocolate sauce.	£8.50
Coconut Panna Cotta (GFA) Crushed ginger nut biscuits, pineapple compote.	£8.50

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	

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	£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	

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	£5.50
Strawberry Milkshake (GF)	£5.50
Vanilla Milkshake (GF)	£5.50
Biscoff Milkshake	£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
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	£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%)	£4.95
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.*

Non-Alcoholic Alternatives

Peroni	(0.0%)	£4.95
Guinness	(0.0%)	£4.95
Kopparberg (Strawberry & Lime)	(0.0%)	£4.95
Adnams Ghostship	(0.5%)	£4.95
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
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, soda water.</i>	
Strawberry Mojito	£9.95
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, strawberry syrup.</i>	
Pineapple Mojito	£9.95
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, pineapple purée, soda water.</i>	
Fruity Beat	£9.95
<i>25ml Malibu, 25ml peach schnapps, cranberry juice, pineapple juice.</i>	
Strawberry Kiss	£10.95
<i>25ml vodka, Prosecco, cranberry juice, pineapple juice & strawberry syrup.</i>	
Espresso Martini	£10.95
<i>25ml vodka, 25ml kahlua, vanilla syrup, espresso coffee.</i>	
Porn Star Martini	£10.95
<i>25ml Absolut vanilla, 25ml Passoã, passion fruit purée, Prosecco.</i>	

Jugs (Also available as single glasses)

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

Wine

Available in:	125ml	175ml	250ml	Caraffe	Bottle
White					
Gran Fondo, Bianco d'Italia	£4.80	£6.00	£8.30	£16.50	£23.95
<i>Italy, 2024</i>					
Opal Ridge, Semillion Chardonnay	£5.00	£6.30	£8.60	£16.95	£24.95
<i>Australia, 2023</i>					
Novita, Pinot Grigio	£5.20	£6.50	£9.00	£17.95	£25.95
<i>Italy, 2024</i>					
Tournee de Sud, Picpoul de Pinet	£6.80	£8.50	£11.70	£22.95	£32.95
<i>France, 2024</i>					
The Nest, Sauvignon Blanc	£7.60	£9.50	£13.20	£25.95	£35.95
<i>New Zealand, 2024</i>					
Sveinns Hamlet, Bacchus	£6.80	£8.50	£11.70	£22.95	£32.95
<i>Swainsthorpe, Norfolk, UK (Grown next door), 2024</i>					

Red

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

Rose

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

Prosecco

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



SugarBeat

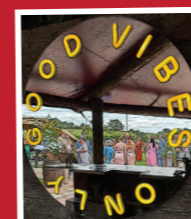
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A Function Room and Marquee for all...

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.

