

SugarBeat

– eating house –



– Brings food to your ears –

– SugarBeat Breakfast –

Monday to Friday breakfast served from 7.00am to 11.30am and Saturday & Sunday breakfast served from 8.00am to 11.30am

Thick crusty toast (V) <i>Choice of jam, marmalade, marmite, Nutella</i>	£1.95	Eggy bread <i>Crispy bacon</i>	£5.95
Pancakes (V) <i>Choice of Nutella, lemon & sugar, maple syrup</i>	£3.50	Eggs Benedict <i>Free range poached eggs on toasted English muffin, sliced ham, hollandaise, pumpkin seeds</i>	£7.25
Natural yoghurt (V) <i>Fruit compote, granola</i>	£3.50	Eggs Florentine (V) <i>Free range poached eggs on toasted English muffin, spinach, hollandaise, pumpkin seeds</i>	£7.25
Beat bacon sandwich <i>On white, brown or ciabatta</i>	£3.95	Eggs Royale <i>Free range poached eggs on toasted English muffin, smoked salmon, hollandaise, pumpkin seeds</i>	£7.95
Field mushrooms (V) <i>Thick crusty toast, poached eggs Add avocado</i>	£6.50 £7.50		
Sugar Beat full English breakfast <i>Egg, bacon, sausage, tomato, mushroom, baked beans, hash browns, toast. Vegetarian option available (V)</i>	£7.95		
Three free-range scrambled eggs on toast (V) <i>With bacon</i>	£4.50		
<i>With smoked salmon</i>	£5.50 £6.50		

V = Vegetarian / GF = Gluten Free

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.

Note: 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.

– Afternoon Tea –

Available from Monday to Saturday 12pm-5pm.



Sandwiches

Cucumber, cream cheese & chive
Dingley dell ham & wholegrain mustard mayo
Smoked salmon, cream cheese & dill
Egg mayonnaise & baby watercress

Giant Rustic Scone with clotted cream
& a selection of jams

Selection of four homemade patisseries



Pot of tea

£12.95 per person

Glass of wine

£14.95 per person

Glass of prosecco

£16.95 per person



– SugarBeat Main Menu –

Served from Monday to Saturday 12pm-9pm, Sunday 12pm-7pm.

Nibbly Beats

Mixed olives (V) (GF)	£2.25
Sun dried tomatoes (V) (GF)	£2.25
Bread, olive oil & balsamic, mixed olives (V)	£4.95
Sweet potato & shallot quessadilla (V) Avocado oil	£4.95
Homemade crisps Cajun, paprika or salted	£1.95
Garlic bread (V)	£2.95
Garlic bread with cheese (V)	£3.95
Cheesy nachos (V) (GF)	small £5.95
Guacamole, tomato salsa, sour cream	large £8.95
Cheesy nachos with chilli (GF)	small £8.95
Guacamole, tomato salsa, sour cream	large £11.95

Starter Plates

Roasted cherry tomato bruschetta (V)	£5.95
Ciabatta, goats cheese, red pesto	
Confit duck spring rolls	£5.95
Hoisin dressed Asian slaw, plum sauce	
Sticky baby back ribs	£5.95
Beat slaw	
Sesame seed crab cakes	£5.95
Sweetcorn purée	
Tempura king prawns	£8.95
Sweet chilli sauce	
Loaded skins	
Bacon, cream cheese, spring onion & cheddar cheese (GF)	£4.95
Cream cheese, spring onion & cheddar cheese (V) (GF)	£3.95

Sandwiches (served with crisps & salad, 12-6pm)

Monterey Jack cheese (V)	£5.95
Ciabatta, tomato chutney	
Tuna melt	£6.50
Ciabatta, spring onion & melted cheese	
Brie & bacon	£6.50
Ciabatta, sundried tomato	
Rump steak	£7.95
Ciabatta, whole grain mustard mayonnaise, melting onions	

Main Plates

Steak & blue cheese salad (GF)	£10.95
Mixed leaf, cherry tomatoes, honey & balsamic dressing	
Smoked salmon salad	£10.95
Guacamole, citrus dressing, orange segments, couscous	
Chicken & mango salad (GF)	£9.95
Mixed leaf, red onions, chilli & lime dressing	
Halloumi salad (V) (GF)	£9.95
Flame roasted red peppers, red onions, honey & balsamic dressing, toasted pine nuts	
Creamy Cajun tagliatelle (V)	£8.95
Roasted pepper, leeks, mushroom & sundried tomato in a creamy Cajun sauce	
SugarBeat curry (V) (GF)	£8.95
Peppers, onions, sweet potato, chick peas, papadum & rice	
Add Chicken (GF)	£10.95
Add King prawns (GF)	£12.95
Chunky chilli (GF)	£9.95
Cheddar cheese, sour cream & basmati rice	
Crispy chilli chicken	£9.95
Tempura chicken, stir fry noodles, spring onions, coriander & sesame seeds	
Warm home cured maple smoked bacon loin	£9.95
Two free range eggs & hand cut chips	

Beer battered fish of the day	£11.95
Hand cut chips, crushed minted peas & tartar sauce	

SugarBeat hunters chicken	£12.95
Chargrilled chicken breast, Monterey Jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf, sweet potato fries	

Chicken ballotine	£13.95
Stuffed with lemon & red pesto couscous, wrapped in parma ham, spring onion purée, new potatoes & mushroom duxelle, red wine jus	

Sea Bream (GF)	£14.95
Ratatouille, pommes anna potatoes, basil oil	

Lamb Rump (GF)	£15.95
Fondant potato, balsamic roasted beetroot, wilted spinach, red wine jus	

10oz Rump Steak	£16.95
Watercress, slow roasted tomato & French fries	

Surf & Turf	£19.95
10oz rump steak, garlic king prawns, watercress, slow roasted tomato & French fries	

8oz Sirloin Steak	£19.95
Watercress, hand cut chips, onion rings & oven roasted tomato stuffed with mushroom duxelles	

Steak sauces	£1.95 each
Peppercorn, blue cheese, garlic butter or béarnaise	

Burgers

Beat burger	£11.95
Brioche bun, bacon, Monterey Jack cheese, tomato & roast pepper relish, French fries	

Chicken burger	£11.50
Ciabatta, Chargrilled chicken breast, bacon, Cajun mayo, baby gem, tomato, coleslaw, French fries	

Portobello mushroom (V)	£10.95
Brioche bun, red onion & beetroot chutney, Binham blue cheese, mixed leaf, tomato, coleslaw, sweet potato fries	

Sides

French fries (V)	£2.95
Hand cut chips (V)	£3.25
Sweet potato fries (V)	£3.25
Onion rings (V)	£2.95
New potatoes (V) (GF)	£2.95
Field mushrooms (V) (GF)	£2.95
Beat slaw (V) (GF)	£2.95
House salad (V) (GF)	£3.50

Puddings

Warm cookie dough (V)	£5.75
Chocolate chips, honeycomb ice cream, chocolate sauce	
Strawberry Eton mess parfait (V) (GF)	£5.75
Strawberries, meringue, Chantilly cream, baby mint	
Sea salted caramel & milk chocolate tart (V)	£5.75
Dark chocolate sauce, coca tuile, Madagascan vanilla ice cream	
White chocolate & mango cheesecake (V)	£5.75
Coconut ice cream	
Lemon & orange crème brulee (V)	£5.75
Shortbread	
SugarBeat sundae – for 2 (V) (GF)	£8.95
White chocolate & raspberry, Madagascan vanilla & strawberry ice cream, strawberry coulis, Chantilly cream	
Selection of ice cream or sorbets (V) (GF)	£3.95

– SugarBeat Drinks Menu –

Please ask a member of staff for the wine menu

Coffees

Espresso	£2.00
Double Espresso	£2.40
Macchiato	£2.00
Americano	£2.00
Flat White	£2.50
Mocha	£2.60
Cappuccino	£2.35
Latte	£2.40
Hot chocolate	£2.40
Luxury hot chocolate	£2.85
Syrups	£0.40

Teas

English Breakfast tea	£1.95
Earl Grey tea	£1.95
Peppermint tea	£1.95
Camomile tea	£1.95
Green tea	£1.95

Milkshakes

Chocolate milkshake	£3.80
Strawberry milkshake	£3.80
Vanilla milkshake	£3.80

Soft drinks

Hildon Still Water	(S) £1.90	(L) £3.80
Hildon Sparkling	(S) £1.90	(L) £3.80
Fentimans		£3.25
Coke		£2.35
Diet Coke		£2.35
Sprite		£2.35
Appletiser		£2.50
Orange Juice		£2.35
Apple Juice		£2.35
Cranberry Juice		£2.35
J2o		£2.35
Delicious Norfolk cordials:		
Wild Elderflower		£1.95
Redcurrant & Grapefruit		£1.95
Rhubarb, Orange & Ginger		£1.95
Strawberry & Lime		£1.95

Speciality coffee

Irish coffee	£4.95
Italian coffee	£4.95
French coffee	£4.95
Calypso coffee	£4.95
Baileys coffee	£4.95

Draught

Becks Vier	(4.0%)	Pint	£3.85
Stella Artois	(4.8%)		£4.20
Löwenbräu	(5.0%)		£4.50
Craft Lager	(5.2%)		£4.85
Aspall Cyder	(5.5%)		£4.15
Guinness	(4.1%)		£4.30

Bottled beers

Becks Blue	(0%)	£3.00
Budweiser	(4.8%)	£3.80
Peroni	(5.1%)	£3.80
Corona	(4.5%)	£3.80
Kopparberg Cider:		
Pear	(4.5%)	£4.75
Mixed Fruits	(4.0%)	£4.75
Strawberry	(4.5%)	£4.75

Real ales

Adnams Southwold	(3.7%)	£3.50
Lacons	(variable)	£3.50
Monthly guest ale		

Spirits

Vodka	(25ml)	£2.90
Gin	(25ml)	£2.90
Rum	(25ml)	£2.90
Brandy	(25ml)	£3.25
Whiskey	(25ml)	£2.90
Bourbon	(25ml)	£3.25
Vermouths	(50ml)	£2.90
Mixers	(Each)	£1.45

Cocktails

Original Mojito		£6.95
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, soda water</i>		
Ginger Beer Mojito		£6.95
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, ginger beer</i>		
Strawberry Mojito		£7.25
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, strawberry syrup</i>		
Mojito Royal		£8.25
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, prosecco</i>		
Harvey Wallbanger		£5.95
<i>50ml vodka, orange juice, float of Galiano</i>		
Woo Woo		£5.85
<i>25ml vodka, 25ml peach schnapps, cranberry juice</i>		
Bloody Mary		£6.95
<i>50ml vodka, tomato juice, Worcestershire sauce, tabasco, pepper, squeeze of fresh lime</i>		
The Fruity Beat		£5.85
<i>25ml Malibu, 25ml peach schnapps, cranberry juice, pineapple juice</i>		

– Notice Board –

SugarBeat Loyalty Card is here!

Apply for membership to our exclusive loyalty club. Start collecting your Sugar Stars every time you visit, entitling you to great discounts & special events over the year.

Ask for more details.