

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 (GFA) <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) (GFA) <i>Free range poached eggs on toasted English muffin, spinach, hollandaise, pumpkin seeds</i>	£7.25
Beat bacon sandwich (GFA) <i>On white, brown or ciabatta</i>	£3.95	Eggs Royale (GFA) <i>Free range poached eggs on toasted English muffin, smoked salmon, hollandaise, pumpkin seeds</i>	£7.95
Field mushrooms (V) (GFA) <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) (GFA) <i>With bacon</i>	£4.50 £5.50		
<i>With smoked salmon</i>	£6.50		

V = Vegetarian / 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.

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.

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 28th November to 24th December 2017.



Every time you dine with us in December **receive a Christmas present!** Sign up to our loyalty card to earn **10% of your bill** on to your loyalty card.

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

– SugarBeat Main Menu –

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

Nibbly Beat

Mixed Olives (V) (GF)	£2.95
Italian Bread, Olive Oil & Balsamic (V)	£2.95
Halloumi Fries <i>Garlic aioli (V)</i>	£4.95
Homemade Crisps <i>Cajun, paprika or salted (V)</i>	£1.95
Garlic Bread (V)	£2.95
Garlic Bread with Cheese (V)	£3.95
Cheesy Nachos (V) (GF)	small £5.95
<i>Guacamole, tomato salsa, sour cream</i>	large £8.95
Cheesy Nachos with Chilli (GF)	small £8.95
<i>Guacamole, tomato salsa, sour cream</i>	large £11.95

Starter Plates

Breaded Field Mushrooms (V)	£5.95
<i>Garlic Aioli</i>	
Macaroni Cheese Balls (V)	£5.95
<i>Tomato marinara sauce</i>	
BBQ Chicken Wings (GF)	£5.95
<i>Asian slaw</i>	
Smoked Mackerel (GF)	£5.95
<i>Spinach, watercress, orange segments, beetroot</i>	
Tempura King Prawns	£8.95
<i>Sweet chilli sauce</i>	

Loaded Skins

<i>Bacon, cream cheese, spring onion & cheddar cheese (GF)</i>	£4.95
<i>Cream cheese, spring onion & cheddar cheese (V) (GF)</i>	£3.95

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

Mediterranean Vegetable (V)	£5.95
<i>Ciabatta, green pesto</i>	
Tuna Melt	£6.50
<i>Ciabatta, spring onions & melted cheese</i>	
Brie & Bacon	£6.50
<i>Ciabatta, tomato chutney</i>	
Rump Steak	£7.95
<i>Ciabatta, whole grain mustard mayonnaise, melting onions</i>	

Main Plates

Greek Salad (V) (GF)	£9.95
<i>Mixed olives, feta, red onions, cucumber, mixed leaf</i>	
Chicken Cesar Salad (GFA)	£9.95
<i>Chargrilled chicken, cos lettuce, garlic croutons, crispy bacon, Cesar dressing</i>	
Steak Salad (GF)	£10.95
<i>Mixed leaf, sautéed new potatoes, red onions, garlic aioli, honey & mustard dressing</i>	
Creamy Cajun Tagliatelle (V)	£8.95
<i>Roasted pepper, leeks, mushrooms & sundried tomato in a creamy Cajun sauce</i>	
With Chicken	£10.95
Vegetarian Chilli (V) (GF)	£8.95
<i>Cheddar cheese, sour cream & basmati rice</i>	
Chunky Chilli (GF)	£9.95
<i>Cheddar cheese, sour cream & basmati rice</i>	
Crispy Chilli Chicken	£9.95
<i>Tempura chicken, stir fry noodles, spring onions, coriander & sesame seeds</i>	
With Tempura Prawns	£13.95
Warm Home Cured Maple Smoked Bacon Loin (GFA)	£9.95
<i>Two free range eggs & hand cut chips</i>	
Beer Battered Fish of the Day	£11.95
<i>Hand cut chips, crushed minted peas & tartar sauce</i>	

Dingley Dell Sausages	£12.95
<i>Truffle oil mash, carrot purée, crispy Parma ham, seasonal vegetables, red onion gravy</i>	

Sugarbeat Hunters Chicken	£12.95
<i>Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf, sweet potato fries</i>	

Chicken Supreme (GF)	£13.95
<i>Potato gratin, butternut squash purée, green beans, mushroom jus</i>	

Cod Loin (GF)	£15.95
<i>Herb crusted cod, green pesto crushed new potatoes, seasonal vegetables, lemon & parsley cream sauce</i>	

Duck Breast	£15.95
<i>Potato pancakes, kale, carrot purée, orange jus</i>	

10oz Rump Steak	£16.95
<i>Watercress, slow roasted tomato, French fries</i>	

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

8oz Sirloin Steak	£19.95
<i>Watercress, hand cut chips, onion rings, slow roasted tomato, field mushroom</i>	

Steak Sauces	£1.95 each
<i>Peppercorn, blue cheese, garlic butter or béarnaise</i>	

Burgers

Beat Burger	£11.95
<i>Brioche bun, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries</i>	

Chicken Burger	£11.95
<i>Ciabatta, panko breaded chicken, bacon, mango mayo, cos lettuce, tomato, coleslaw, French fries</i>	

Halloumi Burger (V)	£10.95
<i>Ciabatta, garlic aubergine, harissa relish, mixed leaf, coleslaw, sweet potato fries</i>	

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)	£3.25

Puddings

Warm Chocolate Chip Cookie Dough (V)	£5.75
<i>Banana honeycomb ice cream, chocolate sauce</i>	
Lemon Meringue Pie (V)	£5.75
<i>Mixed berry compote, Chantilly cream</i>	
Seasonal Fruit Crumble (V)	£5.75
<i>Set vanilla custard</i>	
Twix Cheesecake (V)	£5.75
<i>Honeycomb ice cream</i>	
White Chocolate & Raspberry Crème Brulee (V) (GFA)	£5.75
<i>Shortbread</i>	
SugarBeat Sundae – for 2 (V)	£8.95
<i>Belgium chocolate, Madagascan vanilla & honeycomb ice cream, brownie chunks, chocolate sauce, Chantilly cream</i>	
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

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.