

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

Crusty toast (V) <i>Choice of jam, marmalade, marmite, Nutella</i>	£2.75	Eggy bread <i>Crispy bacon</i>	£6.25
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>	£7.50
Natural Yoghurt (V) <i>Fruit compote, granola</i>	£4.95	Eggs Florentine (V) (GFA) <i>Free range poached eggs on toasted English muffin, spinach, hollandaise, pumpkin seeds</i>	£7.25
Bacon Sandwich (GFA) <i>On white, brown or ciabatta</i>	£4.25	Eggs Royale (GFA) <i>Free range poached eggs on toasted English muffin, smoked salmon, hollandaise, pumpkin seeds</i>	£8.95
Field mushrooms (V) (GFA) <i>Thick crusty toast, poached eggs Add avocado</i>	£6.50 £7.95		
Sugar Beat full English breakfast <i>Egg, bacon, sausage, tomato, mushroom, baked beans, hash browns, toast. Vegetarian option available (V)</i>	£8.95		
Three free-range scrambled eggs on toast (V) (GFA) <i>With bacon</i>	£4.95 £5.95		
<i>With smoked salmon</i>	£7.95		

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.

A function room for all...

If you are considering a special occasion, small business conference or any other gathering, please ask for more details regarding our private function room.



– SugarBeat Main Menu –

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

Nibbly Beats

Homemade Crisps Salted, paprika or Cajun (V)	£1.95
Mixed Olives (V) (GF)	£2.95
Italian Bread, Olive Oil & Balsamic (V)	£2.95
Garlic Bread (V) £2.95 with Cheese (V)	£3.95
Roasted Red Pepper & Feta Dip Warm flatbread (V)	£4.95
Halloumi Fries Cajun mayonnaise (V)	£4.95
Brie Beignet Sweet chilli sauce (V)	£5.95
Cheesy Nachos (V) (GF) small £6.95 / large £9.95	
Cheesy Nachos with Chilli (GF) small £8.95 / large £11.95	
Guacamole, tomato salsa, sour cream	

Starter Plates

Sweet Potato, Feta & Cumin Cake (V)	£5.95
Cucumber ribbons, tzatziki	
Baked Portobello Mushroom (V) (GF)	£5.95
Stuffed with caramelised red onion & blue cheese, beetroot chutney, mixed leaf	
Pork Belly (GF)	£6.50
Crispy kale, cauliflower purée, crackling crumb	
Crispy Duck Spring Rolls	£6.50
Hoisin sauce, plum sauce, Asian slaw	
Hot Smoked Salmon (GF)	£6.50
Celeriac remoulade, fennel & orange salad	
Tempura King Prawns	£8.95
Sweet chilli sauce	

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

Med Veg Flatbread (V)	£6.25
Sundried tomatoes, basil pesto	
Tuna Melt	£6.95
Spring onions & melted cheese	
Club Sandwich	£6.95
Chargrilled chicken, crispy bacon, baby gem, tomato, truffle mayo	
Brie & Bacon	£6.95
Tomato chutney	

Main Plates

Chicken & Chorizo Salad (GF)	£11.95
Chicken, chorizo, red onion, roasted red peppers, mixed leaf & wholegrain mustard dressing	
Winter Vegetable Stew (V) (GF)	£9.95
Rosemary dumplings With chicken	
Spinach & Ricotta Cannelloni (V)	£10.95
Rich tomato sauce, creamy béchamel, mozzarella cheese, garlic bread	
Roasted Butternut Squash Risotto (V) (GF)	£10.95
Blue cheese, sunflower seeds	
Chunky Chilli (GF)	£10.95
Cheddar cheese, sour cream & rice	
Crispy Chilli Chicken £10.95 or Tempura Prawns	£14.95
Tempura chicken, stir fry noodles, spring onions, coriander & sesame seeds	
Warm Home Cured Maple Smoked Bacon Loin (GFA)	£11.95
Two free range eggs & hand cut chips	
Beer Battered Fish of the Day	£12.95
Hand cut chips, crushed minted peas & tartar sauce	
Bangers & Mash	£12.95
Blythburgh free range pork sausages, creamy mash, onion gravy, savoy cabbage & leeks	

Main Plates

SugarBeat Hunters Chicken	£13.95
Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf, sweet potato fries	
BBQ Ribs (GFA)	£14.95
Homemade BBQ sauce, French fries, coleslaw, grilled corn	
Chicken Supreme (GF)	£14.95
Sautéed new potatoes, butternut squash purée, savoy cabbage, red wine & mushroom jus	
Salmon Teriyaki	£15.95
Homemade Teriyaki sauce, pak choi, stir fry noodles	
8oz Rump Steak	£16.95
Hand cut chips, slow roasted tomato, lambs leaf	
Surf & Turf	£19.95
8oz rump steak, garlic king prawns, lambs leaf, hand cut chips, slow roasted tomato	
8oz Sirloin Steak	£20.95
Hand cut chips, slow roasted tomato, field mushroom, lambs leaf, onion rings	
Steak Sauces (V) (GF)	£1.95 each
Peppercorn, blue cheese, garlic butter or béarnaise	

Burgers

Beat Burger	£12.95
Brioche bun, bacon, Monterey jack cheese, burger garnish, mayo, tomato & roast pepper relish, French fries	
BBQ Pulled Pork Burger	£11.95
Brioche bun, mayo, lettuce, tomato, coleslaw, French fries	
Chicken Burger	£11.95
Ciabatta, chargrilled chicken, bacon, Cajun mayo, lettuce, tomato, coleslaw, French fries	
Halloumi Burger (V)	£11.95
Ciabatta, flame roasted red pepper, basil pesto, mixed leaf, 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	Beat Slaw (V) (GF)	£2.95
Corn on The Cob (V) (GF)	£2.95	House Salad (V) (GF)	£2.95
Field Mushrooms (V) (GF)	£2.95		

Puddings

Warm Chocolate Chip Cookie Dough (V)	£5.95
Honeycomb ice cream, chocolate sauce	
Seasonal Crumble (V)	£5.95
Set custard	
Madagascar Vanilla Crème Brûlée (V) (GFA)	£5.95
Shortbread	
Oreo Cookie Cheesecake (V)	£5.95
Belgian chocolate ice cream	
White chocolate & Cranberry Bread & Butter Pudding (V)	£5.95
Lemon curd ice cream	
SugarBeat Sundae for 2 (V)	£8.95
Belgian chocolate, Madagascar vanilla & honeycomb ice cream, chocolate brownie, chocolate sauce	
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	£2.75
Cappuccino	£2.50
Latte	£2.50
Hot Chocolate	£2.75
Luxury Hot Chocolate	£2.95

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	£3.95
Strawberry Milkshake	£3.95
Vanilla Milkshake	£3.95

Soft Drinks

Hildon Still Water	(S) £1.95	(L) £3.95
Hildon Sparkling	(S) £1.95	(L) £3.95
Fentimans		£3.30
Coke		£2.45
Diet Coke		£2.45
Sprite Zero		£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 £3.95
Stella Artois	(4.8%)	£4.25
Löwenbräu	(5.0%)	£4.50
Craft Lager		£4.75
Aspall Cyder	(5.5%)	£4.25
Guinness	(4.1%)	£4.50

Bottled Beers

Becks Blue	(0%)	£3.00
Budweiser	(4.8%)	£3.90
Peroni	(5.1%)	£3.90
Corona	(4.5%)	£3.90
Kopparberg Cider:		
Pear	(4.5%)	£4.85
Mixed Fruits	(4.0%)	£4.85
Strawberry	(4.5%)	£4.85

Real Ales

A selection of Real Ales (variable)
Please ask a member of staff

Spirits

Vodka	(25ml)	£2.95
Gin	(25ml)	£2.95
Rum	(25ml)	£2.95
Brandy	(25ml)	£3.25
Whiskey	(25ml)	£2.95
Bourbon	(25ml)	£3.25
Vermouths	(50ml)	£2.95
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		£7.50
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, strawberry syrup</i>		
Mojito Royal		£8.50
<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		£5.95
<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		£5.95
<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.