



Breakfast

Served everyday 9:00 am to 11:30 am

Big Beat Full English 2 Eggs, 3 rashers of Norfolk cured bacon, 2 sizzling Norfolk sausages, 3 hash browns, tomato, mushroom, baked beans & toast.	£14.95
Yummy Beat Full English 1 Egg, 2 rashers of Norfolk cured bacon, 1 sizzling Norfolk sausage, 2 hash browns, tomato, mushroom, baked beans & toast.	£9.95
Little Beat Full English 1 Egg, 1 rasher Norfolk cured bacon, 1 sizzling Norfolk sausage, 1 hash brown, baked beans & toast.	£6.95
Green Beat Vegetarian Full English (V) 2 Eggs, 2 vegetarian sausages, 2 hash browns, tomato, mushroom, baked beans & toast.	£9.95
Eggs Florentine (V)(GFA) Free range poached eggs on toasted English muffin, wilted spinach, hollandaise sauce, pumpkin seeds.	£8.95
Eggs Benedict (GFA) Free range poached eggs on toasted English muffin, sliced ham, hollandaise sauce, pumpkin seeds.	£9.95
Eggs Royal (GFA) Free range poached eggs on toasted English muffin, smoked salmon, hollandaise sauce, pumpkin seeds.	£9.95
Three Free-Range Scrambled Eggs on Toast (V)(GFA) With Bacon. With Salmon.	£6.95 £7.95 £9.95
Smashed Avocado (V)(GFA) Toasted sourdough, poached eggs, chilli flakes.	£8.95
Field Mushrooms (V)(GFA) Toasted sourdough, poached eggs. Add Avocado.	£7.95 £8.95
Eggy Bread (GFA) Crispy Bacon.	£7.95
Pancake Stack (V) 3 fluffy pancakes, choice of bacon & maple syrup or chocolate & banana.	£6.95
Sausage Sandwich On white, granary or ciabatta.	£5.95
Bacon Sandwich (GFA) On white, granary or ciabatta.	£4.95
Crusty Toast (V) Choice of jam, marmalade, Marmite, Nutella.	£3.95
Natural Yoghurt (V) Fruit compote, granola.	£5.95

Nibbles

Mixed Olives (V)(VE)(GF)	£4.25
Homemade Focaccia, Olive Oil & Balsamic (V)(VE)	£4.95
Garlic Bread (V)	£3.50
Garlic Bread with Cheese (V)	£4.50
Halloumi Fries (V) Sweet chilli sauce.	£6.95
Bang Bang Cauliflower Bites (VE)	£5.95

Starters

Soup of The Day (V)(VE)(GFA) Warm focaccia.	£6.95
Goat's Cheese Beignets (V) Beetroot purée, apple, candied walnut.	£7.95
Crispy Squid Paprika aioli, lemon wedge.	£8.95
Teriyaki Pork Belly (GF) Spring onions, sesame seeds, micro coriander.	£8.95
Tempura King Prawns Sweet chilli sauce.	£9.95

Loaded Nachos or Fries

All nachos are served with tomato salsa, guacamole and sour cream as well.

Cheddar Cheese (V) Add Jalapeños	Small £6.95 Large £10.95 Small £7.95 Large £11.95
Katsu Curry (VE)(GF) Spring onions, pickled ginger, coriander. Add Tempura Chicken (vegan option available)	Small £9.95 Large £12.95 Small £10.95 Large £14.95
Macaroni Cheese (V) Tomato marinara sauce, crispy onions. Add Bacon (vegan option available)	Small £8.95 Large £11.95 Small £10.95 Large £14.95
Piri Piri Chicken (GF) Roasted red peppers, jalapeños, cheese, homemade piri piri sauce.	Small £10.95 Large £14.95
Cheese Burger (GF) Beat burger beef mince, cheddar cheese, gherkins, burger sauce.	Small £10.95 Large £14.95

Sandwiches Served 12-5pm

Served with homemade crisps & salad. **Upgrade to chips for £1.50.**

Harissa Falafel Pitta (V)(VE)(GFA) Lettuce, cucumber, red onion, mint mayo.	£9.95
Prawn Cocktail (GFA) Granary bread, lettuce, cucumber, marie rose sauce.	£9.95
BLT (GFA) Ciabatta, truffle mayo.	£9.95

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.
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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.	£15.95
Steak & Frites (GFA) Minute steak, French fries, slow roasted tomato.	£14.95
Salmon Fillet (GF) Lemon & herb crust, sautéed new potatoes, wilted spinach, peas, béarnaise sauce.	£17.95
8oz Rump Steak (GFA) Chunky chips, slow roasted tomato, onion rings, mixed leaf.	£22.95
Surf & Turf (GFA) 8oz rump steak, garlic king prawns, chunky chips, slow roasted tomato, onion rings, mixed leaf.	£26.95

Steak Sauces Peppercorn (GF), blue cheese (GF), garlic butter (GF)	£2.25 each
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Favourites

Vietnamese Salad (GF) Steak or Tofu, rice noodles, watercress, carrots, cucumber, cherry tomatoes, mint, coriander, peanuts, lime & chilli dressing.	£14.95
Mushroom Carbonara (V)(VE) Field mushrooms, vegan carbonara sauce, parsley Add Chicken	£13.95 £15.95
Tempura Chilli Cauliflower (V)(VE) Battered Cauliflower bites, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£13.95
Crispy Chilli Chicken Tempura chicken strips, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£14.95
Tempura Chilli Prawns Tempura king prawns, stir fry noodles, sweet chilli, lime & ginger sauce, spring onions, cucumber, coriander & black sesame seeds.	£15.95
Warm Home Cured Maple Smoked Bacon Loin (GFA) Two free range eggs & chunky chips.	£15.95
Beer Battered Fish of the Day Chunky chips, crushed minted peas & tartar sauce.	£15.95
Pork Stroganoff (GF) Button mushrooms, rice, green beans, parsley.	£16.95

Burgers

Beat Burger Brioche bun, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries.	£15.25
Plant-Based Burger (VE) Pretzel burger bun, vegan mayo, lettuce, tomato, red onion, gherkin, tomato & roast pepper relish, French fries.	£15.25
Southern Fried Chicken Burger Brioche bun, kewpie mayo, gochujang sauce, kimchi slaw, French fries.	£15.25
Halloumi Burger (V) Brioche bun, basil pesto, lettuce, tomato, roasted red pepper, coleslaw, sweet potato fries.	£15.25
Lamb Burger Brioche bun, rosemary and garlic mayo, lettuce, tomato, red onion, coleslaw, French fries.	£15.25

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)	£3.75
Side Salad (V)(VE)(GF)	£3.75
Seasonal Vegetables (V)(VE)(GF)	£3.75

Puddings

House Crème Brulee (V)(GFA) Shortbread.	£7.50
House Cheesecake (V) Ice cream.	£7.50
Chocolate Brownie Madagascan vanilla ice cream & chocolate sauce.	£7.50
Bakewell Tart (V)(VE) Toasted almonds, dairy free vanilla ice cream.	£7.50
Warm Cookie Dough (V) Honeycomb ice cream, chocolate sauce.	£7.50
Raspberry Eton Mess Blondie (V) Meringue, lemon curd ice cream.	£7.50
SugarBeat Sundae (V) – for 2 (Also available for 1) Honeycomb, Madagascan vanilla & chocolate brownie ice cream, brownie chunks, chocolate sauce, cream.	£12.95
3 Scoops of Ice Cream or Sorbets (V)(GF)	£5.95

Little Beats Mains

Tempura Chicken Fish Goujons Sausage Cheese Burger Ham & Egg Cheese & Tomato Ciabatta Pizza Macaroni Cheese	French Fries New Potatoes Garlic Bread Carrot Sticks Peas Beans Sweetcorn Salad
Please select 1 item from each section above.	£7.95

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	£2.85
Double Espresso	£3.15
Macchiato	£3.15
Americano	£2.85
Flat White	£3.35
Mocha	£3.85
Cappuccino	£3.35
Latte	£3.35
Hot Chocolate	£3.85
Luxury Hot Chocolate	£3.95

Teas

English Breakfast Tea	£2.85
Earl Grey Tea	£2.85
Peppermint Tea	£2.85
Camomile Tea	£2.85
Green Tea	£2.85

Milkshakes

Chocolate Milkshake	£4.75
Strawberry Milkshake	£4.75
Vanilla Milkshake	£4.75
Biscoff Milkshake	£4.75
Honeycomb Milkshake	£4.75

Soft Drinks

Hildon Still Water	(S) £2.50	(L) £4.95
Hildon Sparkling	(S) £2.50	(L) £4.95
Fentimans	£3.95	
Coke / Diet Coke / Coke Zero	£3.25	
Sprite Zero	£3.25	
Appletiser	£3.25	
Orange Juice	£3.00	
Apple Juice	£3.00	
Cranberry Juice	£3.00	
J2o	£3.25	
Delicious Norfolk cordials:		
Wild Elderflower	£2.85	
Redcurrant & Grapefruit	£2.85	
Rhubarb, Orange & Ginger	£2.85	
Strawberry & Lime	£2.85	

Speciality Coffee

Irish Coffee	£6.50
Italian Coffee	£6.50
French Coffee	£6.50
Calypso Coffee	£6.50
Baileys Coffee	£6.50

Spirits

Vodka	(25ml)	£3.70
Gin	(25ml)	£3.70
Gin – Non Alcoholic	(25ml)	£3.70
Rum	(25ml)	£3.70
Brandy	(25ml)	£3.95
Whiskey	(25ml)	£3.70
Bourbon	(25ml)	£3.95
Vermouths	(50ml)	£3.70
Mixers	(each)	£2.20

Draught

Beat Beer	(3.8%)	£4.95
Stella Artois	(4.6%)	£5.35
Löwenbräu	(5.0%)	£5.65
Craft Lager		£5.65
Orchard Pig	(4.5%)	£5.35
Guinness	(4.1%)	£5.65

Bottles

Becks Blue	(0%)	£3.95
Guinness 0.0	(0%)	£4.50
Kopparberg Cider – Strawberry & Lime	(0%)	£4.50
Adnams Ghost Ship	(0.5%)	£4.50
Budweiser	(4.5%)	£4.50
Peroni	(5.0%)	£4.50
Corona	(4.6%)	£4.50
Kopparberg Cider – Mix Fruit	(4.0%)	£5.75
Kopparberg Cider – Strawberry & Lime	(4.0%)	£5.75

Real Ales

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

Wines

Available in:	125ml	175ml	Carafe	Bottle
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Whites

Antina, Sauvignon Blanc	£4.25	£5.25	£13.95	£20.95
2020, Spain				
Opal Ridge, Semillon Chardonnay	£4.50	£5.50	£14.95	£21.95
2018, Australia				
Novita, Pinot Grigio	£4.75	£5.95	£15.95	£23.95
2021, Italy				
Tournée du Sud, Picpoul de Pinet	£5.50	£6.95	£17.95	£25.95
2021, France				
The Nest, Sauvignon Blanc	£5.95	£7.35	£19.95	£27.95
2021, Marlborough, New Zealand				

Reds

Antina, Tempranillo	£4.25	£5.25	£13.95	£20.95
Cabernet Sauvignon				
2020, Spain				
Opal Ridge, Shiraz Cabernet	£4.50	£5.50	£14.95	£21.95
2019, Australia				
Swartland Founders, Merlot	£4.75	£5.95	£15.95	£23.95
2021, South Africa				
El Camino, Malbec	£5.50	£6.95	£17.95	£25.95
2020, Argentina				
Hugonell, Rioja Crianza	£5.95	£7.35	£19.95	£27.95
2018, Spain				

Rosè

Misty Peak, Zinfandel Blush	£4.25	£5.25	£13.95	£20.95
2020, USA				
Novita, Pinot Grigio Blush	£4.75	£5.95	£15.95	£23.95
2020, Italy				

Prosecco

Gocce di Favola, Prosecco	£6.95 glass	£28.95 bottle
Italy		

Cocktails

Original Mojito	£8.50
50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, soda water	
Ginger Beer Mojito	£8.50
50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, ginger beer	
Strawberry Mojito	£8.50
50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, strawberry syrup	
Apple Teaser	£8.50
25ml vodka, 25ml peach schnapps, Appletiser	
Fancy Gin	£8.50
50ml gin, Franklins tonic, Norfolk cordial	
Woo Woo	£7.95
25ml vodka, 25ml peach schnapps, cranberry juice	
Bloody Mary	£7.95
50ml vodka, tomato juice, Worcestershire sauce, tabasco, pepper, squeeze of fresh lime	
The Fruity Beat	£7.95
25ml Malibu, 25ml peach schnapps, cranberry juice, pineapple juice	



SugarBeat
– eating house –

Bringing Food to your Ears!





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 a now an Approved Venue for Marriages and Civil Partnership Ceremonies.
Please ask for more details.