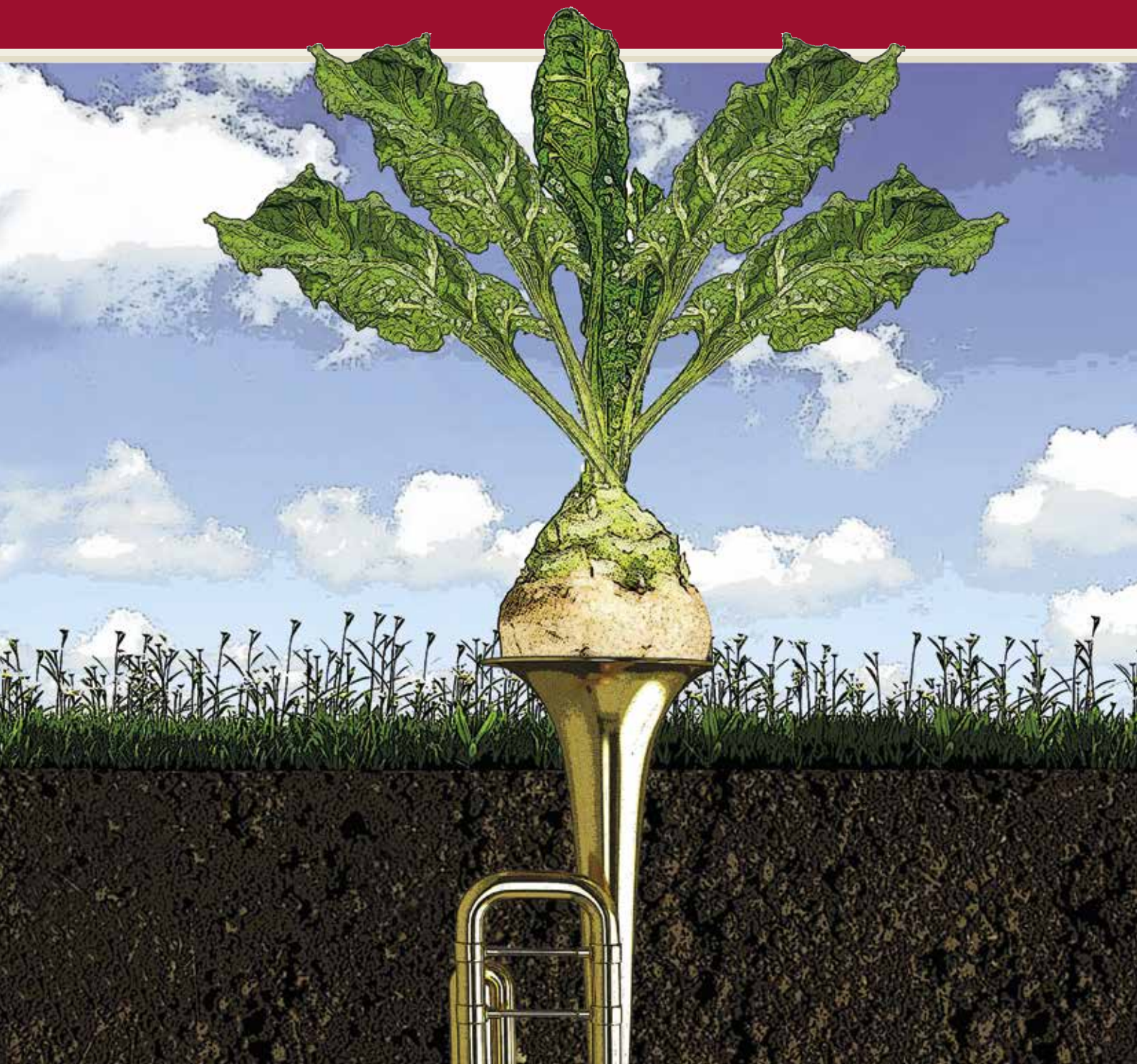


SugarBeat

– 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)

Choice of jam, marmalade, marmite, Nutella

Pancakes (V)

Choice of Nutella, lemon & sugar, maple syrup

Natural Yoghurt (V)

Fruit compote, granola

Bacon Sandwich (GFA)

On white, brown or ciabatta

Field mushrooms (V) (GFA)

Thick crusty toast, poached eggs

Add avocado

Sugar Beat full English breakfast

Egg, bacon, sausage, tomato, mushroom, baked beans, hash browns, toast. Vegetarian option available (V)

Three free-range scrambled eggs on toast (V) (GFA)

With bacon

With smoked salmon

£2.75

Eggy bread

Crispy bacon

£6.25

£3.50

Eggs Benedict (GFA)

Free range poached eggs on toasted English muffin, sliced ham, hollandaise, pumpkin seeds

£7.50

£4.95

Eggs Florentine (V) (GFA)

Free range poached eggs on toasted English muffin, spinach, hollandaise, pumpkin seeds

£7.25

£4.25

Eggs Royale (GFA)

Free range poached eggs on toasted English muffin, smoked salmon, hollandaise, pumpkin seeds

£8.95

£6.50

£7.95

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.

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.

Please note, all of our food is cooked from fresh to order. Please bear this in mind during busy periods as there may be a slight wait for your food. If you are pressed for time, please let one of the team know & we will attempt to accommodate your needs the best we can.

Mother's Day Sunday 22nd March

Treat that special lady in your life to a scrumptious breakfast 8-11am or a delicious lunch 12-8pm.



Book now to spend time with your wonderful mother at SugarBeat.

Ask a member of staff for more details.

– SugarBeat Main Menu –

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

Starters & Nibbles

Mixed Olives (V) (VE) (GF)	£2.95
Italian Bread, Olive Oil & Balsamic (V)(VE)	£2.95
Garlic Bread (V)	£2.95
Garlic Bread with Cheese (V)	£3.95
Halloumi Fries (V) <i>Sweet chilli sauce</i>	£4.95
Soup of the Day (V) <i>Crusty bread</i>	£5.50
Brie Beignet (V) <i>Cranberry compote</i>	£5.95
Duck Spring Rolls <i>Hoisin sauce, Asian slaw</i>	£6.50
Tempura King Prawns <i>Sweet chilli sauce</i>	£8.95
Cheesy Nachos (V)(GF)	£6.95
Large Cheesy Nachos (V)(GF)	£9.95
Cheesy Nachos with Chilli (GF)	£8.95
Large Cheesy Nachos with Chilli (GF) <i>All Served with guacamole, tomato salsa & sour cream</i>	£11.95

Sandwiches (served 12-6pm)

Tuna Melt <i>Spring onions & melted cheese</i>	£6.95
Club Sandwich <i>Chargrilled chicken, bacon, baby gem, tomato, truffle mayonnaise</i>	£6.95

Main Plates

Chicken Caesar Salad <i>Chicken, crispy bacon, garlic croutons, parmesan shavings</i>	£11.95
Basil Pesto & Cream Penne (V) <i>Mushrooms, spinach, roasted cherry tomatoes</i>	£9.95
With Chicken	£12.95
Vegetable Thai Green Curry (V)(VE)(GF) <i>Rice, Thai salad</i>	£10.95
With Chicken (GF)	£13.95
Crispy Chilli Chicken <i>Tempura chicken, stir fry noodles, spring onions, coriander & black sesame seeds</i>	£10.95
Tempura Chilli Prawns <i>Tempura king prawns, stir fry noodles, spring onions, coriander & black sesame seeds</i>	£14.95
Chunky Chilli (GF) <i>Cheddar cheese, sour cream & rice</i>	£11.95
Warm Home Cured Maple Smoked Bacon Loin (GFA) <i>Two free range eggs & hand cut chips</i>	£11.95

Main Plates

Beer Battered Fish of the Day <i>Hand cut chips, crushed minted peas & tartar sauce</i>	£12.95
Pie of The Day <i>Creamy mashed potatoes, seasonal vegetables</i>	£12.95
SugarBeat Hunters Chicken (GFA) <i>Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf, sweet potato fries</i>	£13.95
8oz Rump Steak (GFA) <i>Hand cut chips, slow roasted tomato, lambs leaf</i>	£17.95
Surf & Turf (GFA) <i>8oz rump steak, garlic king prawns, lambs leaf, hand cut chips, slow roasted tomato</i>	£20.95
Steak Sauces <i>Peppercorn, blue cheese, garlic butter or béarnaise</i>	£1.95 each

Burgers

Beat Burger <i>Poppy seed brioche bun, Norfolk beef, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries</i>	£12.95
Southern Fried Chicken Burger <i>Poppy seed brioche bun, Cajun mayonnaise, lettuce, tomato, slaw, French fries</i>	£11.95
Halloumi Burger (V) <i>Ciabatta, halloumi cheese, flame roasted red pepper, basil pesto, mixed leaf, coleslaw, sweet potato fries</i>	£11.95

Sides

French Fries (V)	£2.95
Hand Cut Chips (V)	£3.25
Sweet Potato Fries (V)	£3.25
Onion Rings (V)	£2.95
Field Mushrooms (V)(VE)(GF)	£2.95
Beat Slaw (V)(GF)	£2.95
Side Salad (V)(VE)(GF)	£2.95

Puddings

House Crème Brûlée (V)(GFA) <i>Shortbread, see specials for flavour</i>	£5.95
House Cheesecake (V) <i>See specials for flavour</i>	£5.95
Sticky Toffee Pudding (V) <i>Toffee sauce, Madagascan vanilla ice cream</i>	£5.95
SugarBeat Sundae (V) (GFA) – for 2 <i>Belgium chocolate, Madagascan vanilla & honeycomb ice cream, chocolate brownie, chocolate sauce</i>	£8.95
3 Scoops of Ice Cream or Sorbets (V) (GF)	£3.95

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– SugarBeat Drinks Menu –

Please ask a member of staff for the wine menu

Coffees

Espresso	£2.00
Double Espresso	£2.50
Macchiato	£2.00
Americano	£2.00
Flat White	£2.60
Mocha	£2.95
Cappuccino	£2.60
Latte	£2.60
Hot Chocolate	£2.95
Luxury Hot Chocolate	£3.25

Teas

English Breakfast Tea	£2.00
Earl Grey Tea	£2.00
Peppermint Tea	£2.00
Camomile Tea	£2.00
Green Tea	£2.00

Milkshakes

Chocolate Milkshake	£3.95
Strawberry Milkshake	£3.95
Vanilla Milkshake	£3.95

Soft Drinks

Hildon Still Water	(S) £2.00 (L) £4.00
Hildon Sparkling	(S) £2.00 (L) £4.00
Fentimans	£3.50
Coke	£2.60
Diet Coke	£2.60
Sprite Zero	£2.60
Appletiser	£2.75
Orange Juice	£2.50
Apple Juice	£2.50
Cranberry Juice	£2.50
J2o	£2.60
Delicious Norfolk cordials:	
Wild Elderflower	£2.00
Redcurrant & Grapefruit	£2.00
Rhubarb, Orange & Ginger	£2.00
Strawberry & Lime	£2.00

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%)	£4.00
Stella Artois	(4.8%)	£4.35
Löwenbräu	(5.0%)	£4.60
Craft Lager		£4.75
Aspall Cyder	(5.5%)	£4.60
Guinness	(4.1%)	£4.60

Bottled Beers

Becks Blue	(0%)	£3.25
Non alcoholic beer	(0%)	£3.75
Budweiser	(4.8%)	£3.95
Peroni	(5.1%)	£3.95
Corona	(4.5%)	£3.95
Kopparberg Cider:		
Pear	(4.5%)	£4.95
Mixed Fruits	(4.0%)	£4.95
Strawberry & Lime	(4.5%)	£4.95

Real Ales

A selection of Real Ales	(variable)	
<i>Please ask a member of staff</i>		

Spirits

Vodka	(25ml)	£3.00
Gin	(25ml)	£3.00
Rum	(25ml)	£3.00
Brandy	(25ml)	£3.30
Whiskey	(25ml)	£3.00
Bourbon	(25ml)	£3.30
Vermouths	(50ml)	£3.00
Mixers (Each)	(each)	£1.75

Cocktails

Original Mojito		£7.50
<i>50ml white rum, squeezed lime, brown sugar, mint leaves, crushed ice, soda water</i>		
Ginger Beer Mojito		£7.50
<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>		
Apple Teaser		£7.50
<i>25ml vodka, 25ml peach schnapps, Appletiser</i>		
Fancy Gin		£7.50
<i>50ml gin, Franklins tonic, Norfolk cordial</i>		
Woo Woo		£6.95
<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		£6.95
<i>25ml Malibu, 25ml peach schnapps, cranberry juice, pineapple juice</i>		

– Notice Board –

Award Winning B&B!

Why not try it out for yourself. We have four tastefully decorated rooms. Each has its own ensuite bathroom, and all rooms are accessed independently from our car park.

Ask for more details.