

Starters & Nibbles

Mixed Olives (V)(VE)(GF)	£3.50
Bread, Olive Oil & Balsamic (V)(GFA)	£3.50
Garlic Bread (V)	£2.95
Garlic Bread with Cheese (V)	£3.95
Halloumi Fries (V)	£4.95
<i>Sweet chilli sauce</i>	
Tempura Vegetables (V)(VE)	£5.95
<i>Soy, lime and ginger dip</i>	
Blowtorched Smoked Mackerel (GF)	£7.95
<i>Beetroot & fennel slaw, lambs leaf, orange segments</i>	
Chicken Wings	£6.95
<i>Choice of: Dickies Hot Sauce, BBQ or Blue Cheese</i>	
Tempura King Prawns	£8.95
<i>Sweet chilli sauce</i>	
Cheesy Nachos (V)(GF)	(S) £6.95
<i>Served with guacamole, tomato salsa & sour cream</i>	
Cheesy Nachos with Slow Cooked BBQ Pulled Pork (GF)	(L) £11.95
<i>Served with guacamole, tomato salsa & sour cream</i>	

Sandwiches (Served 12-5pm)

Sundried Tomato Hummus (V)(VE)(GFA)	£6.95
<i>Flatbread, lettuce, tomato & cucumber</i>	
Tuna Melt (GFA)	£6.95
<i>Ciabatta, tuna mayo, cheddar cheese</i>	
BBQ Pulled Pork (GFA)	£6.95
<i>Brioche bun, apple sauce, stuffing, crackling</i>	
All served with home made crisps and salad garnish	

Main Plates

Caesar Salad (V)(VE)(GF)	£12.95
<i>Vegan chicken, bacon, baby gem, garlic croutons, Caesar dressing</i>	
Chicken Caesar Salad (GF)	£12.95
<i>Chicken, bacon, baby gem, garlic croutons, Caesar dressing</i>	
Thai Green Vegetable Curry (V)(VE)(GF)	£10.95
Thai Green Chicken Curry (GF)	£12.95
<i>Red peppers, courgettes, rice, Asian slaw</i>	
Crispy Chilli Chicken	£11.95
Chilli Tofu (V)(VE)	£13.95
Tempura Chilli Prawns	£15.95
<i>Stir fry noodles, spring onions, coriander & black sesame seeds</i>	
Warm Home Cured Maple Smoked Bacon Loin (GFA)	£11.95
<i>Two free range eggs & hand cut chips</i>	
Vegan Sausage & Mash (V)(VE)	£12.95
<i>Creamy mash, savoy cabbage, red onion gravy</i>	
Sausage & Mash	£12.95
<i>Creamy mash, savoy cabbage, red onion gravy</i>	

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.

SugarBeat

– eating house –



Main Plates

Beer Battered Fish of the Day	£13.95
<i>Hand cut chips, crushed minted peas & tartar sauce</i>	
SugarBeat Hunters Chicken (GFA)	£13.95
<i>Chargrilled chicken breast, Monterey jack cheese, bacon, homemade Jack Daniels BBQ sauce, mixed leaf, sweet potato fries</i>	
Pan Roasted Salmon Fillet (GF)	£16.95
<i>Chive crushed new potatoes, tender stem broccoli, roasted cherry tomatoes, beetroot & caper dressing</i>	
8oz Rump Steak (GFA)	£19.95
<i>Hand cut chips, slow roasted tomato, onion rings, mixed leaf</i>	
Surf & Turf (GFA)	£22.95
<i>8oz rump steak, garlic king prawns, hand cut chips, slow roasted tomato, onion rings, mixed leaf</i>	
Steak Sauces	£1.95 each
<i>Peppercorn, blue cheese or mushroom</i>	

Burgers

Beat Burger	£12.95
<i>Brioche bun, bacon, Monterey jack cheese, tomato & roast pepper relish, French fries</i>	
Vegan Burger (V)(VE)	£12.95
<i>Pretzel burger bun, vegan mayo, lettuce, tomato, onion, gherkin, tomato & roast pepper relish, French fries</i>	
Southern Fried Chicken Burger	£11.95
<i>Brioche bun, Hoisin mayo, pickled ginger, lettuce, red onion, Asian slaw, French fries</i>	
Halloumi Burger (V)	£11.95
<i>Ciabatta, garlic field mushroom, basil pesto, mixed leaf, coleslaw, sweet potato fries</i>	

Sides

French Fries (V)(VE)	£2.95
Hand Cut Chips (V)(VE)	£3.25
Sweet Potato Fries (V)(VE)	£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
Seasonal Vegetables (V)(VE)(GF)	£2.95

Desserts

House Crème Brûlée (V)(GFA)	£5.95
<i>Shortbread</i>	
House Cheesecake (V)	£5.95
Warm Cookie Dough (V)	£5.95
<i>Honeycomb ice cream, chocolate sauce</i>	
Peanut Butter & Chocolate Tart (V)	£5.95
<i>Clotted cream ice cream</i>	
Seasonal Crumble (V)	£5.95
<i>Custard or Madagascan vanilla ice cream</i>	
Carrot Cake (V)(VE)(GF)	£5.95
<i>Candied carrot, frozen lime frosting, blood orange sorbet</i>	
SugarBeat Sundae (V) – for 2	£9.95
<i>Belgium chocolate, Madagascan vanilla & honeycomb ice cream, chocolate brownie, chocolate sauce</i>	
3 Scoops of Ice Cream or Sorbets (V)(GF)	£4.50

Drinks

Coffees

Espresso	£2.10
Double Espresso	£2.60
Macchiato	£2.25
Americano	£2.10
Flat White	£2.75
Mocha	£3.25
Cappuccino	£2.75
Latte	£2.95
Hot Chocolate	£3.25
Luxury Hot Chocolate	£3.50

Teas

English Breakfast Tea	£2.10
Earl Grey Tea	£2.10
Peppermint Tea	£2.10
Camomile Tea	£2.10
Green Tea	£2.10

Milkshakes

Chocolate Milkshake	£4.25
Strawberry Milkshake	£4.25
Vanilla Milkshake	£4.25
Biscoff Milkshake	£4.25
Honeycomb Milkshake	£4.25

Soft Drinks

Hildon Still Water	(S) £2.00 (L) £4.00
Hildon Sparkling	(S) £2.00 (L) £4.00
Fentimans	£3.50
Coke	£2.75
Diet Coke	£2.75
Sprite Zero	£2.75
Appletiser	£2.85
Orange Juice	£2.60
Apple Juice	£2.60
Cranberry Juice	£2.60
J2o	£2.75
Delicious Norfolk cordials:	
Wild Elderflower	£2.10
Redcurrant & Grapefruit	£2.10
Rhubarb, Orange & Ginger	£2.10
Strawberry & Lime	£2.10

Speciality Coffee

Irish Coffee	£5.25
Italian Coffee	£5.25
French Coffee	£5.25
Calypso Coffee	£5.25
Baileys Coffee	£5.25

Spirits

Vodka	<i>(25ml)</i>	£3.25
Gin	<i>(25ml)</i>	£3.25
Rum	<i>(25ml)</i>	£3.25
Brandy	<i>(25ml)</i>	£3.50
Whiskey	<i>(25ml)</i>	£3.25
Bourbon	<i>(25ml)</i>	£3.50
Vermouths	<i>(50ml)</i>	£3.25
Mixers	<i>(each)</i>	£1.95

Draught

Becks Vier	<i>(4.0%)</i>	£4.10
Stella Artois	<i>(4.8%)</i>	£4.50
Löwenbräu	<i>(5.0%)</i>	£4.75
Craft Lager		£4.85
Aspall Cyder	<i>(5.5%)</i>	£4.75
Guinness	<i>(4.1%)</i>	£4.75

Bottles

Becks Blue	<i>(0%)</i>	£3.50
Adnams Ghost Ship	<i>(0.5%)</i>	£3.95
Budweiser	<i>(4.8%)</i>	£3.95
Peroni	<i>(5.1%)</i>	£3.95
Corona	<i>(4.5%)</i>	£3.95
Rekorderlig Cider:		
Mango & Raspberry	<i>(4.0%)</i>	£5.30
Wild Berries	<i>(4.0%)</i>	£5.30
Strawberry & Lime	<i>(4.0%)</i>	£5.30

Real Ales

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

Wines

Available in:	125ml	175ml	Carafe	Bottle
Whites				
Antina, Sauvignon Blanc	£3.60	£4.40	£11.95	£17.50
<i>2019, Spain</i>				
Opal Ridge, Semillon Chardonnay	£4.15	£4.90	£13.25	£18.50
<i>2018, Australia</i>				
Novita, Pinot Grigio	£4.25	£5.40	£14.00	£21.00
<i>2018, Italy</i>				
Tournée du Sud, Picpoul de Pinet	£4.95	£6.25	£16.00	£23.00
<i>2018, France</i>				
Secret Coast, Sauvignon Blanc	£5.25	£6.75	£18.00	£25.00
<i>2019, New Zealand</i>				

Reds

Antina, Tempranillo Cabernet Sauvignon	£3.60	£4.40	£11.95	£17.50
<i>2018, Spain</i>				
Opal Ridge, Shiraz Cabernet	£4.15	£4.90	£13.25	£18.50
<i>2018, Australia</i>				
Swartland Founders, Merlot	£4.25	£5.40	£14.00	£21.00
<i>2018, South Africa</i>				
El Camino, Malbec	£4.95	£6.25	£16.00	£23.00
<i>2018, Argentina</i>				
Hugonell, Rioja Crianza	£5.25	£6.75	£18.00	£25.00
<i>2017, Spain</i>				

Rosè

Misty Peak, Zinfandel Blush	£3.60	£4.40	£11.95	£17.50
<i>2016, USA</i>				
Novita, Pinot Grigio Blush	£4.25	£5.40	£14.00	£21.00
<i>2019, Italy</i>				

Prosecco

Gocce di Favola, Prosecco	£6.00 glass	£26.00 bottle
<i>Italy</i>		