

APPETISERS

- Beetle Juice** 2.50
Chilled fruit juice - apple, cranberry, orange, pineapple
- 60s Prawn Cocktail** 5.75
North Atlantic Prawns served with our very own Ringo sauce, garnished with lemon and paprika
- Honkey Tonk Tuna Cocktail** 4.75
Dolphin-friendly tuna with Ringo sauce garnished with lemon and paprika
- Ob-La-Di Crunchy Onion Rings** 4.60
Served with Desmond's favourite sweet chilli relish
- Magic Mushrooms** 4.60
Breaded and served with garlic mayonnaise dip
- Maybe I'm a Maize** 3.95
Corn on the cob served with black pepper and melted butter
- Chunky Potato Wedges**..... 4.60
Chunky wedges glazed in garlic butter and served with a cool sour cream and chive dip
- Voodoo Chilli** 5.75
A bowl of our home made chilli con carne topped with sour cream and mozzarella served with tortilla chips
- Wings Over Lowestoft** 4.95
Hickory smoked chicken wings served with a tangy BBQ dip
- It Takes Two Baby! (To share)** 9.25
Nachos laden with chilli con carne and dressed with mozzarella cheese and jalapino peppers served with sour cream and salsa sauces
- All Together Now (To share)** 10.25
Breaded mushrooms, crunchy onion rings and our very special potato garlic wedges served with garlic mayonnaise and sour cream and chive dip
- Garlic Bread** 4.25
- Garlic Bread** with mozzarella 5.25



PEPPERS FAMOUS Flame Grilled HIT PARADE

Sgt. Peppers charcoal grilled hamburgers are produced from fresh beefsteak with no additives or seasonings and cradled in a locally baked sesame bun, served with french fries and our irresistible relish tray.
All hamburgers served with deluxe trimmings except original and cooked no less than medium. (6oz)

- 1 Deluxe** 8.95
Filled with lettuce, onion, tomato, dill pickle and mayonnaise
- 2 Original** 8.75
Plain as they come, straight from the chargrill
- 3 Cheese Deluxe** 9.50
Topped with delicious melted cheese
- 4 Lucy in the Sky with Bacon** 9.75
Accompanied by "Sizzling Best Bacon"
- 5 C & B** 9.95
Melted cheese and bacon, the best combination since Lennon and McCartney
- 6 Dizzy Miss Lizzy** from 9.50
No bun or fries but a mountain of crisp fresh salad - choose either plain or a topping from the Hit Parade
- 7 Chilli** 9.95
Loaded with our homemade chilli con carne topped with mozzarella
- 8 Smoke House** 9.50
Covered with smokey BBQ sauce
- 9 Ringo The one and only** 10.25
Featuring North Atlantic prawns in our own cocktail sauce
- 10 Hawaiian Style** 9.75
Basted with sweet and sour sauce, crowned with pineapple
- 11 Blue Moon** 9.75
Topped with a delicious melted blue cheese
- 12 Sgt. Pepper** 9.75
Smothered in a rich creamy black peppercorn sauce
- 13 Psychedelic Mushroom** 9.75
With a cream sauce that's just magic
- 14 French Kiss** 9.75
Topped with a creamy garlic mayonnaise
- 15 Funky Chicken** from 8.95
Chicken breast deep fried, served with deluxe trimmings and any of the Burger Hit Parade toppings
- 16 Hot Love** 9.75
Covered with a spicy salsa sauce and grated mozzarella cheese
- 17 Why not make it a Bad Boy - 12oz?**
Add £4.50 to 6oz price. Served any which way you choose
Extra toppings £1.75, cheese 95p
Sweet Little Sixteen menu available just for Kids. (Not served after 8pm)

- Abbey Road Club Sandwich** **Chicken** 13.95
..... **Steak** 16.95
Super bap filled with deluxe trimmings and garlic mayonnaise, with CHARGRILLED CAJUN CHICKEN BREAST or PRIME SIRLOIN STEAK wrapped in streaky bacon with french fries and mixed salad
- ZZ Top** 11.95
Smokey BBQ pulled pork mopped and topped on our melted cheese burger cradled in a toasted sesame bun, creamy home made coleslaw and served with french fries. 12oz Bad Boy add £5.50
- Get Back** 13.75
Back bacon and a creamy mushroom sauce basted over cajun spiced chicken breast, served with french fries and mixed salad
- The Supremes** 12.95
Grilled breast of cajun chicken basted with your choice of BBQ, BLACK PEPPER or SWEET AND SOUR SAUCE, served with french fries and mixed salad
- Lemon Chicken Shack** 13.95
Two juicy breaded chicken breasts deep fried, peppered with lemon, served with french fries and mixed salad
- Rubber Sole** 12.95
Strips of lemon sole flavoured with lemon pepper, deep fried in breadcrumbs and accompanied with Ronnie's homemade tartare sauce, served with french fries and mixed salad
- Deep Fried Scampi - Catch us if you can** 12.25
A generous portion of Whitby scampi with french fries, Ronnie's home made tartare sauce and mixed salad
- Fat's Belly Pork Ribs** 15.75
Pork belly, marinated and baked in our very own BBQ sauce, served with french fries
- The Fab Four** 17.95
Line-up including tasty cajun chicken breast and marinated pork belly rib baked in our very own BBQ sauce with corn on the cob, french fries and mixed salad
Warning: this combination may seriously damage your appetite!
- The Dave Clarke 5 Experience** 31.50
Starring Fat's pork belly rib, The cajun chicken breast, 10oz chargrilled steak with corn on the cob, french fries and mixed salad. Meet the challenge and you'll be GLAD ALL OVER and receive a dessert of your choice ABSOLUTELY FREE! (Hollywood Bowl, Magical Mystery Tour and Twist and Shout not included)
- Voodoo Chilli** 11.25
Large bowl of our homemade chilli con carne topped with mozzarella and sour cream served with long grain rice, tortilla chips and mixed salad
- Free as a Bird** 13.25
Tender cajun chicken strips, sealed on the grill, resting on a bed of crisp mixed salad, served with a jacket potato
- Yellow River Tuna** 11.95
Yellow fin tuna steak chargrilled, served with a thai sweet chilli sauce resting on a bed of crispy salad, served with jacket potato (n.b. we grill the tuna just pink)
- Sgt. Peppers Caesar Salad** 11.50
Strips of chicken breast or luxury North Atlantic prawns served on a bed of salad leaves with roasted sesame croutons and shaved parmesan cheese tossed in Sgt. Peppers very own creamy salad dressing

love me do steaks

We like to rest our steaks to tenderise them. Please allow us time - it's worth the wait!

How we think they should be:

Blue....shown the grill
Rare....red, slightly bloody
Medium....quite pink
Medium well....slightly pink, no blood
Well done....you should order the chicken

- The Top 20oz - A tip for the top** 24.95
Superb T.Bone steak chargrilled to perfection, served with french fries and mixed salad (n.b. This steak cannot be ordered well done)
- Sgt's Sirloin** 15.95
10oz prime sirloin steak, chargrilled, served with french fries and mixed salad
- Peppers Own Peppered Steak** 16.75
10oz chargrilled sirloin steak basted with a rich creamy black peppercorn sauce, served with french fries and mixed salad
- She Loves You Steak 'n' Garlic** 16.75
10oz chargrilled sirloin steak glazed in herby garlic butter and accompanied by a delicious garlic dip with french fries and mixed salad
- Groovy Kind of Steak** 16.75
10oz chargrilled sirloin topped with rich, creamy psychedelic mushroom sauce, served with french fries and mixed salad
- Surf 'n' Turf** 16.95
10oz prime sirloin steak with deep fried Whitby scampi, served with french fries and mixed salad

**Fab Food
Sounds Groovy**

Vegetarian Platters

- Sgt. Peppers Prawn Caesar Salad** 11.50
North Atlantic prawns served on a bed of salad leaves with roasted sesame croutons and shaved parmesan cheese tossed in Sgt. Peppers very own creamy salad dressing
- Octopus's Garden** 12.50
The best North Atlantic Prawns and dolphin-friendly tuna, dressed with Ringo sauce resting on a bed of fresh mixed salad, served with a jacket potato
- From Russia With Love** 10.50
Creamy mushroom stroganoff lightly dusted with paprika, served on a bed of long grain rice, with a mixed salad
- Lovely Linda's Vegetarian Chilli** 10.50
A unique mixture of beans, mediterranean vegetables and fresh mushrooms in a spicy tomato sauce (our very own recipe), topped with mozzarella cheese, served with long grain rice, mixed salad and tortilla chips
- Pepperlands Vegetarian Burger** from 8.95
Served with your choice of our famous toppings from the Hit Parade at the menu price
- Macca's Spinach and Mushroom Lasagne** 10.50
Baked spinach flavoured pasta, cheese sauce interleaved with mixed vegetables, served with jacket potato and mixed salad



- Mixed Salad** 3.60
- Waldorf Salad** 4.10
Green salad with apple, grapes, celery, walnuts and mayonnaise
- Tomato and onion salad** 3.35
- Coleslaw (our own recipe)** 3.60
- Dill Pickle** 2.35
- Crispy Mushrooms** 4.60
Served with garlic mayonnaise
- Deep Fried Onion Rings** 4.25
- Corn on the Cob** 3.95
Served with black pepper and melted butter
- Chicken Wings** 4.95
with BBQ dip
- Jacket Potato** 2.95
- French Fries** 2.95
- Garlic Wedges** 3.95
- Garlic Bread** 4.25
- Garlic Bread with Mozzarella** 5.25
- BBQ Sauce** 2.10
- Peppered Sauce** 2.10
- Mushroom Sauce** 2.10
- Ringo Sauce** 3.65
- Garlic Dip** 0.75

SIDE ORDERS

LIQUEUR COFFEES

- All priced at..... 4.95
- | | |
|------------------------------------|--|
| Irish Irish Whiskey | Freshly Ground Coffee 2.10
with cream |
| Scotch Scotch Whisky | Coffee Floater 2.50 |
| Russian Vodka | Cappuccino 2.10 |
| Caribbean Rum | Espresso 2.10 |
| French Brandy | Hot Chocolate 2.10
with fresh cream |
| Calypso Tia Maria | Tea 1.95 |
| Orange Cointreau | |
| Mississippi Southern Comfort | |
| Highland Drambuie | |
| Italian Galliano | and Sgt. Peppers Chocolate Beans |
| Tennessee Jack Daniels | |
| Mexican Tequila | |
- Spirits and Mixers available on request



Dessert Island Discs

- Brown Sugar** 5.50
Rich chocolate fudge cake served with ice cream or fresh cream either warm or cold
- Lady Mint Madonna** *5.50
Lashings of tantalising mint and chocolate ice cream with rich chocolate sauce, whipped cream and choc flake
- Yellow Submarine** 5.50
Sometimes mistaken for a banana long boat (contains chopped nuts)
- Hot Chocolate Brownie Sundae** *5.50
Chocolate brownie with walnuts and rich chocolate fudge sauce layered with vanilla ice cream, chocolate sauce and whipped cream
- Shake, Waffle and Rolo** 5.50
Toasted Belgian waffle drizzled with toffee sauce, vanilla ice cream and whipped cream - simply irresistible!
- Sticky Fingers** 5.50
Sticky toffee pudding served with vanilla ice cream, smothered in hot toffee sauce
- Bob Marley** *5.50
Rich dark rum and raisin ice cream, warm fudge sauce, fresh cream and a chocolate flake - increase that Reggae feeling with Tia Maria £2.65
- Fresh Strawberries & Cream** (when available) *5.50
- Ebony and Ivory** *5.50
Layers of dark Belgian chocolate and luxury white chocolate chip ice cream smothered with gooey chocolate fudge sauce
- Raspberry Revolver** *5.50
A timeless combination of raspberries, meringue, sorbet and raspberry ripple ice cream, topped with lashings of whipped cream
- Ain't No Mountain High Enough** *5.50
A mountain of profiteroles filled with fresh cream and heaps of chocolate fudge sauce
- Little Child Won't you dance with me** 3.25
Children's ice cream ... choose from vanilla, chocolate and strawberry flavours with chocolate or strawberry sauce
- Lovely Rita's Cheesecake** 5.50
With ice cream or whipped cream and fruit compote
- Nut Bush City Limits** *5.50
Scoops of vanilla ice cream with whipped cream, chopped nuts, chocolate sauce, chocolate and a big nut at the bottom!
- Strawberry Fields Forever** *5.50
Unique combination of strawberry ice cream, wild raspberry sorbet and fresh strawberries with whipped cream
- Ain't She Sweet** *5.50
Layers of bananas and vanilla ice cream combined with either maple syrup, butterscotch or chocolate sauce, topped with whipped cream
- Helter Skelter!** *5.50
Will you make it?
Lots of fresh fruit and strawberry sauce, lots of vanilla ice cream and lots of whipped cream
- Sergeants' Mess** *5.50
Fresh strawberries chopped, mixed with meringue and whipped cream
*Half dessert available at £4.50
- Share The Love**
- The Hollywood Bowl (For Two)** 10.95
"Come together" the dessert that says "She loves you".
Fruit sorbet, fruit flavoured ice creams, fruit salad, chopped nuts, strawberry sauce, "Love Me Do" marshmallows and fresh cream.
Followed by a Hard Day's Night!
- The Magical Mystery Tour (For Two)** 10.95
Chocolate Brownie layered between white chocolate, Belgian chocolate and mint choc chip ice cream with hot fudge sauce, chopped nuts, whipped cream and a chocolate flake. **It's waiting to take you away...**
- Twist and Shout** 6.75
Baileys Irish Cream Liqueur, Cointreau, chocolate ice cream and fresh cream
Peppers ice cream contains non-fat milk

Visit us at: www.sgtpeppersrestaurant.co.uk
Serving the East Coast since 1982!

No matter how long it takes our service is fast and cheerful but not included in your bill! Thank you, the staff.
We apologise for not being able to offer customers individual bills.

EVERY PLATTER
A SGT. PEPPERS PRODUCTION
Credit Cards Welcome

Sgt. Peppers is a no smoking restaurant.
Takeaway service available - please ask for menu
Telephone: 01502 566754