

OPENING SIPS... Why not treat yourself to an Aperol Spritz, Prosecco or Hugo Spritz. The perfect start to any meal

BREADS & NIBBLES

Puccia Bread <i>ve</i>	6.75
Freshly baked, served with balsamic vinegar, extra virgin olive oil	
+ hummus <i>ve</i>	2.00
+ garlic & basil marinated tomatoes <i>ve</i>	2.00
+ burrata	6.50
Garlic & Rosemary Flatbread <i>ve</i>	7.95
Garlic, rosemary, extra virgin olive oil, sea salt	
+ mozzarella <i>v</i>	5.00
Marinated Olives <i>ve</i>	5.25
Extra virgin olive oil, chilli, garlic, herbs	

STARTERS

Buttermilk Calamari	9.50
Smoked paprika & garlic coating, harissa mayonnaise	
Sticky Harissa Glazed Chicken	8.95
Spring onions, chilli	
Gambas Pil Pil	9.95
King prawns, marinated tomatoes, garlic, puccia bread	
Ricotta & Spinach Ravioli <i>v</i>	8.95
Garlic & thyme butter, Parmesan shavings, crispy basil	

Spiced Lamb Kofta	8.95
Tzatziki, mixed leaf salad	
Sticky Harissa Cauliflower Bites <i>ve</i>	7.50
Spring onions, chilli	
Halloumi Chips <i>v</i>	8.50
Hot honey, spring onions, chilli	
Soup of the Day	6.95
Mushroom Bruschetta <i>v</i>	7.50
Sautéed creamy mushrooms, toasted sourdough, garlic, herbs, olive oil, Parmesan shavings	

Swap your fries or chips for our house salad on any of our dishes

HOME COMFORTS

Hand Carved Ham, Eggs & Chips	16.95
Fish & Chips Small 14.95 Regular 19.95	
Battered with Cornish Orchard cider, crushed minted peas, tartare sauce	
Fish of the Day	
See our specials or ask your server	
Slow-Roasted Pork Belly	21.50
Wrapped in porchetta spices, seasonal veg, mash, apple sauce, rich red wine gravy	
Smoked Haddock & Mozzarella Fishcakes	17.50
Fried egg, tartare sauce, salad leaves, marinated tomatoes, fresh dill	
Sticky Harissa Chicken Burger	18.50
Crispy chicken thighs, harissa glaze, dill pickle, lettuce, tomato, harissa mayonnaise, brioche bun, French fries	
Aubergine Milanese Burger <i>ve</i>	16.95
Dill pickle, lettuce, tomato, pesto, hummus, brioche bun, French fries	
+ halloumi <i>v</i>	5.00

SKEWERS

Savour the rich flavours of the Mediterranean, with our selection of chargrilled skewers

Served on warm flatbread, with Mediterranean vegetables, hummus, cucumber, red onion, marinated tomatoes, salad leaves

Picante Chicken Thigh	21.95
Tzatziki	
Spiced Lamb Kofta	22.95
Tzatziki	
Chargrilled Cauliflower <i>ve</i>	16.50
Smoked paprika, balsamic glaze & parsley	

SALADS

Caesar Salad	12.95
Soft-boiled free-range egg, anchovies, crispy pancetta, gem lettuce, Parmesan shavings, croutons, Caesar dressing	
Mediterranean Bowl <i>ve</i>	12.50
Roasted Mediterranean vegetables, hummus, avocado, pesto, marinated tomatoes, sweet potatoes, mixed leaves, balsamic glaze	
Salad Toppings:	
+ king prawns	6.50
+ chicken	5.00
+ cauliflower bites	4.50
+ aubergine Milanese	5.50
+ halloumi	5.00
+ burrata	6.50

GRILLS

Expertly chargrilled, to naturally intensify flavour

8oz Black Angus Sirloin	31.50
Mushroom & tomato, a choice of house salad or seasonal vegetables, and French fries or chunky chips	
Steak Frites	20.95
8oz flat iron served pink, marinated tomatoes, fresh rocket, French fries	

Upgrade your Steak

+ swap your fries to dauphinoise potatoes	1.95
+ garlic king prawns	6.50
+ peppercorn mushroom bearnaise sauce	1.95
+ garlic & thyme butter	0.50

Pollo Picante	21.50
Half a boneless chicken, picante marinade, harissa mayonnaise, marinated tomatoes, salad leaves, French fries	
Double House Burger	19.25
Two steak & bone marrow patties, dill pickle, lettuce, tomato, burger sauce, French fries, brioche bun	
+ cheddar	1.95
+ bacon	1.95
+ onion rings	4.95

STONE-BAKED PIZZA

Crafted with the finest ingredients, freshly baked to deliver Napoletana style pizza, with depth of flavour, and a perfectly charred crust and base

Margherita <i>v</i>	13.50
Tomato sauce, mozzarella, fresh basil	
Napoli Forte	16.95
Tomato sauce, mozzarella, nduja, salami, chilli, garlic	
Vegano <i>ve</i>	14.95
Tomato sauce, spinach, black olives, roasted peppers, marinated tomatoes, balsamic glaze	
Gamberoni	15.50
Tomato sauce, king prawns, marinated tomatoes, oregano, garlic, rocket	
Funghi <i>v</i>	14.50
Double cream, porcini paste, mozzarella, mixed mushrooms, garlic oil, Parmesan shavings, rocket	
Pollo Bianco	14.95
Double cream, chicken, pancetta, mozzarella, caramelised onions	
Extra Toppings	
+ nduja pancetta cooked ham chicken anchovies	2.00
+ Parmesan shavings mushrooms caramelised onions rocket olives	1.50

SIDES

Gem Caesar <i>v</i>	3.50	Seasonal Green Veg <i>ve</i>	5.95	Lebanese Fries <i>ve</i>	6.95
Onion Rings <i>v</i>	4.95	Dauphinoise Potatoes <i>v</i>	5.95	Brown sugar & harissa glaze, garlic mayonnaise, spring onions, chilli, pumpkin seeds	
House Salad <i>ve</i>	4.95	Chunky Chips <i>ve</i>	4.95	Truffle & Parmesan Fries	5.95
		French Fries <i>ve</i>	4.95		

PASTA

Rigatoni Pollo E Panna	16.50
Chicken, porcini paste, mixed mushrooms, white wine cream sauce, rosemary, Parmesan shavings	
Rigatoni Arrabbiata <i>ve</i>	12.50
Tomato sauce, garlic, chilli, oregano, parsley	
Ricotta & Spinach Ravioli <i>v</i>	15.50
Garlic & thyme butter, Parmesan shavings, crispy basil	



DESSERTS

Here are some of our favourites

Freshly Cooked Waffles	7.25
Lemon Posset	6.95
Biscoff Cheesecake	9.75
Mini Dessert + Hot Drink	7.25
Selection of Ice Cream	5.95

See our dessert menu for full range

A discretionary 10% service charge will be added to your bill and fairly distributed amongst the team who prepared and served your meal and drinks. If you prefer to leave a different amount or to remove the gratuity, no problem - just ask your server.

THE RUNNING HORSE

Part of the Upham Inns Collection

LUNCH MENU

Available Monday-Friday until 5pm
Excludes bank holidays

2 Courses 17.95 3 Courses 22.50

STARTERS

Sticky Harissa Glazed Chicken

Spring onions, chilli

Garlic & Rosemary Flatbread **ve**

Garlic, rosemary, extra virgin olive oil, sea salt

Soup of the Day

Sticky Harissa Cauliflower Bites **ve**

Spring onions, chilli

Buttermilk Calamari

Smoked paprika & garlic coating, harissa mayonnaise

Loaded Bacon & Feta Hash

Hash brown, smoked bacon, feta cheese, chilli, fried egg, hot honey, parsley

Loaded Avocado Hash **ve**

Hash brown, avocado, basil and rocket pesto, chilli, toasted pumpkin seeds

MAINS

Small Fish & Chips

Hand Carved Ham, Eggs & Chips

Rigatoni Pollo E Panna

Chicken, porcini paste, mixed mushrooms, white wine cream sauce, rosemary, Parmesan shavings

Margherita Pizza **v**

Mediterranean Bowl **ve**

Roasted Mediterranean vegetables, hummus, avocado, pesto, marinated tomatoes, sweet potatoes, mixed leaves, balsamic glaze

+ king prawns	6.50	+ aubergine Milanese	5.50
+ chicken	5.00	+ halloumi	5.00
+ cauliflower bites	4.50	+ burrata	6.50

Sticky Harissa Chicken Burger **+£2**

Crispy chicken thighs, harissa glaze, dill pickle, lettuce, tomato, harissa mayonnaise, brioche bun, French fries

Napoli Forte Pizza **+£2**

Tomato sauce, mozzarella, nduja, salami, chilli, garlic

DESSERTS

Lemon Posset

Served with shortbread

Bombolone **v**

Mini Italian doughnuts, chocolate sauce

Chocolate Chip Cookie Dough

Toffee sauce, salted caramel ice cream

Selection of Ice Cream

JOIN US FOR BREAKFAST

Enjoy 2 Dishes For £16
on our Breakfast Menu

Available Monday to Saturday until midday
and 11am on Sunday

Excludes Mother's Day and Father's Day



All dishes are prepared in areas where cross contamination may occur. Menu descriptions aren't guaranteed to include all ingredients. Please advise if you have any allergens or intolerances before ordering. Scan the QR code for full allergens menu.

v Vegetarian **ve** Vegan

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