

OUR PROVENANCE

You can expect to find delicious, fresh, seasonal British pub classics and daily changing specials with unique twists, cooked from scratch with love by our original and talented chefs. We're proud to work with the best suppliers and source sustainably to serve dishes that are guaranteed to delight.

WHILE YOU PONDER

Bread & Marinated olives 6 (VE)

Dill marinated anchovies with crostini 5

Beetroot falafel Harissa mayo 5 (VE) (GF)

Pork sausages, mustard & pickled onion 6

Houmous, olives & garlic flatbread 6.5 (V) (★)

JUST FOR TODAY & SOMETIMES TOMORROW.....

Ever changing allergens scan below

SMALLER PLATES

SOUP OF THE DAY with crusty bread & butter 6.5 (V) (★)

SCOTCH EGG Truffle potato & cheese scotch egg with chive soured cream 7 (V)

BLACK BEAN & SWEET POTATO CHILLI TACOS guacamole, pink onions, lime & coriander 7 (V) (★)

CRISPY SQUID with aioli 7.5

SMOKED MACKEREL & HORSERADISH PATE with beetroot, celeriac & apple relish with toast 8.5

THAI BEEF SALAD, shredded vegetables, cucumber, toasted cashews, chillies, crispy onions & aromatic lime dressing 9.5

GREEK SALAD with feta, olives, watermelon, heirloom tomatoes 8.5 / 15 (V) (★)

SEARED SCALLOPS, courgette, samphire, pea & radish salad, crisp prosciutto & truffle dressing 14 (GF)

ROSEMARY & GARLIC BAKED CAMEMBERT perhaps to share, seasonal chutney & crusty bread 15.5 (V)

MEZZE BOARD TO SHARE with garlic flatbread, baba ganoush, houmous, beetroot falafel, couscous salad, radish & olives 16 (★)

SEAFOOD PLATTER TO SHARE mackerel pate, smoked salmon, North Sea prawn cocktail, crispy squid, marinated white anchovies, garlic aioli, capers & flatbread 24





# THE RUNNING HORSE

## STAYING WITH US

Upham Inns are a unique collection of beautifully restored pubs and inns with heritage back to the 16th Century. Every Upham Inn is relaxed, welcoming and individual, cosy bedrooms are as unique as the pubs they are in, combining individually designed country charm with all the modern facilities required to ensure a comfortable stay whatever the occasion.

## LARGER PLATES

GRILLED AUBERGINE, FIELD MUSHROOM & CHIMICHURRI BURGER with tomato relish & skin on fries 13 (VE)  
Add halloumi 2.5 (V)

VEGETABLE BARLOTTO, peas, broad beans, spring greens, leeks, asparagus, mint & parsley 14.5 (V) (★)

CHARGRILLED PRIME BEEF BURGER with cheddar cheese, smoked bacon, house relish & skin on fries 16

BEER BATTERED SOUTH COAST HADDOCK with minted pea puree, chips & tartare sauce 16.5 (GF)

THAI BEEF SALAD, shredded vegetables, cucumber, toasted cashews, chillies, crispy onions & aromatic lime dressing 16

GRILLED CORNFED CHICKEN BREAST, lemon & olive cous cous, Mediterranean vegetables & harissa yoghurt 17.5

WHOLE GRILLED PLAICE (ON THE BONE), capers, lemon & dill butter, new potatoes, fennel & samphire salad £22

PAN-FRIED DUCK BREAST, dauphinoise potatoes, glazed carrots, spring greens & red wine jus 22 (GF)

100Z PRIME RIBEYE, cherry vine tomatoes, herb grilled mushroom, chips & house salad 26 (GF)  
Add bearnaise, chimichurri, red wine, peppercorn, or garlic & parsley butter 2.5

## JUST A LITTLE MORE all 4.5

Truffle & Parmesan fries (GF) Garden salad (GF)  
Buttered spring greens (GF) Tenderstem broccoli (GF)  
Grilled Mediterranean veg / Minted new potatoes (V) (GF) (★)

## SOMETHING SWEET?

PASSIONFRUIT CRÈME BRULÉE, shortbread 7.5

ROASTED PINEAPPLE rum & maple glazed, vegan ice cream, toasted cashews 7.5 (V)

LEMON MERINGUE TART, raspberry coulis 8

STICKY TOFFEE PUDDING, salted toffee sauce & vanilla ice cream 7.5 (GF)

WHITE CHOCOLATE & RASPBERRY CHEESECAKE, honeycomb 8

BELGIAN DOUBLE CHOCOLATE BROWNIE, vanilla ice cream & chocolate sauce 8 (GF)

SELECTION OF MARSHFIELD FARM ICE CREAMS (GF)  
or sorbet of the day (VE) 2 scoops 4.5, 3 scoops 6

BRITISH CHEESE SELECTION, seasonal chutney, crackers & grapes 9.5

## HOT DRINKS

Proudly served with Moon Roast small batch coffee, Based in the heart of rural Hampshire

Americano 3

Cappuccino 3.50

Espresso single 2.5 Espresso double 3

Latte 3.50

Flat white 3.30

Macchiato 3

Tea 2.75

Specialist tea 3

Mocha 3.75

Hot chocolate 3.50

Amaretto or Baileys Latte 6.95

Cointreau or Baileys hot chocolate 6.95

Liqueur coffee Choose from Jameson, Glenlivet, Janneau Armagnac, Amaretto, Tia Maria or Havana Club 7.5

(GF) GLUTEN FREE

(V) VEGETARIAN

**MINI DESSERTS & COFFEE ALL 6**  
With your choice of hot drink  
excludes liqueur & boozy options (GF)  
Chocolate brownie with sauce / Sticky toffee  
pudding with sauce / Homemade  
Chocolate truffles

VEGAN (VE)

VEGAN ALTERNATIVE (★)