

SUNDAY

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 Served 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 (☆)
- 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 ✓

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

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

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

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

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

SUNDAY ROASTS

All our roasts are served with Yorkshire pudding, roast potatoes, cauliflower cheese, seasonal vegetables & gravy. Add pigs in blankets 4

ROAST SIRLOIN OF BEEF 19.5

ROAST BREAST OF CHICKEN & sausage meat stuffing 18

HERB STUFFED PORK 18 ✓

SPINACH, LEEK & POTATO WELLINGTON 15 ✓

JUST A LITTLE MORE all 4.5

✓ GF VE Truffle & Parmesan fries GF Garden salad GF
Buttered spring greens GF Tenderstem broccoli GF
Grilled Mediterranean veg / Minted new potatoes ✓ GF ☆

SOMETHING SWEET?

PASSIONFRUIT CRÈME BRULÉE, shortbread 7.5

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

LEMON MERINGUE TART, raspberry coulis ✓

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

WHITE CHOCOLATE & RASPBERRY CHEESE GF,
honeycomb 8

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

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

BBRITISH 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

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 GF

GF GLUTEN FREE

✓ VEGETARIAN

VEGAN

VE

VEGAN ALTERNATIVE

☆