



THE RUNNING HORSE

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)

Anchovies Dill marinated 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 CHILI TACOS guacamole, pink onions, lime & coriander 7 (V) (☆)

CRISPY SQUID Served with aioli 7.5

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

BEEF SALAD shredded vegetables, cucumber, toasted cashews, chillies, crispy onions & aromatic lime dressing 9.5 / 16

GRILLED ASPARAGUS mozzarella, lemon, olive oil & pumpkin seeds 9.5 (GF) (☆)

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



UPHAM
INNS

Adults need around 2000 kcal a day. Our food and drink is prepared in food areas where cross contamination may occur and our menu descriptions are not guaranteed to include all ingredients. If you have any questions, allergies or intolerances please let us know before ordering. Substitutions are available to support dietary needs.

Allergen Info



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)

CLASSIC FISH PIE with salmon, cod, smoked haddock & king prawns topped with buttery mash, served with seasonal greens 17 (GF)

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

HERB STUFFED PORCHETTA potato rosti, hispi cabbage, glazed carrots, roasted apples, crispy sage & cider jus 18

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

100Z PRIME RIBEYE With 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

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

SOMETHING SWEET?

Rhubarb crème brûlée with ginger crunch sable 7.5

Lemon meringue tart with raspberry coulis 8

Sticky toffee pudding with salted toffee sauce & vanilla ice cream Gf 7.5 (GF)

White chocolate & raspberry cheesecake with honeycomb 8

Belgian double chocolate brownie with 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 with 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

Chocolate brownie with sauce (GF) or Sticky toffee pudding with sauce (GF) or Homemade chocolate truffles

VEGAN

(VE)

VEGAN ALTERNATIVE

(★)