

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.....

Crevette prawns with aioli 12

Pan fried chalk trout served with sauté new potatoes, Romesco sauce & tenderstem broccoli 18

Tomahawk, cherry vine tomatoes, herb grilled mushroom, chips, salad and a choice of sauce to share 70

Chocolate fondant, crème fraîche, ice cream & chocolate sauce 8

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

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 (☆)

PTO FOR A LITTLE MORE



UPHAM
INNS



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)

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

WHOLE GRILLED PLAICE, caper, lemon, dill butter, new potatoes, fennel & samphire salad 22

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

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

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 (V)

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

(★)