

OUR STORY



Upham is a growing collection of pubs with rooms, in the south of England. Each inn celebrates its own unique character & local community that it serves. We celebrate our idyllic locations & believe we have a responsibility to protect the countryside that surrounds us, for now & future generations.



SAVE ON SIPS HAPPY HOUR

3 - 6:30pm Mon - Fri

£1 off a pint of draught beer*
25% off cocktails & wine



*Includes Grolsch & Dark Star from £3.95



* offer not available on Bank Holidays or during peak festive periods



WE CARE

Our carefully considered offering of ever growing products with purpose are highlighted within our list with either a bee or tree symbol.

Celebrating our partnerships with like-minded suppliers in support of our vision (with your help) to become more environmentally friendly & carbon neutral in every choice we make.



Each drink highlighted with a tree symbol indicates a 'sustainable story'.

SOFTS & MIXERS

Bottlegreen Sparkling Pressés

Choose from apple or elderflower

Fruit Juices

Apple, cranberry, pineapple, tomato or orange

J2O

Orange & passion fruit, apple & mango or apple & raspberry

Double Dutch Tonics & Mixers

Indian tonic, skinny tonic, elderflower, cucumber & watermelon, pink grapefruit, ginger beer, or ginger ale

Coca Cola Bottles Original, Diet, Zero or Fanta

Draught Diet Pepsi, Pepsi Max or R Whites Lemonade



BOTTLED BEERS & CIDERS

Peroni Nastro Azzurro Stile Capri 330ml bottle, (4.2%)

Escape to the Italian coast with this easy-drinking beer inspired by the refreshing taste & scent of the Mediterranean

Cornish Orchard 500ml bottle (4.5%)

Perfectly balanced, gentle sparkling cider made with 100% fresh, hand-picked dessert apples, using only natural sugars.

Choose from cherry & blackberry or raspberry & elderflower

Peroni Gluten Free 330ml bottle, (5.1%)

Crafted with passion & flair to offer a delicate balance of bitterness & subtle citrus aromatic notes without the gluten.

Brewed in Italy & based on the original recipe of 1963

Big Drop Pine Trail Pale Ale 330ml can (0.5%)

Naturally brewed alcohol free pale ale w/ a citrusy bite

ON DRAUGHT

HIGHLIGHTS FROM OUR RANGE

Asahi Super Dry (5%)

Peroni Nastro Azzurro (5.1%)

Guinness (5.1%)

Meantime Anytime IPA (4.7%)

Grolsch (3.4%)

Cornish Orchard Gold (4.5%)

Big Drop Paradiso - Citra IPA (0.5%)

Award winning naturally brewed alcohol free beer w/ hoppy burst of citrus, vegan friendly & gluten-free



Dark Star HopHead (3.4%)

An extremely clean-drinking pale golden ale with a strong floral aroma & elderflower notes from the Cascade hops. This beer is full-bodied and full-flavoured yet gentle enough to make it a favourite session beer.

Please ask for today's selection of local & national real ales – these change all the time to keep the freshest & most suitable range available to you!

APERITIFS & SPRITZ

Beesou Spritz	£9.95
Beesou honey aperitif, prosecco, soda water & pink grapefruit slice	
Aperol Spritz	£8.95
Aperol Italian aperitif, prosecco, soda water & an orange slice	
Bombay Sunset Buck	£8.95
Bombay Sapphire Sunset gin, squeeze of lime, ginger ale & slice of lime	
Spiced Ginger Spritz	£8.95
Makai spiced rum, ginger beer, soda water & lime slice	
Sunshine Spritz	£8.50
Limoncello, prosecco, soda water & lemon slice	



COCKTAILS

Mojito	£10.25
White rum, sugar syrup, lime juice & soda water	
Pornstar Martini	£10.95
Vodka, passion fruit purée & lemon with a shot of prosecco	
Espresso Martini	£10.25
Absolut vodka, Kahlua, vanilla & double espresso	
Peach Or Passion Fruit Bellini	£8.95
Peach or passion fruit purée with prosecco	
Botanical Smash	£10.50
Bombay sapphire gin, lemon, St Germain elderflower liqueur, blackcurrant, cranberry & mint	
Old Fashioned	£10.25
Maker's Mark bourbon, Angostura bitters, sugar syrup & water with orange slice	
The Laverstoke	£10.50
Bombay sapphire gin, vermouth, elderflower, gently squeezed lime wedges, topped with ginger ale & a ginger slice	
Baby Guinness	£4.25
Delicious shot made to look like a mini-pint of Guinness made with coffee liqueur & Irish cream	

MOCKTAILS

Peach Melba-Retti (0%)	£7.95
Lyre's Amaretti, strawberry syrup, peach purée & lemonade	
Virgin Mojito (0%)	£6.45
Apple juice, elderflower, soda & mint	
Peach Or Passion Fruit Belli-no (0%)	£6.95
Peach or Passion fruit purée with Lyre's 0% classico sparkling wine	

Please note ABV on wines is subject to seasonal variation. 125ml size also available for all wines served by the glass. Prices correct at the time of printing, but are subject to change.

NO / LOW ALTERNATIVES

Apple-Roll Spritz (0%) £7.95
Lyre's Italian spritz, Lyre's classico sparkling wine, apple juice & soda with apple slice

Lyre's Hugo Spritz (0%) £7.50
Lyre's classico sparkling wine, elderflower, fresh mint & lime

Lyre's Slassico Sparkling Wine (0%)
Impossibly crafted to capture the essence of a sparkling wine

Asahi Superdry 0% 330ml bottle
Pioneering Japanese brewing techniques with the finest ingredients to brew a beer that has the same crisp and refreshing Asahi Super Dry taste, without the alcohol

Peroni Nastro Azzuro 0% 330ml bottle (0%)
After the characteristic aroma and taste profile is fully developed, the alcohol gently removed to deliver the crisp and refreshing Italian taste

Guinness 0% (0%)
Boasts the same beautifully smooth taste, perfectly balanced flavour and unique dark colour of Guinness, just without the alcohol

Old Mout Berries 500ml bottle (0%)
This tasty tippie occurred when our crisp apples met their match with a handful of ripe berries and cherries

Big Drop Pine Trail Pale Ale 330ml bottle (0.5%)
Naturally brewed alcohol free pale ale w/ a citrusy bite

Big Drop Paradiso - Citra IPA on draught (0.5%)
Award winning naturally brewed alcohol free beer w/ hoppy burst of citrus, vegan friendly & gluten-free



WHITE

175ml / 250ml / bottle

FRESH & CRISP

Pinot Grigio, Sartori, Italy (11%) £6.95 / £9.95 / £28.95

Fresh and fruity Pinot Grigio from northern Italy, with a light lemon character too

Picpoul De Pinet, Roquemolieres, France (12.5%) £8.95 / £12.75 / £36.95

Soft, floral white from southern France, dry and delicate with a good minerality

Blanc de Blanc, La Cadence, France (11.5%) £5.25 / £7.50 / £19.95

Vibrant wine with fresh citrus & floral aromas

FRUITY

Sauvignon Blanc, Project Wine Co, Chile (13%) £7.50 / £9.95 / £30.95

This lively wine from Chile boasts fresh flavours of lemon and bags of fruit

Chardonnay, Les Mougeottes, France (13.5%) £7.95 / £11.50 / £32.95

Lemon and vanilla on the nose with a round, fruity body and a hint of vanilla oak character



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RED

175ml / 250ml / bottle

SOFT & FRUITY

Carignan, La Cadence, France (12%) £5.25 / £7.50 / £19.95
Full-bodied & fruity, packed with red berry aromas & hint of nutmeg

Project Malbec, Argentina (13%) £6.95 / £9.95 / £28.95
A juicy malbec with notes of baked plums, raisins and a hint of chocolate and vanilla

Pinot Noir, Les Mougeottes, France (13%) £8.10 / £11.75 / £34.25
Clean & precise bouquet with black cherries & raspberry aromas and a silky finish

ROBUST

Rioja Crianza, Leza Garcia, Spain (14%) £9.50 / £13.60 / £39.95
Typical spiced raspberry and vanilla, this Rioja is very moreish

ROUND & WARM

Montepulciano d'Abruzzo, Borgo Sena, Italy (12%) £7.50 / £10.75 / £30.95
Plum, black cherry and a smooth finish make this a great all-rounder

Merlot, Tarapaca, Chile (13%) £7.95 / £11.50 / £33.95
Soft and elegant with ripe damson fruit character, subtle tannin and a long elegant finish.

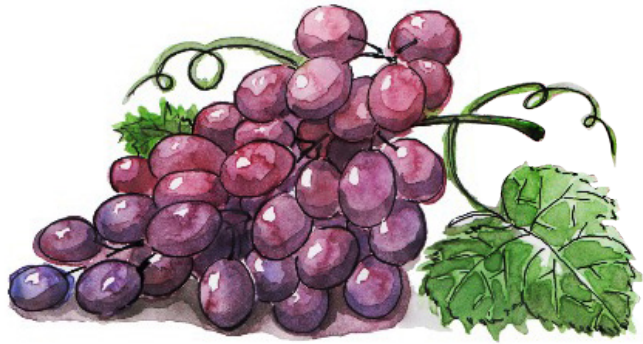
ROSE

175ml / 250ml / bottle

Pretty Gorgeous Rosé, France (12%) £6.95 / £9.95 / £27.95
 Full of fruit and a hint of sweetness for those who don't want a dry wine

Rosepale CDP, Aubert and Mathieu, France (12.5%) £11.25 / £15.95 / £42.95
 Provence is all about red fruit with a hint of creaminess on the palate and this is a delightful example

La Cadence Rose, Vin De France, France (12%) £5.25 / £7.50 / £19.95
 A fresh and punchy rosé with ripe red fruits on the creamy and slightly sweet length



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SPARKLING & CHAMPAGNE

125ml / bottle

Prosecco Via Vai NV, Italy (10.5%) **£6.60 / £33.75**

Peachy, lively and light on the palate, everything you'd expect from a prosecco

Hattingley Valley Classic Reserve NV, England (12%) **£59.50**

English wine with a delicate perfume of hedgerow flowers, a flavour of green apples and a fine, rich toastiness on the finish.

Moët Imperial NV, Moët & Chandon, France (12.5%) **£74.95**

Well-made Champagne from a world famous name: a succulent mouthful of pear, peach and brioche

Lyres Sparkling 0% (0%) **£6.25**

The unique spirit has been impossibly crafted to capture the essence of sparkling wine with flavours that are distinct & contemporary



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GIN

HIGHLIGHTS FROM OUR RANGE

Bombay Sapphire

Distilled just up the road at Laverstoke Mill. Bombay burst onto the scene in the late 80's and their focus on botanicals paved the way for many craft gins that we know today.

With many of our guests visiting the distillery we have partnered with Bombay Sapphire to provide an extensive range of their gins including Bombay Bramble, Citron Pressé, Sapphire Sunset & Premier Cru Murcian Lemon


Hendrick's

A triumph of the unusual - curious, yet marvellous, the infusions of rose & cucumber create the uniquely balanced flavour elevating any cocktail & all occasions

Bloom Jasmine & Rose

Sugar free premium pink gin, bursting with exquisite floral flavours

Whitley Neil Rhubarb & Ginger Or Sicilian Blood Orange

 From the warming flavours of a rhubarb & ginger crumble to the taste of the Mediterranean sunshine

Mermaid

Inspired by its lead botanical rock samphire, known locally as mermaids kiss this hand crafted gin is made from 10 ethically sourced botanicals designed to free your spirit

Mermaid Pink

Infuses the flavour of fresh island strawberries with a smooth yet complex taste of the award-winning Mermaid Gin, a blend of lemon zest, grains of paradise and fragrant rock samphire

Mermaid Zest

A zesty, aromatic infusion of Mermaid Gin with summer citrus fruits and wild foraged, costal botanicals. Grapefruit and cascade hops are blended with island bergamot, lemon zest and rosemary



WORLD WHISKEYS

HIGHLIGHTS FROM OUR RANGE

Glenfiddich 12 Year Old Scotch

Meaning 'valley of the deer' in Scottish Gaelic, with a lower abv than the increasingly popular cask strength Scotches - it's the one to drink when you're drinking more than one

Jameson Irish Whiskey

Distilled three times in copper stills for smoothness - not because they have to but because they want to. Good things come in threes according to Jamo"

Talisker Scotch Whisky

The Isle of Skye's only single malt & one that is loved all over the world for its maritime character

BOURBONS & TENNESSEE WHISKEYS

HIGHLIGHTS FROM OUR RANGE

Jack Daniel's Old No 7

Charcoal mellowed drop by drop

Maker's Mark

Made from soft winter wheat (instead of the usual rye) for a full flavoured bourbon



Having received B-corp status for championing social & environmental initiatives across the company & industry, Maker's Mark promotes a mission 'make your mark' - 'Leave no trace'

VODKA

HIGHLIGHTS FROM OUR RANGE

Absolut

Bold & original Swedish vodka. Absolut Vodka launched in New York, 1979 in a transparent & label-less bottle, inspired by an 18th Century medicine bottle

Mermaid Salt

Created with a pinch of locally sourced sea salt, like the gentle kiss of a mermaid. Distinctive & unique Mermaid salt vodka is a mixologist favourite adding a hint of sea air to their creations

Certified as net zero through off setting their carbon emissions through their work with projects such as the Ocean foundation which is an extensive sea grass growing initiative

RUM

HIGHLIGHTS FROM OUR RANGE

Kraken

Named after the sea beast of myth and legend, Kraken Caribbean black spiced rum is bold, rich & smooth

Mount Gay

Originally owned by John Sober, who inherited a small distillery at the top of Mount Gilboa in Barbados in 1703

Makai Spiced Rum

Inspired by the spirit of Polynesia blended with rich spices where modern meets tradition & ocean meets jungle

Mermaid Spiced Rum

A blend of Caribbean rums infused with local fruits and spices on the Isle of Wight. Enjoy the smooth and complex flavour of this eco-friendly spirit with a hint of sea air and fruity spice



TEQUILA

HIGHLIGHTS FROM OUR RANGE

El Tequileno Reposada

Three generations after it's foundation, with history, heritage & passion in every drop the family's legacy continues to influence the production of the finest quality sustainable tequilas

♻️ 98% of El Tequileno's production residuals are converted into organic compost which is then used to fertilize their next generation of Agave

Dead Man's Fingers Strawberry Tequilla Cream Liqueur

Combining Tequila with rich cream & fruity strawberry notes

AFTER DINNER SIPS

Amaretto Sweet Italian Liqueur

Courvoisier Cognac

Cockburn's Fine Ruby 20 Year Old Tawny Port

Baileys Irish Cream

Limoncello



LIQUEUR COFFEE

Irish	£6.95
Brandy	£6.95
Amaretto	£6.95
Coffee Liqueur	£6.95
Dark Rum	£6.95

BOOZY HOT DRINKS

Amaretto Latte	£6.95
Baileys Latte	£6.95
Cointreau Hot Chocolate	£6.95
Baileys Hot Chocolate	£6.95

HOT DRINKS

Americano	£3.40
Cappuccino	£3.70
Espresso	£2.50
Double Espresso	£3.40
Latte	£3.70
Flat White	£3.70
Macchiato	£3.65
Tea	£2.95
Specialist Tea	£3.15
Mocha	£3.70
Hot Chocolate	£3.75
Deluxe Hot Chocolate	£4.75
Turkish Delight Hot Choc	£5.95
Hot chocolate with rose syrup & chocolate sprinkles	
Add Syrup	+50p
Caramel, hazelnut or vanilla	
<i>Oat, soya or almond milk available on request</i>	



SCAN FOR ALLERGENS

Our food & drink is prepared in food areas where cross contamination may occur & 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.

125ml size also available for all wines served by the glass