OUR STORY

Upham is a growing collection of pubs with rooms, in the south of England. Each inn celebrates it's 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.

WECARE

Countrysis

Put

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'.

Each drink highlighted with a bee symbol indicates a serve that will contribute to our charitable partnership with the Bee Friendly Trust supporting their mission to create habitats for pollinators to thrive.

Drinks shown within our dotted boxes showcase our non-alcoholic serves.

NIBBLES

Mixed Italian olives	£4.30
Chilli puffs / Mixed nuts	£3.55

APERITIES & SPRITZ

Aperol Spritz Aperol Italian aperitif, prosecco, soda water & an orange slice	£9.95
Beesou Spritz Beesou honey aperitif, prosecco, soda water & pink grapefruit slice 25p from every Beesou Spritz sold will be donated to the Bee friendly Trust	£9.75
Spiced Ginger Spritz Makai spiced rum, ginger beer soda water & lime slice	£8.95
Codigo Paloma Spritz Codigo Rosa tequila, pink grapefruit, prosecco & grapefruit slice	£12.50
Apple-roll Spritz (0%) Lyre's Italian spritz, Lyre's classico sparkling wine, apple juice & soda with apple s	£7.50 lice
Strawberry & cherry blossom Spritz (0%) Everleaf mountain non alcoholic aperitif, double dutch Indian tonic, with seasonal berries	£7.25

non-Alcoholic cocktails

Virgin Mojito Apple juice, elderflower & soda	£6.25
Cherry Bakewell Sour Lyre's Amaretti, cranberry & cherry purée	£7.95

CLASSIC COCKTAILS

Berry Bramble Sapling gin, Chambord, sugar syrup, lemon & crushed berries	£9.95
White Russian Absolut vanilla, Kahlua, sugar syrup & cream	£9.50
Whiskey Sour Maker's Mark bourbon, lemon, sugar syrup, angostura bitters & foamer	£9.50
Mojito Two Drifters white rum, sugar syrup, lime juice & soda water	£10.25
Pornstar Martini	£10.75
Old Fashioned Maker's Mark bourbon, Angostura bitters, sugar syrup & water with orange slice	£9.95
Pink Lady JJ Whitely pink gin, grenadine, lemon, foamer & maraschino cherry	£9.75
Espresso Martini Finlandia Vodka, Kahlua, vanilla & double espresso	£9.95
Cherry or Passion fruit Bellini Cherry or passion fruit purée with prosecco	£8.95

OUR SIGNATURE CREATIONS

Cucumber Crush Horse Guards gin, elderflower, lemon, sugar syrup & crushed cucumber	£9.95
Clover Club Bombay Sapphire gin, raspberry puree, rose syrup, lemon & foamer	£10.00
Ginocello Tanqueray gin, limoncello, Chambord, sugar syrup & lemon	£9.00
Barbie Aperol, Horseguards gin, lemon, sugar syrup & strawberries	£10.50
Pollenstar martini	
(a) 25p from every Pollenstar cocktail sold will be donated to the Bee friendly Tr	ust
Botanical Smash Bombay Sapphire gin, lemon, St Germain elderflower liqueur, blackcurrant, cranberry & mint	£10.50

SOFTS & MIXERS

Kingsdown sparkling pressés Hand crafted soft drinks made from natural spring water & the highest quality fruit juices. Choose from apple or elderflower	£3.90
Fruit juices Apple, cranberry, pineapple, tomato or orange	£3.60
Double Dutch tonics & mixers Indian tonic, skinny tonic, double lemon, elderflower, cucumber & watermelon, pink grapefruit, ginger beer, or ginger ale	£2.95
Coca Cola Original, diet or zero	from £3.30
Jug of home-made fresh lemonade (4 glasses) The tang of lemons balanced with sweetness that hits the spot every time	£8.25

PEER & CIDER

Asahi Super Dry Japan (5%)
Peroni Nastro Azzuro Italy (5.1%)
Guinness Dublin (5.1%)
Meantime Anytime IPA (4.7%)
Grolsch Netherlands (4%)
Cornish Orchard Gold Cornwall (4.5%)

Please ask for today's selection of Cask Marque accredited real ales & draught ciders - these change all the time to keep the freshest & most suitable range available to you! We are proud to be Cask Marque approved through their independent inspections.

BOTTLES & CANS

ON DRAUGHT

Peroni Gluten Free 330ml Italy (5.1%)	£5.30
Sol 330ml Mexico (4.5%)	£5.20
Old Mout Cider 500ml (4.5%)	£5.85
Camden Hells (4.6%)	£5.30

Erdinger non-alcoholic 300ml (0%)	£6.00
Peroni Nastro Azzuro 300ml (0%)	£4.75
Guiness 0.0 538ml can (0%)	£5.50
Old Mout berries 500ml bottle (0%)	£5.30





ENGLISH SPARKLING

125ml / bottl



Coates & Seely Brut Reserva Hampshire, England (12%) £11.50 / £59.00 Extremely pretty English sparkling with apple & lemon-curd aromas

Coates & Seely are proudly vegan, using very few sprays on their vineyards & never using herbicides or insecticides

Hattingley Classic Reserve Hampshire, UK (12%) £11.50 / £59.00 Elegant English sparkling wine with a delicate perfume of hedgerow flowers, a flavour of green apples & a fine, rich tastiness on the finish



CHAMPAGNE & SPARKLING

Moët Imperial Moët and Chandon, France (12%) A succulent mouthful of pear, peach & a hint of melon preceded by a delightful waft of brioche & citrus fruits	_£14.50 / £75.00
Moët Rosé Imperial Moët and Chandon, France (12%) Harmonious flavours of wild strawberry, raspberry & cherry with a refreshing stone & citrus fruit finish	£92.00
Veuve Clicquot Vintage France (12%) Delightful, biscuity vintage Champagne, the bakery scents freshened b	
Prosecco Brut Argeo, Ruggeri, Italy (11%) Delicat & lively with white flowers & a lime tang on the finish	£7.95 / £35.00
Prosecco Rosé Ruggeri, Italy (11.5%) Crisp & fizzing with cranberries & red fruit, with a light biscuity aroma	£36.50
Sparkling Love by Léoube Brut Rosé France (13%) Aromas of ripe berries, pomegranate & grapefruit, a fresh & balanced s	
Eins Zwei Zero sparkling rosé (0%)	£6.75 / £29.00

Our Cellar Selection

Sip on the exceptional & unexpected!

Our cellar selection is always changing, bringing a range of new & exciting fine wines to try.

Please see our wine specials board or ask a team member for our current selection.

1 INTTE

FRUI

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ROMATIC WHITES

MIII	175ml / bottle
Chardonnay Les Mougeottes, France (13.5%) Vibrant lemon & vanilla on the nose with a round, fruity body	£7.25 / £27.00
Gavi di Gavi DOCG Fontanafredda, Italy (12.5%) Delicate, elegant, fresh & fruity with a hint of green apples, pears & melon with a long lasting finish	£46.00
Albarino Martin Codax, Spain (12%) Textbook Albarino - vivid straw-yellow green colour with a touch of ripe	£43.00 e lemon
Sauvignon Blanc, Petal & Stem Yealands, New Zealand (13%) Classic Marlborough Sauvignon Blanc, textured & elegant with a distinctive mineral finish	.£10.00 / £38.00
Petit Chenin Blanc Ken Forrester, South Africa (13%) Fresh white from one of South Africa's most respected producers, fragrant with quince & pear drop, while green apple & grapefruit zap the	
Pouilly-Fumé Chateau Favray, France (12.5%) Clean, crisp Sauvignon Blanc from the grape's home, this is scented wi	

Clean, crisp Sauvignon Blanc from the grape's home, this is scented with fresh grass, limestone & citrus

CARAFE SERVES

175ml / 500ml carafe / 1l carafe

Laylo Sauvignon Blanc Loire France (11.5%) £8.95 / £24.00 / £39.95

Crisp & fruity, with pineapples, green apples & white peach that gives Marlborough Sauvignon run for its money

Caramel Apple Sangria £9.50 / £19.50 / £36.95

Laylo Sauvignon Blanc, Sapling vodka, Cornish Orchard cider & caramel with an apple slice



	WHITE	175ml / bottle
	Blanc de Blanc Le Rouleur, France (11.5%) Vibrant wine with fresh citrus & floral aromas	£6.15 / £23.00
CRIS	Pinot Grigio Arcole Love Story, Italy (12.%) A crisp, clean Pinot Grigio with white flowers & pears on the palate	£7.95 / £29.00
FRESH &	Chablis Joseph Drouhin, France (12.5%) Classic chardonnay with flavours of lemon zest, grapefruit & pear	£57.00
	Picpoul de Pinet Reserve de la Roquemoliere, France (12.5%) Soft, floral white, dry & delicate, exuding acacia, hawthorn blossom 8	
	Eins Zwei Zero Reisling (0%)	£6.50 / £25.00

ROJE	175ml / bottle
Pretty Gorgeous Rosé France (13%) Fruity with some tropical hints & a slightly off dry style	£6.35 / £24.00
Mirabeau Azure Provence Rosé France (13%) A quintessential, dry & elegant pale peach Provence rosé	£11.00 / £39.50
Mirabeau Etoile Provence Rosé France (13%) A more gastronomic Provence with superb minerality & complexity	£65.00
Rosé Sicilia DOC Planeta, Italy (12.5%) Bright, uncomplicated organic rosé made equally from Sicily's Nero d'A	£36.00 vola & Syrah
Petit Rosé Ken Forrester, South Africa (12.5%) Fruit forward with cherries & vibrant citrus notes	£34.00

CARAFE SERVE 175ml / 500ml carafe / 1l carafe

Laylo Luberon Rosé AOP Provence, France (13%) £8.95 / £24.00 / £39.95

A super-pale, dry vegan rosé made in the traditional Provençal style from Grenache, Syrah & Mourvedre grapes. Expect redcurrants, strawberries & long, bracing acidity. The ultimate summer thirst quencher.

RED	175ml / bottle
Montepulciano d'Abruzzo Abruzzo, Italy (12%) Classic, plum-filled Montepulciano d'Abruzzo, pleasantly scented with violets, peonies & more plums	£7.95 / £30.00
Rioja Crianza Ramón Bilbao, Spain (14%) Full of black fruit plus an intriguing sour note	£38.00
Merlot Reserva Vina Leyda, Chile (13%) Sweet aromas of plums, cherries, & spices followed by dark chocolate & tobacco notes	£34.00
Carignan Le Rouleur, France (12%) Full-bodied & fruity, packed with red berry aromas & hint of nutmeg	£6.15 / £23.00
Tempranillo "Embrujo" Bodegas, Spain (12.5%) Expressive Spanish red with black fruit & spice	£6.35 / £24.00
Pinot Noir Les Mougeottes, France (13%) Clean & precise bouquet with black cherries & raspberry aromas. Medium-bodied with red berry fruits	£7.50 / £28.00
Valpolicella Superiore Veneto, (13.5%) Clean & precise bouquet with black cherries & raspberry aromas. Medium-bodied with red berry fruits	£38.00



CARAFE SERVE 175ml / 500ml carafe / 1l carafe

Laylo Merlot Languedoc, France (13.5%)
 £8.95 / £24.00 / £39.95
 Medium bodied vegan red, classic French in style with raspberries, blueberries & a hint of coffee, with smooth tannins that taste like liquid velvet.

RED	175ml / bottle
Don David Malbec El Esteco, Argentina (14%) £ Rich & filled with berries, plum jam & chocolate notes	9.25 / £35.00
Coonawarra Shiraz Wynns, Australia (14.5%) Elegant & silky, with generous mulberry & blackberry notes	£37.00
Nero d' Avola Sicily, Italy (13.5%) Aromas of ripe plum, cocoa & wild strawberries with an appealing smoothne	
Bonterra Cabernet Sauvignon, California (13.5%) Organically produced with flavours of bright cherry & raspberry	£46.00
Amarone, Valpantena, Bertani, Veneto, Italy (15.5%) Deep dark ruby with notes of black & sour cherries	£75.00

DESSERT WINE

ROBUST

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HEARTY

Sauternes "Les Garonelles" Lucien Lurton, France (14%) Expressive nose with aromas of apricot, super-ripe pineapple & crème brulée,with an elegant & well-balanced long, sweet finish	£7.75 / £37.50
Yealands Estate Reserve Noble Riesling (9.5%) Headily aromatic with spiced apple crumble & honeysuckle	£11.95 / £38.50

125ml / bottle

PORT	50ml glass
Cockburn's Fine Ruby 20 year old tawny port Portugal (19%) A smooth full flavour with a toffee nose. Pairs well with cream based dessert	
LBV Port, Quinta do Crasto, Bella Luna Portugal (20%) Award winning, mellow & richly fruity port	£5.25
PAL CHAIL	

SOFT & FRUITY



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'.

Suntory Toki Japanese Whisky

This playful blended whisky from the House of Suntory takes its name from the Japanese for 'time'

Talisker Scotch Whisky

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

BOURBONS & TENESSEE WHISKEDS

HIGHLIGHTS FROM OUR RANGE

Woodford Reserve

The worlds most 'flavourful bourbon' with more than 200 delectable flavours (we won't list them all) but we can tell you it's super smooth

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 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'

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

El Rayo No1 Plata

A modern tequila created to mix with tonic water. Move over G&T, the T&T has arrived

Codigo 1530 Rosa

Rested for 1 month in Cabernet French white oak wine barrels, just enough to enrich the natural agave balance

Codigo are extremely proud of their sustainable initiatives such as bat houses to encourage bats that keep pests low & production pesticide free & their commitment to only using water that comes from natural water resin pools

VODKA

HIGHLIGHTS FROM OUR RANGE

Sapling Vodka

Tackling climate change through reforestation - planting a tree for every bottle we buy!

 \bigoplus 100% carbon positive British vodka four times distilled using local ingredients to reduce transport emissions

Grey Goose

There for all of life's best moments with an opulent reputation – distilled in Picardy France with only the finest French ingredients

Finlandia

The vodka for vodka lovers, created from golden Finish barley that is softened by the harsh Scandi winters

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

GIN

HIGHLIGHTS FROM OUR RANGE

Sapling Gin

Made using local ingredients to reduce transport emissions & distilled using wild farmed stone-milled sustainable wheat

 \bigoplus A climate positive London dry gin distilled from organic regenerative wheat – planting a tree for every bottle we buy!

Bombay Sapphire

Distilled at Laverstoke Mill in Hampshire. Bombay first burst onto the scene in the late 80's. By focusing on the botanicals they paved the way for a lot of the craft gins we know today

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

JJ Whitely Pink Gin

Produce with the freshest & juiciest summer berries by the Whitely family – who's love of berry picking together inspired this pink perfection

Bloom Jasmine & Rose

Sugar free premium pink gin, bursting with exquisite floral flavours

Tanqueray

Nearly 200 years ago, Tanqueray was one of the earliest innovators in gin history – thanks to Charles Tanqueray, who founded it in the late 1830's. Today it's hard to find a back bar without the familiar green bottle modelled on a cocktail shaker

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 strawberry or zest from fresh sun-kissed strawberries to coastal rosemary & zesty citrus

Packaged in full recyclable glass bottles, the seal is made from plant based materials & the stopper is made from sustainably sourced cork

RUM

HIGHLIGHTS FROM OUR RANGE

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

Two Drifters Signature Rum

A carbon negative dry rum distilled in Exeter coloured with burnt sugar aged in French oak ex Madeira casks

Two Drifters White Rum

Combining refined triple distilled rum with double distilled pot still rum this is a hugely versatile pure white rum - Mojito magic

Unlike many British rum distilleries that buy in the rum base product, the entire process of two drifters distillation takes place near Exeter Airport B-corp certified with a carbon negative footprint with an electric distillery run on 100% renewable energy

Havana Club 3 year old

No stranger to awards this Cuban classic was the first Havana club intended for sipping neat



AFTER DINNER SIPS

Amaretto sweet Italian liqueur Courvoisier Cognac Cockburn's Fine Ruby 20 year old tawny port LBV Port, Quinta do Crasto, Bella Luna, Portugal Janneau VS Grand Armagnac

HOT DRINKS

Americano	£3.20
Cappuccino	£3.50
Espresso single	£2.50
Espresso double	£2.95
Latte	£3.50
Flat white	£3.50

Macchiato	£3.50
Tea	£2.60
Specialist tea	£2.95
Mocha	£3.50
Hot chocolate	£3.50



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





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.