

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



Grolsch

*Includes Grolsch & Dark Star from £3.75



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 original, diet, zero or Fanta

Diet Pepsi, Pepsi Max or R Whites Lemonade



BOTTLED BEERS & CIDERS

Peroni Nastro Azzurro Stile Capri 330ml bottle, Italy (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, Italy (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 bottle (0.5%)

Naturally brewed alcohol free pale ale w/ a citrusy bite

ON DRAUGHT

HIGHLIGHTS FROM OUR RANGE

Asahi Super Dry Japan (5%)

Guinness Dublin (5.1%)

Grolsch Netherlands

Big Drop Paradiso - Citra IPA (0.5%)

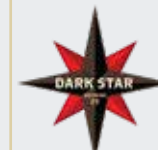
Award winning naturally brewed alcohol free beer w/ hoppy burst of citrus, vegan friendly & gluten-free



Peroni Nastro Azzurro Italy (5.1%)

Meantime Anytime IPA (4.7%)

Cornish Orchard Gold Cornwall (4.5%)



Dark Star HopHead Sussex, UK (3.8%)

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	10.25
Aperol Italian aperitif, prosecco, soda water & an orange slice	
Spiced Ginger Spritz	8.95
Makai spiced rum, ginger beer, soda water & lime slice	
Sunshine Spritz	8.50
Limoncello, prosecco, soda water & lemon slice	
Pimms & lemonade with seasonal fruits	glass £7.25 / pitcher £16.50



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 & Moon Roast 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	
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	

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

Guinness 0.0 538ml can (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

Blanc de Blanc La Cadence, France (11.5%) 5.50 / 7.50 / 20.95
Vibrant wine with fresh citrus & floral aromas

Pinot Grigio Venezie Vigna Mescita, Sartori, Italy (12%) 8.35 / 10.95 / 30.45
A crisp, clean Pinot Grigio with white flowers & pears on the palate

Chablis Joseph Drouhin, France (12.5%) 59.95
Classic chardonnay with flavours of lemon zest, grapefruit & pear with a touch of herbaceous notes on the nose

Picpoul de Pinet Reserve de la Roquemolliere, France (12.5%) 9.15 / 12.35 / 34.75
Soft, floral white, dry & delicate, exuding acacia, hawthorn blossom & citronella

La Copa de Macabeo Coviñas, Spain (11.5%) 6.75 / 9.00 / 25.25
Crisp, dry & refreshing with juicy green apples & white fruit

Chardonnay Les Mougeottes, France (13.5%) 7.50 / 10.15 / 28.25
Vibrant lemon & vanilla on the nose with a round, fruity body

Sauvignon Blanc, Frost Pocket Marlborough, New Zealand (13%) 10.95 / 14.75 / 39.95
Textured & elegant with a distinctive tropical fruit finish

Petit Chenin Blanc Ken Forrester, South Africa (13%) 33.50
Fresh white from one of South Africa's most respected producers, fragrant with quince & pear drop, while green apple & grapefruit zap the tongue

FRESH & CRISP
FULL & AROMATIC



CARAFE SERVES

175ml / 500ml carafe / 1l carafe

 **Laylo Sauvignon Blanc Loire, France (11.5%)**
£8.95 / £23.50 / £39.95

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

250ml / 500ml carafe / 1l carafe

Caramel Apple Sangria
£10.50 / £20.50 / £37.95

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

Please note ABV on wines is subject to seasonal variation.
Prices correct at the time of printing, but are subject to change.

RED

175ml / 250ml / bottle

Carignan La Cadence, France (12%) 5.50 / 7.50 / 20.95
Full-bodied & fruity, packed with red berry aromas & hint of nutmeg

La Copa de Bobal Bodegas Coviñas, Spain (12.5%) 5.75 / 7.75 / 21.95
Expressive Spanish red with black fruit & spice

Pinot Noir Les Mougeottes, France (13%) 7.95 / 10.50 / 29.45
Clean & precise bouquet with black cherries & raspberry aromas

Don David Malbec El Esteco, Argentina (14%) 9.75 / 13.25 / 36.75
Rich & filled with berries, plum jam & chocolate notes

Coonawarra Shiraz Wynns, Australia (14.5%) 38.95
Elegant & silky, with generous mulberry & blackberry notes.

RED

175ml / 250ml / bottle

Montepulciano d'Abruzzo Abruzzo, Italy (12%) 8.45 / 11.25 / 31.50
Pleasantly scented with violets, peonies & plums

Rioja Crianza Ramón Bilbao, Spain (14%) 38.95
Full of black fruit, plus an intriguing sour note



CARAFE SERVE

175ml / 500ml carafe / 1l carafe

 **Laylo Merlot** Languedoc, France (13.5%)

£8.95 / £23.50 / £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.

ROSE

175ml / 250ml / bottle

Pretty Gorgeous Rosé France (13%) 5.50 / 7.50 / 20.95
Fruity with some tropical hints & a slightly off dry style

La Copa de Bobal Rosé Utiel-Requena, Spain (12.5%) 6.75 / 9.00 / 25.25
Beautiful, raspberry-pink, slightly sweet rosé from the Bobal grape, exuding wild strawberry, black cherry & a drop of rosewater

Mirabeau Azure Provence Rosé France (13%) 11.50 / 15.25 / 41.50
A quintessential, dry & elegant pale peach Provence rosé

CARAFE SERVES

175ml / 500ml carafe / 1l carafe

Laylo Luberon Rosé AOP Provence, France (13%)

£8.95 / £23.50 / £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.

250ml / 500ml carafe / 1l carafe

Rosé & Raspberry Fizz

£10.50 / £20.50 / £37.95

Laylo rosé, Absolut vodka, Chambord, lemon juice, sugar syrup, soda & raspberries



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SPARKLING & CHAMPAGNE

125ml / bottle

NV Prosecco Italy (11%) 7.95 / 36.95

Delicate, lively Prosecco, fragrant with white flowers & a lime tang on the finish

Coates & Seely Brut Reserva Hampshire, England (12%) 59.50

Extremely pretty English sparkling with apple & lemon-curd aromas. Full-bodied with plenty of fruit, a layered texture & a creamy finish

Coates & Seely Rosé NV Hampshire, England (12%) 63.50

A beautiful English sparkling rose, with gossamer light construction, pale in colour with scents of rose-hips & strawberry. It's full bodied with plenty of fruit yet not overdone

Moët Imperial Moët & Chandon, France (12%) 74.95

A succulent mouthful of pear, peach & a hint of melon preceded by a delightful waft of brioche & citrus fruits



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GIN

HIGHLIGHTS FROM OUR RANGE

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

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 strawberry or zest

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

 Packaged in full recyclable glass bottles, Mermaid seals are made from plant based materials & their stoppers are made from sustainably sourced cork

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

Jameson	6.95
Brandy	6.95
Scottish Whisky	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	3.25
Cappuccino	3.65
Double espresso	3.25
Latte	3.65
Flat white	3.65
Macchiato	3.50
Tea	2.95
Specialist tea	2.95
Mocha	3.50
Hot chocolate	3.75
Turkish delight hot choc	5.95
Hot chocolate with rose syrup & chocolate sprinkles	
Iced strawberry bon-bon latté	4.95
Espresso, milk, vanilla & strawberry syrup, chilled over ice	
Add syrup	+50p
Caramel, hazelnut or vanilla	

Oat, soya or almond milk available on request



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

**MOON
ROAST**



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