

OUR STORY

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

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 and 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

APERITIFS & SEASONAL SPRITZ

Aperol Spritz	£9.95
Aperol Italian aperitif, prosecco, soda water & an orange slice	

Beesou Spritz	£9.75
Beesou honey aperitif, prosecco, soda water & pink grapefruit slice	



25p from every Beesou Spritz sold will be donated to the Bee friendly Trust

Sunshine Spritz	£8.25
Limoncello, prosecco, soda water & lemon slice	

Spiced Ginger Spritz	£8.75
Makai spiced rum, ginger beer, soda water & lime slice	

Codigo Paloma Spritz	£12.50
Codigo Rosa tequila, pink grapefruit, prosecco & grapefruit slice	

Apple-roll Spritz (0%)	£7.50
Lyre's Italian spritz, Lyre's classico sparkling wine, apple juice & soda with apple slice	

Strawberry & cherry blossom Spritz (0%)	£7.25
Everleaf mountain non alcoholic aperitif, double dutch Indian tonic, with seasonal berries	

CLASSIC COCKTAILS

Mojito £10.25
Two Drifters white rum, sugar syrup, lime juice & soda water

Pornstar Martini £10.75
Sapling vodka, passionfruit purée & lemon with a shot of prosecco

Old Fashioned £9.95
Maker's Mark bourbon, Angostura bitters, sugar syrup & water with orange slice

Pink Lady £9.50
JJ Whitely pink gin, grenadine, lemon, foamer & maraschino cherry

Espresso Martini £9.95
Finlandia Vodka, Kahlua, vanilla & double espresso

Peach or Passionfruit Bellini £8.95
Peach or passionfruit purée with prosecco

Virgin mojito (0%) £5.95
Apple juice, elderflower & soda

OUR SIGNATURE CREATIONS

Beegroni £9.50
Beesou, Campari, Martini Rosso with a grapefruit peel

Pollenstar martini £9.95
Bloom Jasmine & rose gin, rose, lemon, white crème de cacao & a splash of apple with a shot of prosecco

 25p from every Pollenstar cocktail sold will be donated to the Bee friendly Trust

Amarretto cherry sour £9.50
Amaretto, cherry purée, lemon, sugar syrup & Angostura bitters

Botanical Smash £10.50
Bombay sapphire gin, lemon, St Germain elderflower liqueur, blackcurrant, cranberry & mint

Cherry bakewell sour (0%) £7.95
Lyre's Amaretti, cranberry & cherry purée

SOFTS & MIXERS

Kingsdown sparkling pressés £3.90

Handcrafted soft drinks made from natural spring water and the highest quality fruit juices. Choose from apple or elderflower

Fruit juices £3.60

Apple, cranberry, pineapple, tomato or orange

Double Dutch tonics & mixers £2.95

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

Coca Cola Original, diet or zero from £3.30

Jug of home-made fresh lemonade (4 glasses) £8.25

The tang of lemons balanced w/ sweetness that hits the spot every time



BOTTLED BEERS & CIDERS

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
Old Mout berries 500ml bottle (0%)	£5.30

DRAUGHT BEER & CIDER

Grolsch Netherlands (4%)	
Peroni Nastro Azzuro Italy (5.1%)	
Guinness Dublin (5.1%)	
Cornish Orchard Gold Cornwall (4.5%)	
Dark Star Hophead (3.8%)	

*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.*

SPARKLING & CHAMPAGNE

125ml / bottle

Coates & Seely Brut Reserva Hampshire, England (12%) £11.50 / £59.00

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

Coates & Seely Rosé NV Hampshire, England (12%) £13.00 / £65.00

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

NV Prosecco Via Vai, Italy (11%) £7.50 / £35.00

Delicate, lively prosecco, fragrant with white flowers
and a lime tang on the finish

Moët Imperial Moët & Chandon, France (12%) £75.00

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

Moët Rosé Imperial Moët and Chandon, France (12%) £92.00

Harmonious flavours of wild strawberry, raspberry & cherry with a
refreshing stone & citrus fruit finish

Veuve Clicquot Vintage France (12%) £135.00

Delightful, biscuity vintage Champagne, the bakery scents freshened by citrus

Eins Zwei Zero sparkling rosé (0%) £6.75 / £32.00



CELLAR SELECTION

Pouilly-Fuissé Domaine Ferret, France (13.5%) £86.00

Top of the range Pouilly-Fuissé, full of stone fruits & a creamy note of hazelnut butter

Sancerre "La Terre des Anges" Domaine Laporte, France (13%) £63.00

Fresh & mineral, there's nice smoky notes in the after taste

Leah Pinot Noir Organic Seresin Estate, New Zealand (13%) £56.00

Bright & fragrant, with spice & herbs on the nose, red cherries in the mouth & salinity on the finish

Margaux Origine de Desmirail, France (13%) £80.00

This second wine from an admired estate is beautifully structured, full of red plums and black cherries

Saint-Emilion Grand Cru Dame Gaffeliere, France (14%) £85.00

Silky Bordeaux, packed with red & black fruits, the nose is an enticing cloud of herbs

Barolo di Serralunga d'Alba DOCG Fontanafredda, Italy (14%) £86.00

Full-bodied, velvety & intense, this Barolo is heady with vanilla, dried roses & woodland undergrowth

Pauillac La Fleur de Haut-Bages Liberal, France (13.5%) £93.00

Complex perfume in this wine: a blend of cedar and liquorice, followed by a mouthful of ripe red fruit

Rioja Reserva Ramón Bilbao, Spain (14%) £45.00

Sumptuous & classic, with lush blackberry fruit & chocolatey richness



WHITE

175ml / bottle

Chardonnay Les Mougeottes, France (13.5%) £7.25 / £27.00

Vibrant lemon & vanilla on the nose with a round, fruity body

Gavi di Gavi DOCG Fontanafredda, Italy (12.5%) £46.00

Delicate, elegant, fresh & fruity with a hint of green apples, pears & melon with a long lasting finish

Albarino Martin Codax, Spain (12%) £43.00

Textbook Albarino - vivid straw-yellow green colour with a touch of ripe lemon

Verdejo "Embrujo" Bodegas Verum, Spain (12.5%) £6.35 / £24.00

Organic Spanish white, with hay & fennel flavours rounded out by plums & pears, ending on a refined note of citrus

Sauvignon Blanc, Petal & Stem Yealands, New Zealand (13%) £10.00 / £38.00

Classic Marlborough Sauvignon Blanc, textured & elegant with a distinctive mineral finish

Petit Chenin Blanc Ken Forrester, South Africa (13%) £32.00

Fresh white from one of South Africa's most respected producers, fragrant with quince & pear drop, while green apple & grapefruit zap the tongue

Pouilly-Fumé Chateau Favray, France (12.5%) £58.00

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

CARAFE SERVE

175ml / 500ml carafe / 1l carafe

**Laylo Sauvignon Blanc** Loire France (11.5%)

£8.50 / £24.00 / £39.95

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



WHITE

175ml / bottle

- Blanc de Blanc** Le Rouleur, France (11.5%) £6.15 / £23.00
Vibrant wine with fresh citrus & floral aromas
- Pinot Grigio** Arcole Love Story, Italy (12%) £7.95 / £29.00
A crisp, clean Pinot Grigio with white flowers & pears on the palate
- Vinho Verde** Quinta da Lixa, Portugal (10.5%) £24.00
Fruity & floral with aromatic green apple, melon & white peach
- Chablis** Joseph Drouhin, France (12.5%) £57.00
Classic chardonnay with flavours of lemon zest, grapefruit & pear with a touch of herbaceous notes on the nose
- Picpoul de Pinet** Reserve de la Roquemoliere, France (12.5%) £9.25 / £35.00
Soft, floral white, dry & delicate, exuding acacia, hawthorn blossom & citronella

ROSÉ

175ml / bottle

- Pretty Gorgeous Rosé** France (13%) £6.35 / £24.00
Fruity with some tropical hints & a slightly off dry style
- Mirabeau Azure Provence Rosé** France (13%) £11.00 / £39.50
A quintessential, dry & elegant pale peach Provence rosé
- Mirabeau Etoile Provence Rosé** France (13%) £65.00
A more gastronomic Provence with superb minerality & complexity
- Rosé Sicilia DOC** Planeta, Italy (12.5%) £36.00
Bright, uncomplicated organic rosé made equally from Sicily's Nero d'Avola & Syrah, with traces of rose petals, pomegranates & strawberries

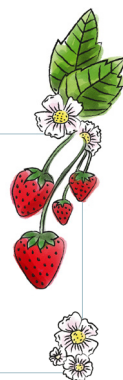
CARAFE SERVE

175ml / 500ml carafe / 1l carafe

**Laylo Luberon Rosé AOP** Provence, France (13%)

£8.50 / £24.00 / £39.95

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



RED

175ml / bottle

ROUND & WARM

Montepulciano d'Abruzzo Abruzzo, Italy (14.5%) £7.95 / £30.00

Classic, plum-filled Montepulciano d'Abruzzo,
pleasantly scented with violets, peonies & more plums

Rioja Crianza Ramón Bilbao, Spain (14%) £38.00

Full of black fruit plus an intriguing sour note

Merlot Reserva Vina Leyda, Chile (13%) £33.00

Sweet aromas of plums, cherries & spices followed by dark chocolate notes

SOFT & FRUITY

Carignan Le Rouleur, France (12%) £6.15 / £23.00

Full-bodied & fruity, packed with red berry aromas & hint of nutmeg

Tempranillo "Embrujo" Bodegas, Spain (12.5%) £6.35 / £24.00

Expressive Spanish red with black fruit & spice

Pinot Noir Les Mougeottes, France (13%) £7.50 / £28.00

Clean & precise bouquet with black cherries & raspberry aromas.
Medium-bodied with red berry fruits

Valpolicella Superiore Veneto, Italy, (13.5%) £38.00

Intense ruby in colour with ripe fruit aromas & notes of cassis, plum & herbs.
Medium to full bodied with juicy fruit flavours



CARAFE SERVE

175ml / 500ml carafe / 1l carafe



Laylo Merlot Languedoc, France (13.5%)

£8.50 / £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%) £9.25 / £35.00

Rich & filled with berries, plum jam & chocolate notes
with elegant scent of violets, vanilla & smoke on the nose

Coonawarra Shiraz Wynns, Australia (14.5%) £37.00

Elegant & silky, with generous mulberry & blackberry notes.
Delicate oak is used to match

Nero d' Avola Sicily, Italy (13.5%) £36.00

Aromas of ripe plum, cocoa & wild strawberries with an appealing smoothness

Bonterra Cabernet Sauvignon, California (13.5%) £46.00

Organically produced with flavours of bright cherry & raspberry
with notes of toasted oak & vanilla

DESSERT WINE

125ml / bottle

Sauternes "Les Garonelles" Lucien Lurton, France (14%) £7.75 / £37.50

Expressive nose with aromas of apricot, super-ripe pineapple
& crème brûlée, with an elegant & well-balanced long, sweet finish

Yealands Estate Reserve Noble Riesling (9.5%) £11.95 / £38.50

Headily aromatic with spiced apple crumble & honeysuckle

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'.

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 & TENNESSEE WHISKEYS

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!

-  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 Wildfarmed's stone-milled sustainable wheat

 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 London Dry

Nothing fake, just natural style & substance. Created by master distiller Joanne Moore who has won more awards for gin distilling than anyone else on the planet

Bloom Jasmin & 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

Calvados Boullard

HOT DRINKS

Americano	£3.00	Flat white	£3.50
Cappuccino	£3.50	Macchiato	£3.00
Espresso single	£2.50	Tea	£3.00
Espresso double	£3.00	Specialist tea	£3.00
Latte	£3.50	Mocha	£3.00
		Hot chocolate	£3.00



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

SCAN FOR ALLERGENS

Our food and 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.

