

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	£8.00
Limoncello, prosecco, soda water & lemon slice	
Spiced Ginger Spritz	£8.50
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	


NON-ALCOHOLIC COCKTAILS

Virgin Mojito	£5.95
Apple juice, elderflower & soda	
Cherry Bakewell Sour	£7.95
Lyre's Amaretti, cranberry & cherry puree	

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	
Berry Bramble	£9.95
Sapling gin, Chambord, sugar syrup, lemon & crushed blackberries	
Peach or Passionfruit Bellini	£8.95
Peach or passionfruit purée with prosecco	

OUR SIGNATURE CREATIONS

Beegrani	£9.25
Beesou, Campari, Martini Rosso with a grapefruit peel	
Pollenstar martini	£9.75
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
Amarretto, cherry purée, lemon, sugar syrup & Angostura bitters	
Botanical Smash	£10.50
Bombay Sapphire gin, lemon, St Germain elderflower liqueur, blackcurrant, cranberry & mint	

SOFTS & MIXERS

Kingsdown sparkling pressés	£3.90
Handcrafted soft drinks made from natural spring water & 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
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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

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

MONKEY BREW HOUSE

Monkey Brew House is Lymington's very own
micro-brewery just up the road from us

Tollhouse Hampshire, UK (3.8%)

Cask Bitter – modern full flavoured English Bitter brewed with a heritage UK yeast strain

Sea Wall Hampshire, UK (4.2%)

Cask Session IPA – mellow and juicy, hazy Session IPA (unfined)

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


ENGLISH SPARKLING

125ml / bottle



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

 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

125ml / bottle

Moët Imperial Moët & Chandon, France (12%) **£14.50 / £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 & Chandon, France (12%) **£92.00**

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

Prosecco Brut Argeo Ruggeri, Italy (11%) **£7.95 / £35.00**

Delicate, zesty Prosecco exuding aromas green apples, lemon peel & grapefruit

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



CELLAR SELECTION

Pouilly-Fuisse 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 and mineral, there's nice smoky notes in the after taste

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

Bright and fragrant, with spice and 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 and black fruits, the nose an enticing cloud of herbs

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

Full-bodied, velvety and 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 & liquorice, followed by a mouthful of ripe red fruit



WHITE

175ml / bottle

FULL & FRUITY

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

Hills and Valleys Riesling Pikes, Australia (10%) £37.00

Attractive and inviting aromas of stonefruit and sweet limes are dominant, with floral notes of honeysuckle and lavender

AROMATIC WHITES

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

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

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

Classic Marlborough Sauvignon Blanc, textured and 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

Albarino Martin Codax, Spain (12%) £43.00

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

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 and citrus

CARAFE SERVE

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



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 and delicate, exuding acacia, hawthorn blossom and citronella

ROSE

175ml / bottle

- Pretty Gorgeous Rosé** France (13%) £6.35 / £24.00
Fruity with some tropical hints and a slightly off dry style
- Petit Rosé** Ken Forrester, South Africa (12.5%) £9.25 / £35.00
Fruit-forward rose with flavours of cherries, ripe raspberries & vibrant citrus notes
- Mirabeau Azure Provence Rosé** France (13%) £11.00 / £39.50
A quintessential, dry & elegant pale peach Provence rosé
- Palooza** Languedoc-Roussillon France (13%) £9.50 / £36.00
Deliciously light & refreshing, very pale & dry

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 and Mourvedre grapes. Expect redcurrants, strawberries & long, bracing acidity. The ultimate summer thirst quencher



RED

175ml / bottle

ROUND & WARM

- Estate Carménère** De Martino, Chile (13.5%) £7.00 / £26.00
Fruity and intense with notes of fresh ripe blackberries, pepper and spices
- Mountain Red**, Thelema, South Africa (14.5%) £36.00
Spicy aromas of black pepper & mulberry mingle
with approachable plum flavours
- Rioja Reserva** Ramón Bilbao, Spain (14%) £45.00
Sumptuous & classic, with lush blackberry fruit & chocolatey richness

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
- Douro**, Portugal (13.5%) £37.00
Dark & richly aromatic, with heady flavours of ripe red berries, violet & spiceplum & herbs.
medium to full bodied with juicy fruit flavours
- Valpolicella**, Riposso DOC, Bertani (13.5%) £36.00
Intensely sweet Veneto red, offering a nose full of raspberries, plums & cherries



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%) **£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 and 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

Cabernet Sauvignon Cannonball, California (13.5%) **£46.00 / £12.15**

An exciting revival of a classic style. It has the best characteristics of traditional
California & Old World Bordeaux with red currants, coffee, toffee & toast

HEARTY & ROBUST

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 and well-balanced long, sweet finish

Yealands Estate Reserva, Noble Reisling (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



**MOON
ROAST**

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.

