

# 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.

# 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'.



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 & SPRITZ

<b>Aperol Spritz</b> .....	£9.95
Aperol Italian aperitif, prosecco, soda water & an orange slice	
<b>Beesou Spritz</b> .....	£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	
<b>Spiced Ginger Spritz</b> .....	£8.50
Makai spiced rum, ginger beer soda water & lime slice	
<b>Codigo Paloma Spritz</b> .....	£12.50
Codigo Rosa tequila, pink grapefruit, prosecco & grapefruit slice	

<b>Apple-roll Spritz (0%)</b> .....	£7.50
Lyre's Italian spritz, Lyre's classico sparkling wine, apple juice & soda with apple slice	
<b>Strawberry &amp; cherry blossom Spritz (0%)</b> .....	£7.25
Everleaf mountain non alcoholic aperitif, double dutch Indian tonic, with seasonal berries	

## NON-ALCOHOLIC COCKTAILS

<b>Virgin Mojito</b> .....	£5.95
Apple juice, elderflower & soda	
<b>Cherry Bakewell Sour</b> .....	£7.95
Lyre's Amaretti, cranberry & cherry purée	

## CLASSIC COCKTAILS

<b>Mojito</b> .....	£10.25
Two Drifters white rum, sugar syrup, lime juice & soda water	
<b>Pornstar Martini</b> .....	£10.75
Sapling vodka, passion fruit purée & lemon with a shot of prosecco	
<b>Old Fashioned</b> .....	£9.95
Maker's Mark bourbon, Angostura bitters, sugar syrup & water with orange slice	
<b>Pink Lady</b> .....	£9.50
JJ Whitely pink gin, grenadine, lemon, foamer & maraschino cherry	
<b>Espresso Martini</b> .....	£9.95
Finlandia Vodka, Kahlua, vanilla & double espresso	
<b>Berry Bramble</b> .....	£9.95
Sapling gin, Chambord, sugar syrup, lemon & crushed berries	
<b>Cherry fruit Bellini</b> .....	£8.95
Cherry fruit purée with prosecco	
<b>Negroni</b> .....	£9.25
Bombay Sapphire gin, Martini Rosso & Campari	

## OUR SIGNATURE CREATIONS

<b>Pollenstar martini</b> .....	£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	
<b>Amarretto cherry sour</b> .....	£9.50
Amarretto, cherry purée, lemon, sugar syrup & Angostura bitters	
<b>Botanical Smash</b> .....	£10.50
Bombay Sapphire gin, lemon, St Germain elderflower liqueur, blackcurrant, cranberry & mint	
<b>El Rayo Margarita</b> .....	£10.75
El Rayo Tequila, Triple Sec, sugar syrup & lime	
<b>Fireside Toddy</b> .....	£8.25
Jack Daniel's Fire & Honey Bourbons, lemon, vanilla & hot water	

## SOFTS & MIXERS

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



## BEER & CIDER

ON DRAUGHT

<b>Asahi Super Dry</b> Japan (5%)
<b>Peroni Nastro Azzuro</b> Italy (5.1%)
<b>Guinness</b> Dublin (5.1%)
<b>Meantime Anytime IPA</b> (4.7%)
<b>Grolsch</b> Netherlands (4%)
<b>Cornish Orchard Gold</b> Cornwall (4.5%)
<b>Cornish Raspberry &amp; Elderflower</b> Cornwall (4%)

### MONKEY BREW HOUSE

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

**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 - Hazy, mellow & juicy

*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.*

BOTTLES & CANS

<b>Peroni Gluten Free</b> 330ml Italy (5.1%) .....	£5.30
<b>Sol</b> 330ml Mexico (4.5%) .....	£5.20
<b>Old Mout Cider</b> 500ml (4.5%) .....	£5.85
<b>Camden Hells</b> (4.6%) .....	£5.30
<b>Erdinger non-alcoholic</b> 300ml (0%) .....	£6.00
<b>Peroni Nastro Azzuro</b> 300ml (0%) .....	£4.75
<b>Guinness 0.0</b> 538ml can (0%) .....	£5.50
<b>Old Mout berries</b> 500ml bottle (0%) .....	£5.30



## ENGLISH SPARKLING

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 & a creamy finish

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

**Coates & Seely Rosé NV** Hampshire, England (12%) ..... £65.00

A beautiful English sparkling rose, with gossamer light construction, pale in colour with scents of rose-hips & strawberry. It's full bodied



## 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

**NV Prosecco Via Vai**, Italy (11%) ..... 7.95 / 35.00

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

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



## 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.



## 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%) ..... £10.45 / £46.00  
Delicate, elegant, fresh & fruity with a hint of green apples, pears & melon with a long lasting finish
- Hills & Valleys Riesling** Pikes, Australia (10%) ..... £27.00  
Attractive & inviting aromas of stone fruits & sweet limes are dominant, with floral notes of honeysuckle & lavender

- 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
- 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 & 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

250ml / 500ml carafe / 1l carafe

**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%) ..... £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
- 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 & Mourvedre grapes. Expect redcurrants, strawberries & long, bracing acidity. The ultimate summer thirst quencher



## RED

175ml / bottle

**Mountain Red**, Thelema, South Africa (14.5%) ..... £7.95 / £30.00

Spicy aromas of black pepper &amp; mulberry mingle with approachable plum flavours

**Rioja Reserva**, Ramón Bilbao, Spain (14%) ..... £11.95 / £45.00

Sumptuous &amp; classic, with lush blackberry fruit &amp; chocolatey richness

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

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

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

Expressive Spanish red with black fruit &amp; spice

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

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

**Douro**, Portugal (13.5%) ..... £9.75 / £37.00

Dark &amp; richly aromatic, with heady flavours of ripe red berries, violet &amp; spiced plum &amp; 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 &amp; 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 &amp; 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 &amp; filled with berries, plum jam &amp; chocolate notes with elegant scent of violets, vanilla &amp; smoke on the nose

**Coonawarra Shiraz**, Wynns, Australia (14.5%) ..... £37.00

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

## DESSERT WINE

125ml / bottle

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

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

**Yealands Estate Reserva**, Noble Reising (9.5%) ..... £11.95 / £38.50

Headily aromatic with spiced apple crumble &amp; honeysuckle

## PORT

50ml glass

**Cockburn's Fine Ruby 20 year old tawny port**, Portugal (19%) ..... £4.75

A smooth full flavour with a toffee nose. Pairs well with cream based desserts

**LBV Port, Quinta do Crasto, Bella Luna**, Portugal (20%) ..... £5.25

Award winning, mellow &amp; richly fruity port



## 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 world's 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 wild farmed 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 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

#### Mermaid Spiced Rum

Tropical island blends from the sunny Caribbean married with local fruits & spices from the Isle of White shores



## AFTER DINNER SIPS

Amaretto sweet Italian liqueur

Courvoisier Cognac VSOP

Cockburn's Fine Ruby 20 year old tawny port

LBV Port, Quinta do Crasto, Bella Luna, Portugal

Calvados Boullard

Patrón XO Café Tequila

## HOT DRINKS

Americano .....	£3.20	Macchiato .....	£3.50
Cappuccino .....	£3.50	Tea .....	£2.60
Espresso single .....	£2.50	Specialist tea .....	£2.95
Espresso double .....	£2.95	Mocha .....	£3.50
Latte .....	£3.50	Hot chocolate .....	£3.50
Flat white .....	£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.