



THE
RUNNING
HORSE

OUR PROVENANCE

You can expect to find delicious, fresh, seasonal British pub classics and daily changing specials with unique twists, cooked from scratch with love by our and talented chefs. We're proud to work with the best suppliers and source sustainably to serve dishes that are guaranteed to delight.

SUNDAY MENU

TO NIBBLE / TO SIP

BEETROOT FALAFEL, Harissa mayo 5.25 (GF) (VE)	HAMPSHIRE SPARKLING WINE, Hattingley 9.95
PORK SAUSAGES, mustard, pickled onion 6.50	PEACH OR PEAR BELLINI 8.95
DILL MARINATED ANCHOVIES, crostini 5.25	APEROL SPRITZ 9
BREAD & OILS 4.50 (V) <i>+1.5 olives, +1.5 houmous</i>	EINS ZWEI ZERO WINES 5.75 <i>sparkling rose or Riesling</i>

JUST FOR TODAY

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For ever changing allergens, please scan QR code on reverse side

SMALLER PLATES

SOUP OF THE DAY, crusty bread, butter 6.95 (V) (*)
CRISPY SQUID, aioli 8.50 (GF)
CHALK STREAM TROUT RILLETTES, warm crumpet, watercress, herb oil 10.95
WHIPPED CHICKEN LIVER MOUSSE, plum chutney, brioche 8.75
WARM SALAD OF ROASTED SQUASH & BEETS, houmous, pomegranate, dukkah 8.50 (V)
SEAFOOD PLATTER to share, chalk stream trout rillettes, smoked salmon, North Sea prawn cocktail, crispy squid, marinated white anchovies, garlic aioli, capers & flatbread 24.95

STAYING WITH US

Upham Inns are a unique collection of beautifully restored pubs and inns with heritage back to the 16th century. Every Upham Inn is relaxed, welcoming and individual. Cosy bedrooms are as unique as the pubs they are in, combining individually designed country charm with all the modern facilities required to ensure a comfortable stay whatever the occasion.
www.charmingbedrooms.co.uk

LARGER PLATES

- BEER BATTERED SOUTH COAST HADDOCK, minted pea puree, chips, tartare sauce 17.50 (GF)
- CHARGRILLED PRIME BEEF BURGER, cheddar cheese, smoked bacon, burger sauce, skin on fries 17.50
- VEGAN MUSHROOM, CHICKPEA & BEETROOT BURGER, harissa mayo, gherkin, skin on fries 15.50 (VE)
- CLASSIC FISH PIE (salmon, cod, smoked haddock, king prawns), buttery mash, seasonal greens 18.95 (GF)
- WARM SALAD OF ROASTED SQUASH & BEETS, houmous, pomegranate, dukkah, garlic flatbread 14.95 (V)

SUNDAY ROASTS

All our roasts are served with Yorkshire pudding, roast potatoes, cauliflower cheese, seasonal vegetables & gravy

ROAST SIRLOIN OF BEEF 20.95

ROAST BREAST OF CHICKEN, sausage meat stuffing 18.95

ROAST PORK BELLY, crackling 18.95

SPINACH & LEEK WELLINGTON 15.95 (V)

Add pigs in blankets 3.95

A LITTLE MORE ON THE SIDE

All 4.50

- Colcannon mash (GF) (V) Garlic field mushroom (V)
- Truffle & Parmesan fries (GF) Chunky chips (GF) (VE)
- Buttered leeks & greens (GF) (V) Dressed mixed Leaves (GF) (★)

(GF) GLUTEN FREE

(V) VEGETARIAN

(VE) VEGAN

(★) VEGAN ALTERNATIVE



UPHAM
INNS

Adults need around 2000kcal a day. Our food and drink is prepared in food areas where cross contamination may occur and 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.

ALLERGEN & CALORIE INFO

