



BLOOMINGTON, IN

Est. 1997



-Starters-

Chips and Salsa

House fried blue corn tortilla chips and homemade chipotle salsa 3.25

Brewery Fries

Lightly beer-battered and fried in our vegetarian fryer 4.25

Upland Nachos

Blue corn chips, melted mozzarella & cheddar-jack cheeses, diced tomatoes, fresh jalapenos, black beans, chipotle salsa 7.25

Add guacamole or sour cream for .75 each Add spicy chicken, spicy beef or Southwest tofu for 2.50

Spinach & Artichoke Dip

Served with toasted pita and house fried blue corn tortilla chips 7.95

Tacos Del Mar

Cumin-crusting tuna served on flour tortillas with house made avocado salsa verde, shaved radish, field greens, fresh cilantro, and lime 11.95

Tofu Tacos Verde

Crispy vegan tofu blended with roasted chiles & vegetables, flour tortillas, house made avocado salsa verde, shaved radish, field greens, cilantro 8.95

Soft Pretzel Twists

Bloomington Bagel Company pretzel twists served with Helios Pale mustard and Wheat beer cheese sauce 6.95

Garlic Hummus

House made hummus, toasted pita points, fresh vegetables 7.25

Crab Cakes

Baked jumbo lump crab cakes served with a roasted red pepper and caper relish and a brown butter sauce 10.95

-Pizza-

Upland Pizza

Made fresh daily and grilled for a unique taste 8.95

The Carnivore- Fischer Farm beef, roasted chicken, bacon, house made marinara, and mozzarella cheese,

Sundried Tomato- Sun-dried tomatoes, red onions, basil oil, Capriole goat cheese, mozzarella cheese

Hawaiian- Grilled pineapple, bacon, roasted chicken, Bad Elmer BBQ sauce, red onion, cheddar jack cheese



-Big Bowl Salads-

Gorgonzola Bibb Salad

Organic Boston bibb lettuce, blue cheese crumbles, fresh red raspberries, candied walnuts, blue cheese dressing 9.50

Add grilled chicken for 2.50

Southwest Tofu

Spicy vegan tofu, black bean & corn salsa, shredded carrots, toasted pumpkin seeds, cherry tomatoes, sliced cucumbers, crispy tortilla strips, field greens 11.95

Seared Tuna and Local Watercress

Pepper-crusted tuna, local watercress, shredded carrots, cherry tomatoes, field greens, and Green Goddess dressing 12.95

Caesar

Romaine lettuce, house made five-herb Caesar dressing. Topped with parmesan cheese and garlic cheese croutons 8.95

Add grilled chicken or Southwest tofu for 2.50

The Upland

Mesclun greens, sliced cucumber, carrots julienne, cherry tomatoes, garlic croutons 5.25

Beet and Citrus Salad

Shaved beets, mandarin oranges, shredded carrots, Capriole Chèvre, field greens, orange-ginger vinaigrette 11.75

-Homemade Soups-

—Cup 3.50 Bowl 4.95 —

Buffalo Chili

Locally raised ground buffalo simmered in a spicy tomato broth with black beans, fresh vegetables, smoked chiles, Bad Elmer's Porter and our special blend of spices

Soup of the Day

Sometimes classic, sometimes a little bit different, ask your server about today's unique homemade soup

A good deal of patience, care, and time is spent in order to make all that we can **from scratch...**

bringing you the best tasting food possible. All of our dressings and soups are house made so

beware of deliciousness.

Homemade Dressings

Bleu Cheese

Roasted Red Pepper Vinaigrette

Creamy Herb Garlic

Green Goddess Dressing

Orange-Ginger Vinaigrette



All sandwiches served with your choice of brewery fries, vegetarian potato salad, cole slaw, or potato chips.
You may substitute an Upland salad or cup of soup for 2.50

-Pub Favorites-

Pulled Local Pork

All natural Fischer Farms pork is house smoked and smothered in Bad Elmer's Porter BBQ sauce. Served with red onion on a Kaiser roll 8.25

Hoosier Classic

Pork Tenderloin Sandwich

Homemade tenderloin, breaded and fried golden, lettuce, tomato, red onion on a toasted Kaiser roll 7.95

Dragged Through The Garden

Cucumber, sprouts, lettuce, tomato, red onion, guacamole, smoked gouda, and lemon aioli on a flaky croissant 8.75

Spicy Chipotle Reuben

Premium shaved corned beef, Swiss, sauerkraut, toasted marble rye, and chipotle aioli 9.95

Turkey Guacamole Croissant

Porter-roasted turkey breast from Butcher's Block, guacamole, chipotle mayo, apple wood smoked bacon, smoked gouda, cucumber, lettuce, tomato, red onion, on a flaky croissant 9.95

Seitan Tenderloin

House made breaded seitan with lettuce, tomato, and onion on a toasted Kaiser roll 7.95

Fish and Chips

1/2 pound beer battered cod, Upland brewery fries, tartar sauce 9.95

-From the Grill-

All grill sandwiches come with lettuce, tomato, onion and the choice of:

- Grilled Chicken Breast
- Spicy Black Bean Patty
- 1/2 pound Local Buffalo Burger (add \$1.25)
- 1/2 pound Fischer Farms Beef Burger

Classic

Choice of sharp cheddar, Swiss, smoked gouda, or jalapeno pepperjack 8.75

Philly

Grilled mushrooms, grilled onions and Swiss 9.75

Blue Flame (SPICY)

Upland's blue cheese-jalapeno spread 9.75

Bad Elmer's Favorite

Sharp cheddar, extra thick bacon, Bad Elmer's Porter BBQ 9.75

Inferno (VERY SPICY)

Jalapeno pepperjack, banana peppers and our habanero hellfire sauce 9.75

Supporting local farms improves freshness and quality of our food, supports the local community, and helps reduce our carbon foot print. We are proud to offer you the very best naturally raised, hormone free Indiana beef and pork from Fischer Farms, buffalo from Cook's Ranch, and turkey from Butcher's Block. Try our beef or buffalo burgers, pork chops, or our Turkey Guacamole Croissant sandwich.



Entrees are served with a cup of our daily featured soup, buffalo chili, or a light dinner salad of mixed greens and fresh vegetables

Served until 10PM

-Entrées-

Farm to Table Steak

Chef's choice cut, basil mashed potatoes, sautéed jumbo asparagus and roasted garlic & blue cheese butter Market Price

Local Pork Chop

Fischer Farms bone-in pork chop served with avocado salsa verde, jumbo asparagus, and a hash of local sweet potato and roasted poblano peppers 16.95

You Want This Risotto

A rotating risotto showcasing fresh local ingredients. Ask your server about today's delicious dish 13.95

Jose's Enchiladas

Shredded Fischer Farms beef enchiladas topped with authentic Mexican molé sauce, shredded lettuce, cheese, radish, and topped with a sour cream sauce 16.95

Pepper-Crusted Tuna

Pan seared Ahi tuna served rare over organic French lentils with baby bok choy and red wine gastrique 19.50

Stuffed Chicken

Airline chicken breast stuffed with ricotta, boursin, spinach, and roasted garlic. Served with basil-garlic mashed potatoes, jumbo asparagus and tomato-butter sauce 16.95

-Vegetarian-

Veggie Lasagna

Fresh zucchini, yellow squash, mushrooms, fresh tomato and layered with a blend of three cheeses and a creamy béchamel sauce 12.50

Upland Ravioli

Cheese ravioli tossed in house made marinara with asparagus, red onion, and Capriole goat cheese 14.95

Wit Macaroni & Cheese

Penne pasta, sautéed garlic, Upland Wheat beer, fresh cream, mozzarella and cheddar-jack, toasted French baguette 11.95

Add grilled chicken or Southwest tofu for 2.50

-Dessert-

Porter Chocolate Cake

Moist chocolate cake made with Bad Elmer's Porter and topped with chocolate whipped cream 5.25

Upland Cheese Cake

Ever changing cheese cake.
Ask your server about today's selection 5.95

Bacon Ice Cream

Bacon Ice Cream from the Chocolate Moose. Served with chocolate covered bacon 6.25

-Wine List-

Trinity Oaks Pinot Noir \$6.⁵⁰ / \$25

Bright strawberry and cherry characteristics.
Trinity Oaks donates to Trees for the Future, an organization that sponsors tree planting programs.

Flying Fish Merlot \$7 / \$27

Ripe cherry fruit paired with chocolate & caramel notes.
Flying Fish Winery donates a portion of profits to Ocean Conservancy to protect wild healthy oceans.

Oliver Shiraz \$7 / \$27

Hints of dark berries and a slightly spicy finish.
Supporting our neighbor to the north.

Cline Zinfandel \$7 / \$27

Black cherry and strawberry, and a lasting vanilla finish.
Cline Cellars practice sustainable farming by employing the use of several land management techniques.

Tilia Malbec \$6.⁵⁰ / \$25

Ripe black currant with a touch of chocolate and spice.
Sustainably farmed with many practices such as water conservation and organic fertilization.

Finca el Origen Cabernet Sauvignon \$7 / \$27

Black fruit with black pepper and tobacco.
Certified CarbonNeutral delivery and labels are FSC certified papers from well managed forests.

Oliver Beanblosson Blush

White Zinfandel \$6.⁵⁰ / \$25

Classic strawberry and floral characteristics.
Buying from a local wineries helps to reduce carbon emissions created by the transport of the wine.

Oliver Riesling \$6.⁵⁰ / \$25

Apple and tropical fruit flavors with mild sweetness.
Oliver Winery is one of the largest wineries in the eastern United States, strengthening employment opportunities in the community.

Oliver Pinot Grigio \$6.⁵⁰ / \$25

Lean and smooth with flavors of pear and subtle peach.
Buying local recycles money through the community generating taxes to support our quality of life.

Yealands Sauvignon Blanc \$7 / \$27

Exudes fresh herbs, nettle and a long, mineral finish.
Yealands Estate is certified carbonZero: Yealands has measured and offset all its greenhouse gas emissions.

Root : 1 Chardonnay \$7 / \$27

Balanced with melon and toasted hazelnut flavors.
Root: 1 practices sustainable viticulture and donates to tree-planting and ecosystem restoration projects.

-Fountain Beverages-

Coke, Diet Coke, Sprite, Cherry Coke, Mr. Pibb, Bottled Root Beer, Lemonade, Freshly Brewed Unsweetened Iced Tea, Hot Tea

-1.50-



Proud to offer Local Quarrymen Coffee

Please visit our website at:

www.uplandbeer.com

Please remember to always enjoy responsibly

Health Department Warning

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of food-borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.



-The Brewery-

Brewery Tours Available!! Saturday & Sunday 3-5

The Brewing Process

The highest quality American and imported malts are milled to expose the starch inside. The crushed malt mixes with hot water in the **mash tun**. During the mashing process chemical reactions convert the starch into sugar. The resulting sweet liquid, called *wort*, is transferred to the **boil kettle**.



Hops are added to the wort at various stages of the boil. After the boil, the wort is rapidly cooled as it passes through the **heat exchanger** on its way to the **primary fermenter**. One of our special house yeasts is added to the wort and the miracle of fermentation produces alcohol and carbon dioxide.

After most of the fermentation is complete, the beer is transferred from the **primary fermenter** to the **conditioning tank** where the beer clarifies and matures. Finally, we package the beer in either bottles or kegs from the **bright tank**. Congratulations on having a fervent interest in craft beer! Mention to your server the password Gigantor and receive a free Upland sticker.



Upland Sour Ales

Upland makes ten styles of sour ale:

eight fruited lambic-style ales, an unfruited gueuze-style blend, and an experimental sour we call Dantalion Dark Wild Ale.



Our sour ales are inspired by the centuries-old Belgian tradition of spontaneously-fermented ales. Before brewers understood that a microorganism we know as yeast was responsible for fermenting beer, they simply left the sweet liquid open to the air, often in the attics of their barns, and wild yeast and bacteria landed in it and did their magic, eating sugar and producing alcohol.

In order to appeal to a larger consumer base, many sour ales available today are sweeter than their ancestors were, with less emphasis on the sour profile that makes these styles unique. Our head brewer

Caleb Staton decided to try to develop a sour ale more like what you would have found in centuries past; thus, we take a very traditional approach to brewing our sours. Our sours are aged in white oak barrels for over a year while the sour and acidic qualities of the beer slowly develop. We add fruit, which prompts a second fermentation and adds another layer to the already complex flavors and aromas of the beer. After aging for several more months in the barrel, we bottle condition the beer for several weeks to achieve a fresh, zesty carbonation.

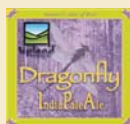


WHEAT ALE Brewed with organic coriander, chamomile and orange peel to be light on the tongue and refreshingly tart.



Gold Medal—2002 Great American Beer Festival
4.5% ABV, 12.6 IBU, & 11 Starting Gravity

DRAGONFLY IPA A brew with a very powerful hop profile, matching malt character, and an enticing floral nose.



6.4% ABV, 40 IBU, & 15.3 Starting Gravity

HELIOS PALE A refreshingly crisp, citrusy, and slightly bitter brew.



Silver Medal —2003 Great American Beer Festival
4.8% ABV, 31.3 IBU, & 11.9 Starting Gravity

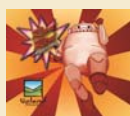
Named Helios, the Sun God, in dedication to the installation of solar water tube panels on the roof of the brewery.

BAD ELMER'S PORTER Medium-bodied beer, brewed with lot of roasted malt, giving it flavors of coffee, liquorice, and chocolate.



Bronze Medal Winner —2004 World Beer Cup
5.0% ABV, 20.5 IBU, & 13.5 Starting Gravity

RAD RED AMBER Our American Amber Ale is malty with a slight caramel and roasted malt finish.



5.6% ABV, 55 IBU, & 14 Starting Gravity

PRESERVATION PILSNER Made with Pilsner malt and imported Czech hops this Bohemian style pilsner is crisp with light hop bitterness.



5.2% ABV, 27 IBU, & 12.9 Starting Gravity

10% of all proceeds from Pilsner sales benefit Indiana Land Trusts.

SEASONAL BEERS

Komodo Dragon Black IPA, Lightwave Pale, Ard Ri (*3rd Imperial Beers 2007 BTI*), Infinite Wisdom Tripel, Maibock, Nut Hugger Brown, Weizen, Oktoberfest, Schwarz, Winter Warmer (*Silver, 2008 WBC*), Double Dragon Fly IPA, and our Lambics.



16 oz. Pint - 3.75

20 oz. Imperial Pint - 4.25

23 oz. Pilsner Glass - 4.50

60 oz. Pitcher - 12.50

Seasonal Beer Pricing Differs by Style

Ask your server about today's beer special

Beer Sampler 7.95

-Beer To Go-

Glass Growler - 4.00

Growler Fill - 9.25 / 10.25

6-Packs - 7.99 / 8.49

Cases - 25.99 / 27.99

Locals' Twelver - 14.99

Seasonal Beer Pricing Differs by Style