

COPPA

C L U B

LUNCH BOWLS

our bowls are built for easy, feel-good lunches - balanced, vibrant, wholesome and full of flavour. Each bowl layers the best of British seasonal fruits, vegetables & proteins served over hearty mixed grains, creating a balanced plate that's nourishing, satisfying & made for clean eating. Fresh & colourful and made to be enjoyed any day of the week

SMOKED SALMON edamame beans, sesame greens, avocado, cucumber & mint salad, radish, mixed grains, beetroot hummus, roasted lemon **19.5**

LAMB KOFTA cucumber & mint salad, whipped feta, sesame greens, spiced chickpeas, kimchi, mixed grains **17.5**

HARISSA CHICKEN sweet potato, sesame greens, tenderstem broccoli, kimchi, mixed grains **18**

SESAME SEARED RUMP STEAK (NG) spinach, kimchi, sesame greens, edamame beans, tenderstem broccoli, St Ewe's egg, mixed grains **22.5**

TAHINI ROASTED SWEET POTATO (V) (NG) whipped feta, tenderstem broccoli, kimchi, sesame greens, courgette & watercress salad, mixed grains **15.5**
swap to plant-based burrata on request

ADD steak **9** smoked salmon **7** lamb kofta **6** soft-boiled egg **2.5** chicken **5**
edamame **2** trout **7**

VEGETARIAN (V) PLANT-BASED (PB) CONTAINS NUTS (N)
NON-GLUTEN OR CAN BE MADE NON-GLUTEN (NG)

Please tell your server if you have any allergies. Our dishes are made here and may contain trace ingredients, scan the QR code for our allergy matrix and calorie information. A discretionary service charge of 12.5% will be added to your bill.



JUICES & SMOOTHIES

each drink is made in-house, using seasonal ingredients. Choose from one of our freshly squeezed juices, packed full of fruit and veg, or boost your protein intake with one of our smoothies. Looking for a little extra? Upgrade your drink with the addition of creatine, collagen or mushroom powder.

SMOOTHIES

PROTEIN BOOST

9.5

Vanilla Form Performance Protein, banana peanut butter, date syrup, oat milk, salt, Dirtea Cacao Mushroom Blend

214 Kcal | 20 grams protein | 5g BCAAs | 500mg of Lion's Mane | Reishi | Tremella | B vitamins

BERRY & LEAN

9.5

Vanilla Form Performance Protein, strawberries, blueberries, banana, oat milk, Ancient + Brave True Collagen

141 Kcal | 20 grams protein | 5g BCAAs | Hydrolysed collagen peptides

JUICES

GREEN CLEANSE

6.2

spinach, lemon, cucumber, ginger, apple, extra virgin olive oil

GLOW JUICE

6.2

carrot, celery, lemon, ginger, apple, extra virgin olive oil

BERRY BANANA

6.2

strawberry, banana, apple, extra virgin olive oil

GINGER SHOT

3

ginger, lemon, apple, extra virgin olive oil

ADD

1 EACH

Form Performance Creatine | Ancient + Brave True Collagen | Dirtea Cacao Mushroom Blend

form[®] Performance Protein - *features a vegan blend of organic pea, brown rice, and pumpkin seed proteins, providing 30g of complete protein per serving without animal products.*

ANCIENT+BRAVE True Collagen - *provides easily digestible, highly absorbable Type 1 hydrolysed bovine collagen peptides and supports integrity, elasticity, and strength of the skin, hair, nails, joints, bones, and gut lining.*

DIRTEA Mushroom Super Blend - *enhances focus, promotes calmness, and supports the nervous system with a blend of raw cacao, Lion's Mane, Tremella, and Reishi mushroom extracts. Fortified with an organic B vitamin complex, including B5, B6, Biotin and B12, it nourishes both the mind and body.*