COPPA
CLUB

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 (NG) edamame beans, sesame greens, avocado, cucumber & mint salad, radish, mixed grains, beetroot hummus, roasted lemon **19.5**

LAMB KOFTA (NG) cucumber & mint salad, labneh, sesame greens, spiced chickpeas, kimchi, mixed grains **17.5**

HARISSA CHICKEN (NG) 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, roasted beetroot, 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.

LB, SO, HM

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 Hermosa Vegan Protein, banana peanut butter, date syrup, oat milk, salt, Dirtea Cacao Mushroom Blend
204 Kcal | 20g protein | 500mg of Lion's Mane | Reishi | Tremella | B vitamins

BERRY & LEAN 9.5
Vanilla Hermosa Vegan Protein, strawberries, blueberries, banana, oat milk, Ancient + Brave True Collagen
135 Kcal | 20g protein | Hydrolysed collagen peptides

JUICES

GREEN CLEANSE 6.2
spinach, lemon, cucumber, ginger, apple, extra virgin olive oil

GLOW JUICE 6.2
carrot, 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
HERMOSA Creatine Monohydrate | ANCIENT+BRAVE True Collagen | **DIRTEA** Cacao Mushroom Blend

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HERMOSA Vegan Protein Powder - *includes 20g of premium, GMO-free pea protein concentrate and 9 essential amino acids per serving. Free from dairy, gluten and lactose, and sweetened with all-natural stevia and xylitol*

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.*