

# LIFT & SIP CO

## HOT SIPS

	12 oz	16 oz	20 oz
Americano	2.75	3.25	4.00
Breve	4.75	5.25	5.75
Latte	4.25	4.50	5.50
Mocha	4.25	4.75	5.75
Doppio	2.00	⚡	⚡
Chai Tea	4.25	4.75	5.75
Hot Chocolate	3.75	4.00	4.50
Hot Tea	⚡	3.00	3.50
Steamer	3.75	4.00	5.50
Matcha	4.75	5.25	5.75

## COLD SIPS

	16 oz	24 oz
Apple Nektar (Superfood)	⚡	4.25
Blueberry Green Tea w/ Blueberries	4.25	5.25
Italian Soda	4.25	4.75
Cold Brew	4.25	5.25

## ENERGY SIPS

	16 oz	24 oz
L&S Blast	5.25	7.00
Tiki Breeze (Red, Blue, Pink)	4.75	5.75
L&S Energy	4.75	5.75

## ENERGY TEAS

	24 oz
Kbeach Sunrise, Sour Warhead, Starburst	7.00

## WYCKED NATURALS

	16 oz	CONTAINER
Pre Workout	4.00	55.00
Wycked Daily Greens	5.00	65.00
Wycked Pump	4.00	50.00

All Natural "Everything you need, nothing you don't." - SW

Drinks served over ice

## KIDS SIPS

	8 oz
Hot Chocolate	3.25
Steamer	3.25
Italian Soda	3.25
Smoothie	4.00
Juice	1.75
"The Extreme": whipped cream, sprinkles and lollipop	0.75

## PROTEIN SHAKES

	16 oz
Oreo	7.00
Breaking the Fast	7.75
Nutter Butter Refuel	7.50
The PR	7.75
The Energizer	7.50
The Miller, <b>GF</b>	7.75
Lean + Green, <b>GF</b>	7.75
Flexing Bronana, <b>GF</b>	7.75
Stairmaster, <b>V &amp; GF</b>	7.75
Kimbo-Cakes, <b>V &amp; GF</b>	7.75

## FRUITY SIPS

	16 oz
Fruity Judy, <b>GF</b>	7.50
Blue-Fit, <b>GF</b>	8.50
Nutella Inspo, <b>GF</b>	7.50
Anabolic Greens, <b>V &amp; GF</b>	7.25

## NON DAIRY

	16 oz
Immunity Booster, <b>V &amp; GF</b>	7.00
Ruby Red, <b>V &amp; GF</b>	7.25

ASK TO SEE THE HAND  
OUT MENU FOR MACROS  
& INGREDIENTS

## ADD ONS

Flavor	0.50
Extra Shots	0.75
Make it Iced	0.25
Alternative Milks: Coconut, Almond, Soy, Oat	0.75
Cold Foam	1.00
CBD Oil	2.75
White Chocolate / Mocha	0.75
Blended	1.00
Cream	0.25
Creatine	0.50
Peanut Butter / Almond Butter	1.00
Protein Powder	1.25
Pineapples, Banana, Strawberries, or Blueberries	1.00

**V** Vegan **GF** Gluten Free

#LIFTANDSIPCO



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Please account for 3% sales tax