

SIPS

LONGBOAT KEY

COFFEE & TEA

DECAF OPTIONS AVAILABLE

BREWED COFFEE 8oz 12oz 16oz	\$3.50 4.00 4.50	FRENCH PRESS 12oz	\$6.50
AMERICANO 8oz 12oz 16oz	\$4.00	CAFE MOCHA 12oz 16oz	\$5.75 6.25
POUR OVER 12oz	\$6.50	CHAGACCINO 12oz 16oz	\$8.50 9.00
ESPRESSO Double	\$4.00	CHAGA MATCHA 12oz 16oz	\$8.50 9.00
MACCHIATO Double	\$4.50	COLLAGEN CRUSH 12oz 16oz	\$8.50 9.00
CORTADO Double	\$4.75	REISHI CACAO 12oz 16oz	\$7.50 8.00
FLAT WHITE 6oz	\$5.00	FRAPPUCCINO 16oz 20oz	\$8.50 9.00
CAPPUCCINO 8oz 12oz	\$5.00 5.50	MATCHA LATTE 12oz 16oz	\$6.50 7.00
LATTE 12oz 16oz	\$5.50 6.00	CHAI LATTE 12oz 16oz	\$6.50 7.00
ICED LATTE 16oz 20oz	\$6.00 6.50	LONDON FOG 12oz 16oz	\$5.00 5.50
COLD BREW 16oz 20oz	\$5.00 6.00	HOT CHOCOLATE 12oz 16oz	\$4.00 4.50
DAKIN GRASSFED Whole, 2%, Skim, & Half & Half NON-DAIRY Oat Milk, Almond, Coconut, & Soy + \$1.50		FLAVORS Vanilla, Salted Caramel, Hazelnut, Seasonal Specials	

LOOSE LEAF TEAS

ORGANIC TEAS FROM LOCAL TEA COMPANY <i>Hot or Iced</i> 12oz 16oz Sarasotan Breakfast Blend, Iced Passion, Sencha Green, Peppermint, Earl Grey, Mote Beach, & Goji Green	\$4.50
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SMOOTHIES

PROTEIN | Whey Protein, Vegan Protein, Collagen, Matcha,
(Vegan & Whey Protein Served in a 20oz Cup) +1.50

MY CHOCOLATE FIX Peanut Butter, Cacao Powder, Cherries, Honey, Banana, and Almond Milk	\$12.00
CLASSIC SMOOTHIE Strawberry, Banana, and Almond Milk	\$11.50
BREAKFAST SMOOTHIE Strawberry, Banana, Chocolate Whey Protein Powder, Peanut Butter, Oats, and Almond Milk	\$12.50
ANTI-INFLAMMATORY Mango, Pineapple, Spinach, Banana, Cinnamon, Nutmeg, Honey, Spirulina, Orange Juice, and Almond Milk	\$13.50
THE REFRESHER Peaches, Raspberry, Banana, Honey, Vanilla Collagen, and Almond Milk	\$13.50
POWER HOUSE Banana, Strawberry, Blueberry, Cherry, Almond Milk, and Vanilla Protein	\$13.50
MANGO TANGO Mango, Pineapple, Lime, Vanilla Collagen, Honey, and Almond Milk	\$13.00

JUICES

16oz 20oz	
SUPER GREENS Spinach, Apple, Cucumber, Ginger, Lemon, & Celery	\$12.50 \$14.50
SPICY LEMONADE Lemon, Apple, Ginger, & Cayenne	\$12.50 \$14.50
HEALTHY HEART Beets, Apple, & Celery	\$12.50 \$14.50
HAPPY GUT Pineapple, Apple, Cucumber, Aloe	\$12.50 \$14.50
THE HYDRO Watermelon, Cucumber, Lemon, & Ginger	\$12.50 \$14.50

Quality Products • Organic • Baked Daily

BAKED GOODS

Desserts Are Made In-House By Our Pastry Chef

SOURDOUGH LOAF	\$20.00
COFFEE CAKE	\$7.50
REGULAR CINNAMON ROLL	\$6.50
CHOCOLATE ALMOND CROISSANT	\$5.55
CROISSANT	\$5.05
COOKIES/SCONES	\$3.50
ASSORTED SEASONAL MUFFINS	\$4.00
BANANA BREAD	\$3.75
BAGELS	\$3.50

GLUTEN FREE

CHOCOLATE MUFFIN	\$5.50
BLUEBERRY MUFFIN	\$5.50

VEGAN

BLUEBERRY BANANA MUFFIN	\$5.50
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Gips • Gavor • Relax

sipslbk.com

BREAKFAST & LUNCH

CREATE YOUR OWN BREAKFAST SANDWICH \$7.00+

Bread: Sourdough, Croissant, Plain Bagel, Everything Bagel, or English Muffin

Egg(s): Any amount of eggs - over easy, over medium, over hard, or scrambled

Meat: Bacon, Sausage, Ham, or Turkey

Add: Cheese, Avocado, Tomato, or Lettuce

Sauce: Spicy Mayo, Hollandaise, Pesto, Chipotle Hot Sauce, or Cream Cheese

ACAI BOWL \$14.75

Peanut Butter, Homemade Granola, & Honey

Pick 3: Strawberry, Blueberry, Raspberry, Pineapple, or Banana

Choose Topping: Coconut Flakes, Hemp Seeds, Goji Berries, Cacao Nibs, or Chia Seeds

QUICHE \$9.00
Changes Weekly

Served With an Arugula Salad, Substitute Side of Fruit +2.00

AVOCADO TOAST \$11.25|15.00

Freshly Baked Sourdough Bread, Avocado, Lime, Cilantro, & Balsamic Glaze

Toast: Single|Double

CROISSANT SAMMY WITH EGG \$11.50

Freshly Baked Croissant, Egg, Ham, Cheese, Hollandaise, & Pesto

BAGEL & LOX \$13.50

Cream Cheese, Tomatoes, Smoked Salmon on a Toasted Everything Bagel Topped With Pickled Onions & Capers

BAGEL & CREAM CHEESE \$4.00

Everything or Plain Bagel

THE HEATHER SPECIAL \$10.50

Turkey, White Cheddar, Pesto, Tomato, & Avocado Sandwich on Freshly Baked Sourdough Bread

Served With Chips, Substitute Side of Fruit +2.00

BLT \$11.00

Bacon, Lettuce, Tomato, Egg, Cheese, Mayo on Toasted Sourdough Bread

CHICKEN SALAD CROISSANT \$11.00

House-Made Chicken Salad & Lettuce on a Fresh Croissant

BOWL OF FRUIT \$7.00

Seasonal Assortment

Gluten-Free Toast Available +2.50