







food **f** drink

Get resned

Cool down with these local summer sippers

That's what the Freeport Water Tower should read when the weather hits triple-digits. The good news is Sacramento has no shortage of beverages to keep you refreshed when the heat otherwise feels like hell. Reach for these five summer sippers:

## Lava flow (\$8)

Hide from Sacramento's sweltering humanity at Jungle Bird. Settle into this tiki oasis and nurse a Lava Flow, the tropical classic that blends strawberry daiquiri and piña colada for a righteous brain freeze, 2516 J St.; (916) 476-3280.