# Lift: The Nostalgic Instant Lemon Tea

From the teas.co.uk wiki

> **Lift, in summary:** Lift is a nostalgic instant lemon black tea, a single well-defined convenience proposition, good at quick familiar sweetness but not a substitute for brewed tea.

Lift is the instant lemon tea many British drinkers remember from family cupboards, a nostalgic, specific product rather than a broad range. Buy it on the Lift shop page; Lift fits there, next to the iced tea guide.

*Last reviewed by the teas.co.uk team in February 2026.*

## What Lift makes

The range is essentially instant lemon black tea, including a reduced sweetness version, a powdered convenience drink rather than brewed tea. Browse the stocked range on the Lift shop page. It is a single, well defined nostalgic proposition.

## How to get the most from it

Made as intended, stirred into hot or cold water, it is a quick lemon tea; it also makes an easy iced version, see the iced tea recipes. It is not a substitute for brewed lemon tea, and is best understood as the convenience product it has always been.

## Who it is for

Lift is for the drinker who wants the specific nostalgic instant lemon tea experience, quick, sweet, familiar, rather than a brewed cup. It is a legitimate want, just a narrow one: if you are after the character of brewed lemon tea instead, a lemon and ginger or a proper black tea with lemon is the better call. Lift sits as a clearly placed niche inclusion in the best UK tea brands guide.

## Lift at a glance

| Question | Answer |
|---|---|
| What is it? | Instant lemon black tea powder, a nostalgic single proposition |
| Range | Standard and reduced-sweetness instant lemon |
| Good at | Quick, sweet, familiar nostalgic lemon convenience |

| Question | Answer |
|---|---|
| Not | A substitute for brewed lemon tea |
| Who it is for | Drinkers who specifically want the nostalgic instant cup |
| Best use | Quick hot or easy iced |

### The bottom line on Lift

Reduced to one paragraph: Lift is a nostalgic instant lemon black tea, a single, well defined convenience product, really good at quick familiar sweetness and an easy iced cup, and clearly not a substitute for brewed tea; buy it for exactly that nostalgic job, not as a tea upgrade. Browse it from the lemon tea selection, the instant range, or the full tea shop.

**FROM THE CURATOR**

*teas* · Drink Lift if you like it, whatever the shelf says you should. Curiosity is the only reliable guide.

### Tea reading

Continue with best UK tea brands, iced tea, how to judge tea quality, lemon and ginger tea and loose leaf vs tea bags.

### More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag


**Earn rewards on teas.co.uk**

Earn loyalty points on every order. Free to join.

**+100 pts**

**Create your free account**

Welcome bonus + earn on every order.



**100 pts = 1 tree**

**Plant a tree in Scotland**

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/