

Zach's Brew

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Bagels

H S



Bacon, Egg, & Cheese on Plain Bagel	5	14
Bacon, Egg, & Cheese on Poppy Seed Bagel	5	14
Bacon, Egg, & Cheese on Cinnamon Raisin Bagel	5	12



Plain Bagel	3	6
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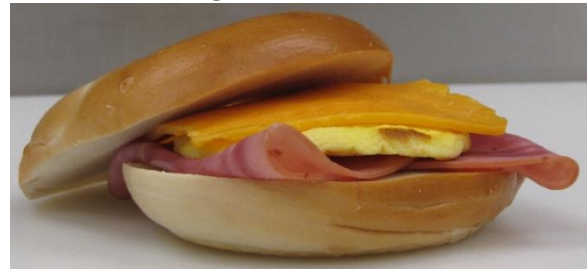
Fresh Fruit

H S

Apple, large, Red Delicious	1	0
Banana, Chiquita	1	0
Orange, large, California Navel	1	0

Bagels

H S



Ham, Egg, & Cheese on Plain Bagel	5	12
Ham, Egg, & Cheese on Poppy Seed Bagel	5	14
Ham, Egg, & Cheese on Cinnamon Raisin Bagel	5	12
Cinnamon Raisin Bagel	3	4
Poppy Seed Bagel	3	6
Turkey, Egg & Cheese on Plain Bagel	5	14
Turkey, Egg & Cheese on Poppy Seed Bagel	5	10
Turkey, Egg & Cheese on Cinnamon Raisin Bagel	5	12

Cream Cheese- 2 oz.	2	2
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Croissants

H S



Croissant, Plain	3	4
Bacon & Cheese Croissant	5	12
Bacon, Cheese & Egg Croissant	7	12
Ham & Cheese Croissant	5	12
Ham, Cheese & Egg Croissant	5	12
Turkey & Cheese Croissant	5	14
Turkey, Cheese & Egg Croissant	5	14

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Muffins & Rolls

H S



Blueberry Muffin- 1 each

5

4



Cinnamon Roll

5

6

Cookies

H S



Chocolate Chip



Oatmeal Raisin

3

4

Biscuits

H S



Bacon & Biscuit

3

8

Bacon & Cheese Biscuit

3

10

Bacon, Cheese & Egg Biscuit

5

10

Biscuits

H S



Ham & Biscuit

2

8

Ham & Cheese Biscuit

3

8

Ham, Cheese & Egg Biscuit

3

10

Turkey & Biscuit

2

8

Turkey & Cheese Biscuit

3

8

Turkey, Cheese & Egg Biscuit

5

10



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Sandwiches



Bacon Sandwich	5	8
Everything Sandwich	5	12



Gyro	5	10
Gyro-Turkey-Green, Ham-Green, Bacon-Red	5	10
Ham Sandwich	3	10
Turkey Sandwich	3	10

Cereals

	H	S
Total Raisin Bran	3	4
Total Original	2	2
Cheerios	2	2
Honey Nut Cheerios	2	4
Cinnamon Toast Crunch	3	4

Milk & Dairy

	H	S
Whole Milk	2	2
2% Milk	2	2
Blueberry Yogurt (Fat Free Light)	2	2
Yogurt- Original Strawberry	2	0
Yogurt- Peach Light	2	2

Beverages

	H	S
16 oz. Monster Original	2	2
16 oz. Monster Lo Carb	0	2
16 oz. Monster Assault	2	2
16 oz. Monster Nitrous Super Dry	2	4
16 oz. Monster Nitrous Anti Gravity	3	4
Apple Juice	3	0
Orange Juice	3	0
Smart Water	0	0