

NUTRITION GUIDE & ALLERGEN QR CODE

2026 WINTER SEASONAL LTO MENU

To access real-time allergen information, please scan the code with your mobile device's camera.



Please inform your server or manager before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Pineapple Express	200	0	0	0	0	0	25	48	0	43	29	0
Blueberry Lemon Cornbread	1040	500	56	17	0	145	1030	125	4	66	59	15
Chimichurri Steak & Eggs Hash	1030	630	71	22	0	515	2610	51	6	6	1	44
The B.E.C.	1260	800	90	34	0	590	1970	67	5	6	2	42
Strawberry Tres Leches French Toast	750	220	25	11	0	400	830	108	3	62	52	21

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

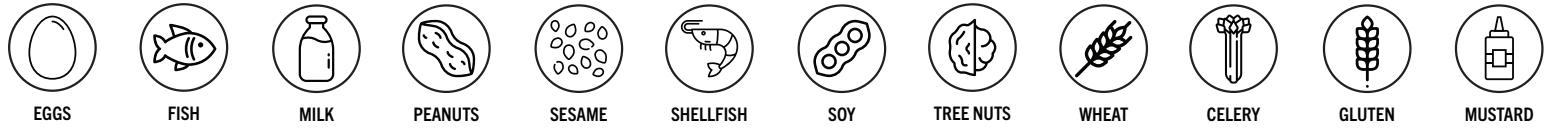
The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

ALLERGEN GUIDE

2026 WINTER SEASONAL LTO MENU

JANUARY 2026

The allergens & intolerances identified in this guide are:



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Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Pineapple Express												
Pineapple Express Juice												
Mint Crystals												
Blueberry Lemon Cornbread	X		X				X		X		X	
Corn Muffin Batter	X		X				X		X		X	
Blueberries												
Vegetable Oil Spray								X				
Lemon Butter	X		X				X					
Powdered Cinnamon Sugar												
Chimichurri Steak & Eggs Hash	X		X				X					X
Seared Steak												
Spinach												
Cheddar and Monterey Jack Cheese			X									
Diced Red Bell Pepper												
Roasted Onions												
Seasoned Potatoes w/ Onions												
Cage-Free Eggs	X											
Cooking Oil			X					X				
Feta Cheese			X									
Pickled Sweet Peppers												
Roasted Garlic Aioli	X							X				X
Chimichurri Sauce												
The B.E.C.	X		X				X		X		X	X
Artisan Sourdough									X		X	
Cage-Free Eggs	X											
Cooking Oil			X					X				
Sharp Cheddar Cheese			X									
Hardwood Smoked Bacon												
Arugula												
Pickled Sweet Peppers												
Calabrian Chili Aioli	X											X
Roasted Garlic Aioli	X							X				X
Lemon Dressed Mixed Greens												X
Strawberry Tres Leches French Toast	X		X				X		X		X	
Challah Bread	X								X		X	
French Toast Custard	X		X									
Glazed Strawberries												
Dulce de Leche			X									
Whipped Cream			X									
Spiced Gingerbread Cookie Crumbles							X		X		X	
Powdered Cinnamon Sugar												

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2027 WINTER SEASONAL TEST LTO MENU

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Lime In Da Coconut	100	0	0	0	0	0	210	26	0	22	14	1
Strawberry Shortcake Holey Donuts	1050	530	60	32	0	30	1120	120	3	70	68	8
Quesabirria Hash	1390	850	96	27	1	520	3010	82	11	7	2	43
Bacon Burrata Toast	980	640	72	27	0	485	1220	51	10	10	6	32
Strawberry Matcha French Toast	770	300	34	21	0	400	600	93	4	47	40	21

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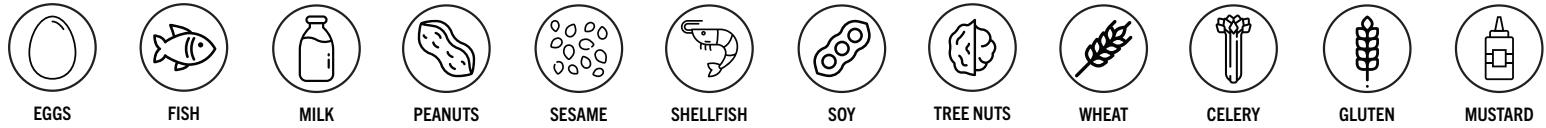
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ALLERGEN GUIDE

2027 WINTER SEASONAL LTO TAMPA TEST MENU

JANUARY 2026

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Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Lime In Da Coconut												
Strawberry Shortcake Holey Donuts	X		X				X		X		X	
Donut Holes	X		X				X		X		X	
Cooking Oil			X				X					
Strawberry Puree												
Strawberry Whipped Cream			X									
Sweet Cream			X				X					
Pearled Sugar												
Powdered Cinnamon Sugar												
Mint												
Quesabirria Hash	X		X				X		X		X	
Wheat-Corn Tortillas									X		X	
Seasoned Barbacoa Beef												
Roasted Onions												
Cheddar and Monterey Jack Cheese			X									
Seasoned Potatoes with Onions												
Cage-Free Eggs	X											
Cooking Oil			X				X					
Guajillo Chile Consommé												
Lime Crema			X									
Avocado												
Pickled Red Onion												
Cilantro												
Bacon Burrata Toast	X		X				X		X	X	X	X
Artisan Sourdough									X		X	
Cooking Oil			X				X					
Smashed Avocado												
Million Dollar Bacon												
Buratta Filling			X									
Extra Virgin Olive Oil												
Parsley and Chive Herb Mix												
Fresh Cracked Black Pepper												
Cage-Free Eggs	X											
Microgreens										X		X
Lemon Dressed Mixed Greens												X
Strawberry Matcha French Toast	X		X				X		X		X	
Challah Bread	X								X		X	
French Toast Custard	X		X									
Glazed Strawberries												
Matcha Crème			X				X					
Lemon Whipped Cream			X									
Matcha Powdered Sugar												
Mint												

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CORE MENU ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the correct information.

The allergens & intolerances identified in this guide are:



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Classic Favorites												
Traditional: Cage-Free Whole Eggs	X	X					X					
Eggs	X											
Margarine		X					X					
Chive and Parsley Herb Mix												
Traditional: Egg Whites	X						X					
Egg Whites	X											
Vegetable Oil Spray							X					
Chive and Parsley Herb Mix												
Traditional: Bacon												
Traditional: Chicken Sausage												
Traditional: Smoked Ham									X			
Traditional: Pork Sausage												
Traditional: Turkey Sausage												
Traditional: Seasoned Potatoes w/Onions												
Traditional: Whole Grain Toast w/Preserves	X						X	X	X			
Whole Grain Artisan Toast								X	X			
Whipped Butter	X						X					
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	X	X					X	X	X			
Pancake Batter	X	X					X	X	X			
Whipped Butter	X						X					
Tri-fecta: Belgian Waffle	X	X					X	X	X			
Waffle Batter	X	X					X	X	X			
Whipped Butter	X						X					
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	X	X					X					
Eggs	X											
Margarine		X					X					
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	X						X					
Egg Whites	X											
Vegetable Oil Spray							X					
Chive and Parsley Herb Mix												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
The Healthier Side												
Avocado Toast	X							X	X	X		
Whole Grain Artisan Toast									X	X		
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine							X					
Chive and Parsley Herb Mix												
Power Wrap	X	X						X	X	X	X	
Tomato Basil Tortilla								X	X	X		
Egg Whites	X											
Vegetable Oil Spray								X				
Turkey												
Crimini Mushrooms												
Spinach												
Mozzarella Cheese							X					
Pico de Gallo												
Fresh Seasonal Fruit												
Healthy Turkey	X	X						X	X	X	X	
Turkey												
Feta Cheese							X					
Egg Whites	X											
Vegetable Oil Spray								X				
Onions												
Spinach												
Tomatoes												
Whole Grain Artisan Toast									X	X		
Strawberry Preserves												
Tri-Athlete	X							X	X	X	X	
Egg Whites	X											
Vegetable Oil Spray								X				
Green Chiles												
Crimini Mushrooms												
Tomatoes												
Onions												
Pico de Gallo												
Whole Grain Artisan Toast									X	X		
Strawberry Preserves												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Trees nuts	Wheat	Celery	Gluten	Mustard
A.M. Superfoods Bowl								X	X		X	
Coconut Milk Chia Seed Pudding												
Mixed Berry Compote												
Bananas												
Blueberries												
Strawberries												
Granola								X	X		X	
Whole Grain Artisan Toast									X		X	
Almond Butter								X				
Maldon Sea Salt												
Steel-Cut Oatmeal w/Pecans (No Muffin)	X							X	X	X		
Steel-cut Oats									X	X		
Pecans								X				
Bananas												
Strawberries												
Brown Sugar												
Milk	X											
Sunrise Granola Bowl (No Muffin)	X							X	X	X		
Greek Vanilla Yogurt	X											
Fresh Seasonal Fruit												
Granola								X	X	X		
Powdered Cinnamon Sugar												
Banana Nut Muffin	X	X						X	X	X		
Blueberry Muffin	X	X							X	X		
Carrot Pecan Muffin	X	X						X	X	X		
Chocolate Chip Muffin	X	X							X	X	X	
Lemon Chia Muffin	X	X							X	X		
Orange Cranberry Muffin	X	X							X	X		
Egg-sclusives												
Chickichanga	X	X						X	X	X		
Flour Tortilla									X	X		
Chicken									X			
Chorizo Sausage												
Eggs	X											
Margarine		X							X			
Avocado												
Cheddar Jack Cheese	X											
Green Chilies												
Onions												
Vera Cruz Sauce	X											
Sour Cream	X											
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions												
Classic Benedict	X	X						X	X	X	X	X
Toasted Ciabatta									X	X		
Whipped Butter		X							X			
Eggs	X											
Ham										X		
Tomatoes												
Hollandaise	X											
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette											X	
Florentine Benedict	X	X						X	X	X	X	X
Toasted Ciabatta									X	X		
Whipped Butter		X							X			
Eggs	X											
Spinach												
Tomatoes												
Avocado												
Hollandaise	X											
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette											X	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Trees nuts	Wheat	Celery	Gluten	Mustard
BLT Benedict	X	X						X	X	X	X	X
Toasted Ciabatta											X	X
Whipped Butter			X								X	
Eggs	X											
Arugula												
Avocado												
Bacon												
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Smoked Salmon Benedict	X	X	X					X	X	X	X	X
Toasted Ciabatta											X	X
Whipped Butter			X								X	
Eggs	X											
Smoked Salmon			X									
Onions												
Hollandaise			X									
Tomatoes												
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Elevated Egg Sandwich	X	X	X					X	X	X	X	X
Brioche Bun			X								X	X
Whipped Butter			X								X	
Mayonnaise	X											
Egg	X											
Margarine			X									
Bacon												
Avocado												
Gruyere Cheese			X									
Arugula												
Lemon White Balsamic Vinaigrette												X
Fresh Seasoned Potatoes w/ Onions												
Farm Stand Breakfast Tacos	X	X						X	X	X	X	X
Corn & Flour Blend Tortillas											X	X
Chicken												X
Chorizo Sausage												
Cheddar Jack Cheese			X									
Eggs	X											
Margarine			X									
Avocado												
Black Beans												
Pico de Gallo												
Biscuits & Turkey Sausage Gravy w/Eggs	X	X						X	X	X	X	X
Buttered Biscuits			X								X	X
Turkey Sausage Gravy			X								X	X
Eggs	X											
Margarine			X									
Chive and Parsley Herb Mix												
Fresh Seasoned Potatoes w/ Onions												
Farmhouse Skillet Hash	X	X						X	X	X	X	X
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X									
Avocado												
Bacon												
Cheddar Jack Cheese			X									
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast												
Whipped Butter			X								X	
Strawberry Preserves												
Fresh Seasonal Fruit												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Market Skillet Hash	X	X				X		X	X			
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine		X				X						
Goat Cheese		X										
Mozzarella Cheese		X										
Crimini Mushrooms												
Red Peppers												
Shallots												
Spinach												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X	X			
Whipped Butter		X				X						
Strawberry Preserves												
Fresh Seasonal Fruit												
Parma Skillet Hash	X	X			X	X	X					
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine		X				X						
Mozzarella Cheese		X										
Parmesan Cheese		X										
Crimini Mushrooms												
Onions												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X	X				
Whipped Butter		X			X							
Strawberry Preserves												
Fresh Seasonal Fruit												
Omelets And Frittatas												
Bacado Omelet	X	X		X	X	X	X					
Eggs	X											
Margarine		X			X							
Cheddar Jack Cheese		X										
Bacon												
Avocado												
Pico de Gallo												
Sour Cream		X										
Whole Grain Artisan Toast							X	X				
Whipped Butter		X			X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			
Ham & Gruyere Omelet	X	X		X	X	X	X					
Eggs	X											
Margarine		X			X							
Ham								X				
Gruyere Cheese		X										
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X	X			
Whipped Butter		X			X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			
Chile Chorizo Omelet	X	X		X	X	X	X					
Eggs	X											
Margarine		X			X							
Chorizo Sausage												
Cheddar Jack Cheese		X										
Green Chilies												
Onions												
Pico de Gallo												
Avocado												
Sour Cream		X										
Whole Grain Artisan Toast								X	X			
Whipped Butter		X			X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Morning Market Veg Omelet	X	X				X	X	X	X	X	X	X
Eggs	X											
Margarine			X									
Kale												
Goat Cheese			X									
Crimini Mushrooms												
Shallots												
Roasted Tomatoes												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast											X	X
Whipped Butter			X									
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Inspired Italian Omelet	X	X		X	X	X	X	X	X	X	X	X
Eggs	X											
Margarine		X										
Italian Sausage												
Mozzarella Cheese			X									
Parmesan Cheese			X									
Red Peppers												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast											X	X
Whipped Butter			X									
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
The Works Omelet	X	X		X	X	X	X	X	X	X	X	X
Eggs	X											
Margarine		X										
Bacon												
Ham												X
Cheddar Jack Cheese			X									
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			X									
Tomatoes												
Whole Grain Artisan Toast											X	X
Whipped Butter			X									
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Frittata Rustica	X	X		X	X	X	X	X	X	X	X	X
Eggs	X											
Margarine		X										
Mozzarella Cheese			X									
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta											X	X
Whipped Butter			X									
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Smoked Salmon & Roasted Veggie Frittata	X	X	X		X	X	X	X	X	X	X	X
Eggs	X											
Margarine		X										
Smoked Salmon			X									
Parmesan Cheese			X									
Chive Cream			X									
Shallots												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta											X	X
Whipped Butter			X									
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
From The Griddle												
Plain Multigrain Pancakes	X	X					X	X	X			
Pancake Batter	X	X					X	X	X			
Whipped Butter		X					X					
Banana Crunch Pancakes	X	X					X	X	X	X		
Pancake Batter	X	X					X	X	X			
Granola								X	X	X		
Bananas												
Whipped Butter		X					X					
Carrot Cake & Pecan Pancakes	X	X					X	X	X	X		
Pancake Batter	X	X					X	X	X			
Carrots												
Pecans								X				
Raisins												
Whipped Butter		X					X					
Powdered Cinnamon Sugar												
Chocolate Chip Pancakes	X	X					X	X	X			
Pancake Batter	X	X					X	X	X			
Chocolate Chips							X					
Whipped Butter		X					X					
Blueberry Pancakes	X	X					X	X	X			
Pancake Batter	X	X					X	X	X			
Blueberries												
Whipped Butter		X					X					
Berry Compote												
Lemon Ricotta Pancakes	X	X					X	X	X			
Pancake Batter	X	X					X	X	X			
Ricotta Cheese												
Lemon Curd	X	X										
Powdered Cinnamon Sugar												
Strawberries												
Belgian Waffle	X	X					X	X	X			
Waffle Mix	X	X					X	X	X			
Whipped Butter		X					X					
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	X	X					X	X	X			
Challah Bread	X							X	X			
French Toast Batter	X	X										
Whipped Butter		X					X					
Berry Compote												
Powdered Cinnamon Sugar												
Floridian French Toast	X	X						X	X			
Challah Bread	X							X	X			
French Toast Batter	X	X										
Bananas												
Strawberries												
Kiwi												
Berry Compote												
Powdered Cinnamon Sugar												
Make it Floridian Style												
Bananas												
Kiwi												
Strawberries												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup									X			
Power Bowls												
Power Breakfast Quinoa Bowl	X	X					X	X	X			
Quinoa												
Chicken Stock		X					X	X				
Lemon White Balsamic Vinaigrette									X			
Eggs	X											
Margarine		X					X					
Parmesan Cheese		X										
Kale												
Crimini Mushrooms												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Pesto Chicken Quinoa Bowl	X	X					X		X			
Quinoa												
Chicken Stock			X						X			
Chicken												
Roasted Tomatoes												
Carrots												
Feta Cheese			X									
Kale												
Lemon												
Lemon White Balsamic Vinaigrette												X
Basil Pesto Dressing	X	X										X
Chive and Parsley Herb Mix												
Salads												
Super Food Kale Salad				X				X	X	X	X	X
Kale												
Organic Mixed Greens												
Chicken Stock			X						X			
Chicken												
Maple Carrots												
Parmesan Cheese			X									
Dried Cranberries												
Almonds									X			
Maple-Lemon Vinaigrette Dressing												X
Ciabatta										X	X	
Whipped Butter	X											
Chicken Avocado Chop Salad			X					X	X	X	X	X
Romaine												
Arugula												
Chicken												
Avocado												
Black Beans												
Feta Cheese			X									
Corn												
Tomatoes												
Tortilla Strips												
Chive and Parsley Herb Mix												
Citrus Chipotle Dressing												X
Ciabatta										X	X	
Whipped Butter	X											
Cobb Salad		X	X					X	X	X	X	X
Romaine												
Organic Mixed Greens												
Turkey												
Avocado												
Bacon												
Bleu Cheese			X									
Hard Boiled Eggs	X											
Tomatoes												
Ranch Dressing	X	X										X
Ciabatta											X	X
Whipped Butter	X											X
Sweet Honey Pecan Salad			X					X	X	X	X	X
Romaine												
Organic Mixed Greens												
Chicken												
Bacon												
Cheddar Jack Cheese			X									
Pecans												X
Tomatoes												
Carrots												
Avocado												
Honey Dijon Dressing												X
Ciabatta											X	X
Whipped Butter		X						X				

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tre nuts	Wheat	Celery	Gluten	Mustard
Sandwiches												
Monterey Club Sandwich (No Greens or Soup)	X	X						X	X	X		
Sourdough Bread								X	X			
Mayonnaise	X										X	
Turkey												
Avocado												
Bacon												
Monterey Jack Cheese		X										
Organic Mixed Greens												
Tomatoes												
BLTE (No Greens or Soup)	X	X			X		X	X	X	X		
Whole Grain Artisan Toast								X	X			
Mayonnaise	X										X	
Bacon												
Eggs	X											
Margarine								X		X		
Fresh Seasonal Fruit												
Kid's Grilled Cheese w/ Fresh Fruit							X		X	X	X	
Sourdough Bread											X	X
Whipped Butter								X		X		
Cheddar Jack Cheese								X				
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)				X	X				X	X	X	
Pancake Batter			X	X					X	X	X	
Chocolate Chips				X						X		
Whipped Butter					X				X			
Kid's French Toast (No Meat)			X	X				X	X	X	X	
Challah Bread					X						X	X
French Toast Batter						X						
Whipped Butter							X			X		
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)		X	X			X		X	X	X	X	
Waffle Mix		X	X					X	X	X	X	
Whipped Butter				X					X			
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Bacon												
Pork Sausage												
Kid's Sunrise Granola Bowl w/ Toast						X			X	X	X	
Greek Vanilla Yogurt							X					
Granola										X	X	X
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough											X	X
Kid's Oats w/ Chicken Sausage										X	X	
Steel-cut Oats										X	X	
Banana												
Blueberries												
Strawberries												
Chicken Sausage Patty												
Sides And Small Plates												
Plain Grits w/ Butter						X			X			
Grits												
Whipped Butter				X			X			X		
Cheesy Grits						X						
Grits												
Cheddar Jack Cheese							X					
Parmesan Cheese								X				
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions												
Biscuit & Gravy						X		X	X	X	X	
Biscuits				X				X	X	X	X	
Turkey Sausage Gravy							X		X	X	X	
Biscuit w/Butter, Honey & Preserves						X		X	X	X	X	
Biscuits							X		X	X	X	
Whipped Butter							X		X			
Strawberry Preserves												
Honey												
Whole Grain Toast w/Butter & Preserves						X		X	X	X	X	
Whole Grain Artisan Toast											X	X
Whipped Butter							X		X			
Strawberry Preserves												
English Muffin w/Butter & Preserves						X		X	X	X	X	
English Muffin							X		X	X	X	
Whipped Butter							X		X			
Strawberry Preserves												
Gluten-Free Toast w/Preserves (No Butter)												
Gluten-Free Bread												
Strawberry Preserves												
Banana Nut Muffin			X	X					X	X	X	
Blueberry Muffin			X	X						X	X	
Carrot Pecan Muffin			X	X					X	X	X	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tre nuts	Wheat	Celery	Gluten	Mustard
Kids Meals												
Kid's Bacon & Egg w/Toast & Fresh Fruit	X		X				X		X	X	X	
Sourdough Bread											X	X
Bacon												
Eggs	X											
Margarine			X									
Fresh Seasonal Fruit												
Kid's Grilled Cheese w/ Fresh Fruit			X				X		X	X	X	
Sourdough Bread												
Whipped Butter							X					
Cheddar Jack Cheese								X				
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X	X										
Pancake Batter	X	X										
Chocolate Chips				X								
Whipped Butter					X							
Kid's French Toast (No Meat)	X	X					X		X	X	X	
Challah Bread	X											
French Toast Batter	X	X										
Whipped Butter			X									
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X	X					X		X	X	X	
Waffle Mix	X	X										
Whipped Butter			X									
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Bacon												
Pork Sausage												
Kid's Sunrise Granola Bowl w/ Toast			X									
Greek Vanilla Yogurt				X								
Granola												
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough												
Kid's Oats w/ Chicken Sausage												
Steel-cut Oats												
Banana												
Blueberries												
Strawberries												
Chicken Sausage Patty												
Sides And Small Plates												
Plain Grits w/ Butter						X		X				
Grits												
Whipped Butter			X				X					
Cheesy Grits						X						
Grits												
Cheddar Jack Cheese							X					
Parmesan Cheese								X				
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions												
Biscuit & Gravy						X		X	X	X	X	
Biscuits				X				X	X	X	X	
Turkey Sausage Gravy					X				X	X	X	
Biscuit w/Butter, Honey & Preserves						X		X	X	X	X	
Biscuits					X				X	X	X	
Whipped Butter						X		X				
Strawberry Preserves												
Honey												
Whole Grain Toast w/Butter & Preserves						X		X	X	X	X	
Whole Grain Artisan Toast											X	X
Whipped Butter							X		X			
Strawberry Preserves												
English Muffin w/Butter & Preserves						X		X	X	X	X	
English Muffin				X				X	X	X	X	
Whipped Butter					X			X				
Strawberry Preserves												
Gluten-Free Toast w/Preserves (No Butter)												
Gluten-Free Bread												
Strawberry Preserves												
Banana Nut Muffin			X	X								
Blueberry Muffin			X	X								
Carrot Pecan Muffin			X	X								

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Chocolate Chip Muffin	X	X					X	X	X			
Lemon Chia Muffin	X	X						X	X			
Orange Cranberry Muffin	X	X						X	X			
Hardwood Smoked Bacon												
Smoked Ham									X			
Pork Sausage Links												
Savory Chicken Sausage Patties												
Turkey Sausage Links												
Lemon Dressed Organic Mixed Greens											X	
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette											X	
Million Dollar Bacon												
Million Dollar Potatoes		X						X	X	X		
Million Dollar Bacon												
Fresh Potatoes with Onions												
Parmesan Cream Sauce		X						X	X	X		
Herb Mix												
Beverages												
Honey Caramel Crunch Iced Coffee			X					X	X			
Toffee Nut Pieces		X						X	X			
Honey												
Iced Coffee												
Salted Caramel Sauce		X										
Sweet Cream Topping		X						X				
Mint Mocha Iced Coffee		X			X							
Dark Chocolate Chips		X						X				
Iced Coffee												
Mint												
Chocolate Syrup												
Peppermint Syrup												
Sweet Cream Topping			X					X				
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee			X									
Iced Coffee												
Milk		X										
Herbal Tea												
Fresh-brewed Iced Tea - Unsweetened												
Fresh-brewed Iced Tea - Sweetened												
Fresh Iced Tea - Seasonal Blackberry												
Hot Chocolate		X						X				
Milk Chocolate Cocoa Mix		X						X				
Whipped Cream		X										
Chocolate Syrup												
Chocolate Milk		X										
Chocolate Syrup												
Milk		X										
Low-Fat Milk		X										
Coca-Cola Soft Drinks												
100% Cold Squeezed Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
San Pellegrino												
Juice Bar												
Morning Meditation												
Kale Tonic												
Purple Haze												
Add Immunity Boost												
Bar - Signature Cocktails												
Cinnamon Toast Cereal Milk												
Coconut Rum												
Agave												
Cold Brew Coffee												
Oat Milk												
Cinnamon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Bourbon Blackberry Palmer												
Bourbon Whiskey												
Lemon Juice												
Lemon Peel												
Blackberry Syrup												
Brewed Tea												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Blackberry Bramble Sangria												
Merlot												
Orange Juice												
Fuji Apple Juice												
Wild Blackberry Syrup												
Spiked Lavendar Lemonade												
Premium Vodka												
Filtered Water												
Lemon Juice												
Lavendar Syrup												
Simple Syrup												
Bar - Brunch Classics												
Million Dollar Bloody Mary			X								X	X
Vodka												
Million Dollar Bacon												
Bloody Mary Mix			X							X		X
Mimosa												
Sparkling Wine												
Orange Juice												
Sparkling Wine												
Good Morning Packs												
Good Morning 6-Pack or 12-Pack		X		X					X	X	X	
Bacon												
Eggs	X											
Margarine			X							X		
Whole Grain Artisan Toast											X	X
Whipped Butter			X							X		
Strawberry Preserves												
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions												
Chive and Parsley Herb Mix												

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Note we try to exercise caution and follow certain allergen procedures to prevent cross contact, but our ingredients containing milk, egg, fish, peanut, sesame, tree nut, shellfish, soy, wheat, and other allergens are made in the same kitchen and there is still a risk of cross contact with shared surfaces and equipment. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items. Also, please allow extra time to prepare your special order.

FIRST WATCH CORE MENU

NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device's camera.



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Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)		
CLASSIC FAVORITES														POWER BOWLS®													
TRADITIONAL BREAKFAST														EGG-SCLUSIVES													
TRI-FECTA														HEALTHIER SIDE													
HEALTHIER SIDE														OMELETS AND FRITTATAS													
FROM THE GRIDDLE														FROM THE GRIDDLE													
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10	Bacado Omelet (No Toast or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36		
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20	Ham & Gruyère Omelet (No Toast or Dressed Greens)	590	390	44	18	0	855	1170	4	0	3	2	44		
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11	Chile Chorizo Omelet (No Toast or Dressed Greens)	730	520	59	23	0	835	1040	13	5	5	1	36		
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22	Morning Market Vegetable Omelet (No Toast or Dressed Greens)	490	330	37	14	0	795	670	9	0	3	0	29		
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13	Inspired Italian Omelet (No Toast or Dressed Greens)	780	550	63	23	0	850	1860	8	0	4	1	43		
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27	The Works Omelet (No Toast or Dressed Greens)	720	510	58	24	0	855	1060	7	0	4	0	39		
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10	Frittata Rustica (No Ciabatta Crisp or Dressed Greens)	570	360	41	15	0	810	890	15	2	3	0	38		
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20	Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Crisp or Dressed Greens)	520	320	36	14	0	810	1070	11	1	3	0	36		
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11	Side of Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8		
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22	Side of Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0		
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13	Side of Ciabatta Crisp with Butter	120	30	3.5	0.5	0	0	350	18	0	0	0	3		
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27	Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1		
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10	Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3		
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20	Farm Stand Breakfast Tacos (No Black Beans)	890	470	53	19	0	605	1890	53	8	4	1	46		
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11	Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6		
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22	Biscuit And Turkey Sausage Gravy (No Eggs or Potatoes)	440	170	20	12	0	10	1340	56	2	5	4	9		
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13	Side of Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13		
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27	Side of Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15		
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10	Side of Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13		
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20	Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3		
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11	Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3		
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22	Side of Farmhouse Skillet Hash (No Eggs or Toast)	730	440	50	13	0	45	2350	53	9	4	0	21		
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13	Side of Market Skillet Hash (No Eggs or Toast)	720	430	49	17	0	50	2990	51	5	4	0	15		
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27	Side of Smoked Salmon Benedict (No Dressed Greens)	500	210	24	8	0	455	1430	38	3	5	0	31		
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53</td																			

FIRST WATCH CORE MENU

NUTRITION GUIDE & ALLERGEN QR CODE

Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)										
SANDWICHES																																			
Monterey Club (No Dressed Greens or Soup)																																			
BLTE (No Dressed Greens or Soup)	1000	530	61	17	0	125	2360	67	8	5	1	49	Kid's Bacon and Egg with Toast & Fruit	400	150	17	6	0	225	580	47	3	17	1	15										
Baja Turkey Burger (No Dressed Greens or Soup)	830	450	51	16	0	105	1180	55	8	9	5	45	Kid's Grilled Cheese with Fresh Fruit	810	400	45	19	0	50	1130	75	4	18	1	22										
Market Veggie (No Dressed Greens or Soup)	670	370	41	10	0	35	1140	51	10	12	8	25	Kid's Granola Bowl with Toast	520	120	13	2.0	0	5	360	81	7	30	15	19										
Roast Beef & Havarti (No Dressed Greens or Soup)	1050	560	63	22	0	120	2680	70	4	10	7	46	Kid's Oatmeal with Chicken Apple Sausage	300	80	9	2.5	0	35	290	45	6	11	1	14										
Ham & Gruyère Melt (No Dressed Greens or Soup)	820	430	48	16	0	215	2310	53	3	13	11	43	Kid's Chocolate Chip Pancakes (No Meat or Syrup)	640	320	36	16	0	130	850	66	3	28	24	11										
Veggie Burger (No Dressed Greens or Soup)	730	310	35	8	0	10	1420	80	11	10	5	26	Kid's French Toast with Fresh Fruit (No Meat or Syrup)	360	160	18	6	0	195	350	37	2	16	7	10										
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1	Kid's Half Waffle with Fresh Fruit (No Meat or Syrup)	290	130	15	6	0	20	560	36	2	12	4	2										
SOUPS (BOWL)																																			
Broccoli Cheddar (No Crackers)	360	250	29	17	1.0	90	1480	16	1	6	1	10	Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3										
Clam Chowder (No Crackers)	370	190	21	12	0	75	1470	32	3	3	0	11	Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6										
Market Vegetable (No Crackers)	150	25	3.0	0	0	0	1360	26	4	9	0	4	Regular Syrup	150	0	0	0	0	0	10	39	0	39	0	0										
Italian Wedding (No Crackers)	200	60	7	3.0	0	15	1660	18	2	3	2	7	Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0										
Tomato Basil (No Crackers)	270	160	18	7	0	30	1260	22	4	13	2	4	Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0										
Chicken and Wild Rice (No Crackers)	240	70	8	3.0	0	35	1120	33	1	3	1	9	BEVERAGES																						
Side of Crackers with Bowl of Soup	50	10	1.0	0	0	0	180	10	0	0	0	2	Project Sunrise Regular Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
SALADS																																			
Superfood Kale Salad (No Ciabatta Crisp or Dressing)	460	150	17	4.0	0	65	890	54	12	22	10	29	Decaf Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Side of Maple-Lemon Vinaigrette Dressing	360	300	34	5	0	0	370	13	0	11	9	0	96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	0	3									
Chicken Avocado Chop Salad (No Ciabatta Crisp or Dressing)	490	230	26	5	0	70	910	44	9	4	0	24	96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	0	3									
Side of Citrus Chipotle Dressing	240	180	20	3.0	0	0	20	14	0	6	6	0	Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	0	1									
Cobb Salad (No Ciabatta Crisp or Dressing)	460	280	31	11	0	265	940	22	11	8	0	26	Iced Coffee	210	50	6	3.5	0	20	130	29	0	28	14	9										
Side of Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2	Honey Caramel Crunch Iced Coffee	440	130	14	11	0	25	270	73	0	70	57	8										
Sweet Honey Pecan Salad (No Ciabatta Crisp or Dressing)	620	400	45	10	0	85	760	31	14	9	0	30	Mint Mocha Iced Coffee	370	120	14	11	0	20	130	54	2	50	38	8										
Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0	Herbal Tea	0	0	0	0	0	0	0	0	0	0	0	0										
Side of Ciabatta Crisp with Butter	120	30	3.5	0.5	0	0	350	18	0	0	0	3	Fresh-Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	1	0	0	0	0										
2 FOR YOU (1/2 SANDWICH, 1/2 SALAD, OR CUP OF SOUP)																																			
Monterey Club Half Sandwich	500	270	30	8	0	65	1180	34	4	3	1	25	Reduced-Fat Milk - Large	230	80	9	6	0	35	220	22	0	23	0	15										
Ham & Gruyère Melt Half Sandwich	410	210	24	8	0	110	1150	26	1	6	6	21	Reduced-Fat Milk - Small	120	45	5.0	3.0	0	20	115	12	0	12	0	8										
Market Veggie Half Sandwich	340	180	21	5	0	20	570	26	5	6	4	13	Oat Milk - Large	280	150	17	2.0	0	0	200	30	2	13	13	4										
Roast Beef & Havarti Half Sandwich	530	280	32	11	0	60	1330	35	2	5	3	23	Oat Milk - Small	150	80	9	1.0	0	0	105	16	1	7	7	2										
Cobb Half Salad with Dressing	340	240	27	7	0	140	660	13	6	5	0	14	Chocolate Milk - Large	290	70	8	5	0	30	190	44	2	43	23	14										
Superfood Kale Half Salad with Dressing	410	230	26	4.5	0	30	640	34	6	17	10	14																							

FIRST WATCH CORE MENU UPDATE ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the correct information.

The allergens & intolerances identified in this guide are:



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard		Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
The Classics																									
Traditional: Cage-Free Whole Eggs	X		X					X																	
Eggs	X																						X	X	X
Margarine		X					X																		
Chive and Parsley Herb Mix																									
Traditional: Egg Whites	X						X																		
Egg Whites	X																								
Vegetable Oil Spray							X																		
Chive and Parsley Herb Mix																									
Traditional: Bacon																									
Traditional: Chicken Sausage																									
Traditional: Smoked Ham									X																
Traditional: Pork Sausage																									
Traditional: Turkey Sausage																									
Traditional: Seasoned Potatoes w/Onions																									
Traditional: Whole Grain Toast w/Preserves	X			X	X	X	X																		
Whole Grain Artisan Toast								X	X																
Whipped Butter	X			X																					
Strawberry Preserves																									
Tri-fecta: Plain Multigrain Pancake	X	X				X	X	X	X																
Pancake Batter	X	X				X	X	X	X																
Whipped Butter		X		X																					
Tri-fecta: Belgian Waffle	X	X				X	X	X	X																
Waffle Batter	X	X				X	X	X	X																
Whipped Butter		X		X																					
Berry Compote																									
Powdered Cinnamon Sugar																									
Tri-fecta: Bacon																									
Tri-fecta: Chicken Sausage																									
Tri-fecta: Pork Sausage																									
Tri-fecta: Turkey Sausage																									
Tri-fecta: Cage-Free Whole Eggs	X	X				X																			
Eggs	X																								
Margarine		X		X																					
Chive and Parsley Herb Mix																									
Tri-fecta: Egg Whites	X					X																			
Egg Whites	X																								
Vegetable Oil Spray						X																			
Chive and Parsley Herb Mix																									
Biscuits & Turkey Sausage Gravy w/Eggs	X	X				X	X	X	X																
Buttered Biscuits	X					X		X	X																
Turkey Sausage Gravy	X					X		X	X																
Eggs	X																								
Margarine		X		X																					
Celery																									
Chive and Parsley Herb Mix																									
Fresh Seasoned Potatoes w/ Onions																									
Elevated Egg Sandwich	X					X	X	X	X																
Brioche Bun						X		X														X	X		
Whipped Butter						X																X			
Mayonnaise						X																			
Egg						X																			
Margarine						X																X			
Bacon																									
Avocado																									
Gruyere Cheese																						X			
Arugula																									
Lemon White Balsamic Vinaigrette																									
Fresh Seasoned Potatoes w/ Onions																									

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard		Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard		
Steel-Cut Oatmeal w/Pecans (No Muffin)		X						X	X	X																	
Steel-cut Oats									X	X	X																
Pecans									X														X	X			
Bananas																											
Strawberries																											
Brown Sugar																											
Milk		X																								X	
A.M. Superfoods Bowl								X	X	X																	
Coconut Milk Chia Seed Pudding																											
Mixed Berry Compote																											
Bananas																											
Blueberries																										X	
Strawberries																											
Granola								X	X	X																	
Whole Grain Artisan Toast										X	X																
Almond Butter										X																	
Maldon Sea Salt																											
Power Wrap	X	X			X	X	X																				
Tomato Basil Tortilla									X	X	X														X	X	
Egg Whites	X																										
Vegetable Oil Spray								X																			
Turkey																											
Crimini Mushrooms																											X
Spinach																											
Mozzarella Cheese	X																								X	X	X
Pico de Gallo																											
Fresh Seasonal Fruit																											
Healthy Turkey	X	X			X	X	X																				
Turkey																											
Feta Cheese	X																										
Egg Whites	X																										
Vegetable Oil Spray								X																			
Onions																											
Spinach																											
Tomatoes																										X	X
Whole Grain Artisan Toast									X	X																	
Strawberry Preserves																											
Tri-Athlete	X				X	X	X																				X
Egg Whites	X																										
Vegetable Oil Spray						X																			X	X	X
Green Chiles																											
Crimini Mushrooms																											
Tomatoes																											
Onions																											
Pico de Gallo																											
Whole Grain Artisan Toast								X	X																		
Strawberry Preserves																											
Banana Nut Muffin	X	X			X	X	X																				
Blueberry Muffin	X	X						X	X																		
Carrot Pecan Muffin	X	X					X	X	X																		
Chocolate Chip Muffin	X	X				X			X	X																	
Lemon Chia Muffin	X	X						X	X																		
Orange Cranberry Muffin	X	X						X	X																		
Omelets																											
Bacado Omelet	X	X			X	X	X	X	X	X	X														X	X	
Eggs	X																										
Margarine	X						X																				
Cheddar Jack Cheese	X																										
Bacon																											
Avocado																											
Pico de Gallo																											
Sour Cream	X																										
Whole Grain Artisan Toast									X	X																	
Whipped Butter	X					X					X	X														X	X
Strawberry Preserves																											
Organic Mixed Greens																											
Lemon White Balsamic Vinaigrette												X															
Chile Chorizo Omelet	X	X			X	X	X	X	X	X	X																
Eggs	X																										
Margarine	X					X																					
Chorizo Sausage					X																						
Cheddar Jack Cheese				X																							
Green Chilies																											
Onions																											
Pico de Gallo																											

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard		Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Smoked Salmon Benedict	X	X	X				X	X	X	X	X		Iced Coffee												
Toasted Ciabatta									X	X			Iced Coffee							X					
Whipped Butter			X				X						Iced Coffee												
Eggs	X												Milk			X									
Smoked Salmon		X											Mint Mocha Iced Coffee			X			X						
Onions													Dark Chocolate Chips			X			X						
Hollandaise			X										Iced Coffee Concentrate												
Tomatoes													Mint												
Chive and Parsley Herb Mix													Chocolate Syrup												
Organic Mixed Greens													Peppermint Syrup												
Lemon White Balsamic Vinaigrette									X				Sweet Cream Topping			X			X						
Share													Honey Caramel Crunch Iced Coffee			X			X	X					
Million Dollar Bacon													Toffee Nut Pieces			X			X	X					
Holey Donuts	X	X					X		X	X	X		Honey												
Donut Holes	X	X					X		X	X	X		Iced Coffee Concentrate												
Margarine		X					X						Salted Caramel Sauce			X									
Powdered Cinnamon Sugar													Sweet Cream Topping			X			X						
Mixed Berry Compote																									
Chocolate Sauce																									
Juice & Sips													More Drinks												
Morning Meditation													Project Sunrise Coffee - Regular												
Kale Tonic													Project Sunrise Coffee - Decaf												
Purple Haze													Cold Brew Coffee												
Add Immunity Boost													Herbal Tea												
Berry Lime Sparkler													Fresh-brewed Iced Tea - Unsweetened												
Blood Orange Citrus Sparkler													Fresh-brewed Iced Tea - Sweetened												
Passion Fruit Mint Sparkler													Fresh Iced Tea - Seasonal Blackberry												
Boozy													Hot Chocolate			X			X						
Blackberry Bramble Sangria													Milk Chocolate Cocoa Mix			X			X						
Merlot													Whipped Cream			X									
Orange Juice													Chocolate Syrup												
Fuji Apple Juice													Reduced-Fat Milk			X									
Wild Blackberry Syrup													Oat Milk			X									
Cinnamon Toast Crunch Cereal Milk													Coca-Cola Soft Drinks												
Coconut Rum													100% Cold Squeezed Orange Juice												
Agave													Grapefruit, Apple, or Cranberry Juice												
Cold Brew Coffee													Sandwiches												
Oat Milk													Monterey Club Sandwich (No Greens or Soup)		X	X				X	X	X			
Cinnamon													Sourdough Bread												
Pomegranate Mimosa													Mayonnaise		X										
Sparkling Wine													Turkey												
Pomegranate Juice													Avocado												
Million Dollar Bloody Mary	X			X			X						Bacon												
Vodka													Monterey Jack Cheese			X									
Million Dollar Bacon													Organic Mixed Greens												
Bloody Mary Mix	X				X		X						Tomatoes												
Spiked Lavendar Lemonade													Market Veggie (No Greens Or Soup)		X	X		X	X	X	X	X			
Premium Vodka													Whole Grain Artisan Toast												
Filtered Water													Whipped Butter		X			X							
Lemon Juice													Mozzarella Cheese												
Lavendar Syrup													Mayonnaise		X										
Simple Syrup													Crimini Mushrooms												
Mimosa													Basil Pesto			X									
Sparkling Wine													Spinach												
Orange Juice													Zucchini												
Pomegranate Sunrise													Roast Beef & Havarti (No Greens Or Soup)		X	X		X	X	X	X	X			
Tequila													Sourdough Bread												
Agave													Whipped Butter		X			X							
Lime Juice													Roast Beef												
Pomegranate Juice													Roasted Tomatoes												
Lemon													Havarti Horseradish Cheese			X									
Cold Brew Tini	X			X									Parmesan Cheese												
Vodka													Onions												
Cold Brew Coffee													Arugula												
Hot Chocolate	X				X								Lemon White Balsamic Vinaigrette												
Sweet Cream Topping	X				X								Horseradish Sauce		X										
Lavendar Lemonade Mimosa													Ham & Gruyere Melt (No Greens Or Soup)		X	X		X	X	X	X	X			
Sparkling Wine													Challah Bread		X										
Lemonade													Whipped Butter			X									
Lavendar Syrup													Gruyere Cheese			X									
Butterfly Pea Powder													Dijonnaise		X										
													Ham												
													Tomatoes												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Kid's Grilled Cheese w/ Fresh Fruit		X					X		X		X	
Sourdough Bread									X		X	
Whipped Butter		X					X					
Cheddar Jack Cheese		X										
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X	X					X		X		X	
Pancake Batter	X	X					X		X		X	
Chocolate Chips		X						X				
Whipped Butter		X					X					
Kid's French Toast (No Meat)	X	X					X		X		X	
Challah Bread	X								X		X	
French Toast Batter	X	X										
Whipped Butter		X					X					
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X	X					X		X		X	
Waffle Mix	X	X					X		X		X	
Whipped Butter		X					X					
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Bacon												
Pork Sausage												
Kid's Sunrise Granola Bowl w/ Toast	X						X	X	X			
Greek Vanilla Yogurt		X										
Granola								X	X	X		
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough								X	X			
Kid's Oats w/ Chicken Sausage								X	X			
Steel-cut Oats								X	X			
Banana												
Blueberries												
Strawberries												
Chicken Sausage Patty												

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FIRST WATCH CORE MENU UPDATE

NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device's camera.



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Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)			
THE CLASSICS																												
TRADITIONAL BREAKFAST																												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13	Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0			
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15	Maple Syrup	190	0	0	0	0	0	0	48	0	0	43	43	0		
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13	Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0	0		
Bacon	160	130	15	5	0	30	370	0	0	0	0	6	HASHES															
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16	Farmhouse Skillet Hash (No Eggs or Toast)	730	440	50	13	0	45	1970	53	9	4	0	16			
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20	Market Skillet Hash (No Eggs or Toast)	660	390	44	14	0	35	2330	48	5	4	0	12			
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12	Add Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13			
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18	Add Cage-Free Scrambled Eggs	220	160	18	6	0	515	230	1	0	1	0	15			
Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1340	42	4	2	0	3	Add Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13			
Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8	Side of Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8			
Upgrade to Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7	BOWLS															
Multigrain Pancake (No Syrup)	530	260	30	12	0	130	850	53	2	16	13	10	Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1340	42	5	4	1	33			
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2	Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	7	3	0	31			
Bacon	160	130	15	5	0	30	370	0	0	0	0	6	Barbacoa Chilaquiles Breakfast Bowl	1290	700	79	29	0	540	3300	91	14	8	3	52			
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16	HEALTHIER SIDE															
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12	Avocado Toast (No Eggs)	390	220	24	3.0	0	0	1090	37	14	6	4	11			
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18	Cage-Free Basted Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13			
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20	Add Million Dollar Bacon	120	70	7	2.5	0	15	190	11	0	10	10	3			
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13	Add Smoked Salmon	80	10	1	0	0	15	660	4	2	1	0	13			
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15	Sunrise Granola Bowl (No Muffin)	470	100	11	1.5	0	10	100	69	6	46	19	23			
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13	Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7			
Upgrade to Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7	Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6			
BISSCUITS & TURKEY SAUSAGE GRAVY WITH EGGS														Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7		
Biscuit And Turkey Sausage Gravy (No Eggs or Potatoes)	440	170	20	12	0	10	1340	56	2	5	4	9	Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8			
Side of Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13	Steel-cut Oatmeal w/ Pecans (No Muffin, Milk or Brown Sugar)	410	100	11	1.5	0	0	15	72	11	12	0	12			
Side of Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15	Side of Brown Sugar	100	0	0	0	0	0	10	27	0	27	27	0			
Side of Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13	Side of Reduced-Fat Milk	25	10	1	0.5	0	4	20	2	0	2	0	2			
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1340	42	4	2	0	3	A.M. Superfoods Bowl (No Toast or Granola)	430	220	25	18	0	0	160	51	9	36	22	5			
THE HITS														Add Granola w/ Almonds	120	50	6	0.5	0	0	15							

FIRST WATCH CORE MENU UPDATE NUTRITION GUIDE & ALLERGEN QR CODE

Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)													
SHARE																																					
JUICE & SIPS																																					
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7		Kale & Berry Salad (No Ciabatta Crisp or Dressing)	500	250	28	6	0	75	580	41	12	11	0	27											
Holey Donuts	1000	450	51	24	0	25	1120	132	7	82	80	9		Side of Lemon Vinaigrette Dressing	320	310	34	5	0	0	360	4	0	2	0	0											
Morning Meditation®	140	0	0	0	0	0	20	36	0	30	20	1		Cobb Salad (No Ciabatta Crisp or Dressing)	480	290	33	11	0	265	750	21	11	8	0	26											
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	4		Side of Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2											
Purple Haze	230	0	0	0	0	0	10	61	1	54	53	0		Sweet Honey Pecan Salad (No Ciabatta Crisp or Dressing)	620	400	45	10	0	85	760	31	14	9	0	30											
Blood Orange Citrus Sparkler	40	0	0	0	0	0	10	10	0	10	9	0		Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0											
Berry Lime Sparkler	50	0	0	0	0	0	10	12	0	11	11	0		Chicken Avocado Chop Salad (No Ciabatta Crisp or Dressing)	410	180	21	5	0	70	990	36	10	3	0	25											
Passion Fruit Mint Sparkler	50	0	0	0	0	0	10	13	0	12	12	0		Side of Citrus Chipotle Dressing	240	180	20	3.0	0	0	20	14	0	6	6	0											
Add Immunity Boost	60	0	0	0	0	0	0	13	0	0	0	0		Side of Ciabatta Crisp with Butter	120	30	3.5	0.5	0	0	350	18	0	0	0	3											
BOOZY																																					
Cinnamon Toast Cereal Milk	230	10	1.0	0	0	0	20	37	0	33	32	1		Broccoli Cheddar (No Crackers)	360	250	29	17	1.0	90	1480	16	1	6	1	10											
Cold Brew Tini	230	70	8	7	0	5	35	15	0	12	11	1		Clam Chowder (No Crackers)	370	190	21	12	0	75	1470	32	3	3	0	11											
Million Dollar Bloody Mary	220	35	3.5	1.5	0	5	860	11	0	7	5	4		Market Vegetable (No Crackers)	150	25	3.0	0	0	0	1360	26	4	9	0	4											
Classic Orange Mimosa	220	0	0	0	0	0	0	27	0	21	14	0		Italian Wedding (No Crackers)	200	60	7	3.0	0	15	1660	18	2	3	2	7											
Lavender Lemonade Mimosa	230	0	0	0	0	0	0	30	0	24	22	0		Tomato Basil (No Crackers)	270	160	18	7	0	30	1260	22	4	13	2	4											
Pomegranate Mimosa	240	0	0	0	0	0	0	31	0	24	14	0		Chicken and Wild Rice (No Crackers)	240	70	8	3.0	0	35	1120	33	1	3	1	9											
Spiked Lavender Lemonade	250	0	0	0	0	0	0	32	0	28	27	0		Side of Crackers with Bowl of Soup	50	10	1.0	0	0	0	180	10	0	0	0	2											
Pomegranate Sunrise	340	0	0	0	0	0	0	37	0	31	22	0		2 FOR YOU (1/2 SANDWICH, 1/2 SALAD, OR CUP OF SOUP)																							
Blackberry Bramble Sangria - Individual	310	0	0	0	0	0	10	32	1	24	16	1		Monterey Club Half Sandwich	500	270	30	8	0	65	1180	34	4	3	1	25											
Blackberry Bramble Sangria - Pitcher	500	0	0	0	0	0	20	52	2	39	27	1		Ham & Gruyère Melt Half Sandwich	410	210	24	8	0	110	1150	26	1	6	6	21											
ICED COFFEE																																					
Original Iced Coffee	210	50	6	3.5	0	20	130	29	0	28	14	9		Market Veggie Half Sandwich	320	170	19	4.0	0	10	490	26	5	6	4	11											
Mint Mocha	280	80	10	8	0	5	300	50	2	44	43	1		Roast Beef & Havarti Half Sandwich	530	280	32	11	0	60	1330	35	2	5	3	23											
Honey Caramel Crunch Iced Coffee	410	130	15	12	0	25	290	63	0	59	45	9		Kale & Berry Half Salad with Dressing	410	270	31	5	0	35	470	22	6	6	0	14											
MORE DRINKS																																					
Project Sunrise Regular Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0		Cobb Half Salad with Dressing	350	240	27	8	0	145	560	13	5	5	0	14											
Decaf Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0		Sweet Honey Pecan Half Salad with Dressing	430	220	25	5	0	40	580	36	7	24	20	15											
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	0	20	0	0	0	0		Chicken Avocado Chop Half Salad with Dressing	330	180	20	4.0	0	35	500	25	5	5	3	12											
Decaf Coffee (Full Pot)	0	0	0	0	0	0	0	20	0	0	0	0		Tomato Basil - Cup (No Crackers)	140	80	9	4.0	0	15	630	11	2	6	1	2											
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3		Broccoli Cheddar - Cup (No Crackers)	180	130	14	8	0	45	740	8	0	3	1	5											
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	3		Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5											
Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	1		Market Vegetable Soup - Cup (No Crackers)	80	15	1.5	0	0	0	680	13	2	5	0	2											
Hot Herbal Tea	0	0	0	0	0	0	0	0	0	0	0	0		Italian Wedding Soup - Cup (No Crackers)	100	30	3.5	1.5	0	10	830	9	0	1	1	4											
Fresh-Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	1	0	0	0	0		Chicken and Wild Rice - Cup (No Crackers)	120	35	4.0	1.5	0	20	560	17	0	1	1	5											
Fresh-Brewed Iced Tea - Sweetened	60	0	0	0	0	0	10	15	0	14	14	0		Side of Crackers with Cup of Soup	25	0	0.5	0	0	0	90	5	0	0	0	1											
Fresh-Brewed Iced Tea - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	0		SIDES																							
Reduced-Fat Milk - Large	230	80	9	6	0	35	220	22	0	23	0	15		Million Dollar Potatoes	460	220	25	6	0	20	1750	49	4	6	3	7											
Reduced-Fat Milk - Small	120	45	5.0	3.0	0	20	115	12	0	12	0	8		Buttered Grits	180	80	9	3.0	0	0	790	21	1	0	0	2											
Oat Milk - Large	280	150	17	2.0	0	0	200	30	2	13	13	4		Cheesy Grits	180	60	7	4.0	0	20	910	22	1</td														

3,000 calories a day is used for general nutrition advice, but calorie needs vary.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

GOOD MORNING PACKS AND RETAIL

Good Morning Tacos and Retail													
Item	1440	600	66	9	0	0	180	180	32	72	60	36	
First Watch Granola (Retail Bag)	1440	600	66	9	0	0	180	180	32	72	60	36	
Good Morning 12-pack For 4	3830	2000	226	68	0	2620	6320	304	31	137	77	137	
Good Morning 6-pack For 2	1920	1000	113	34	0	1310	3160	152	15	69	38	69	