

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.

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.

	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)
Menu Item												
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

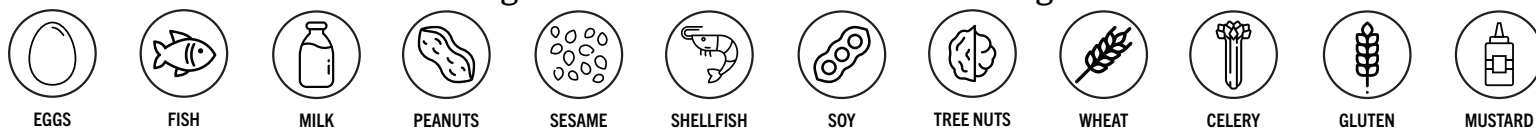
2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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

The allergens & intolerances identified in this guide are:



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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Menu Item												
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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PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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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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ALLERGEN GUIDE

2027 WINTER SEASONAL LTO TAMPA TEST MENU

The allergens & intolerances identified in this guide are:



EGGS



FISH



MILK



PEANUTS



SESAME



SHELLFISH



SOY



TREE NUTS



WHEAT



CELERY



GLUTEN



MUSTARD

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	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Menu Item												
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												

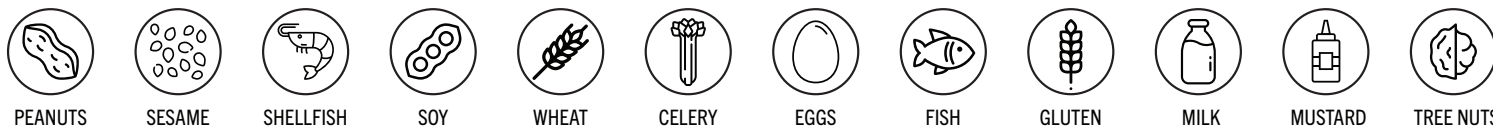
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CORE MENU ALLERGEN GUIDE

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.

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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		X	
Whole Grain Artisan Toast									X		X	
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine			X				X					
Chive and Parsley Herb Mix												
Power Wrap	X		X				X	X	X		X	
Tomato Basil Tortilla							X	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	Tree 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	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
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	Tree nuts	Wheat	Celery	Gluten	Mustard
BLT Benedict	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
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
Brioche Bun			X		X				X		X	
Whipped Butter			X				X					
Mayonnaise	X											X
Egg	X											
Margarine			X				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				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		X	
Turkey Sausage Gravy			X				X		X	X	X	
Eggs	X											
Margarine			X				X					
Chive and Parsley Herb Mix												
Fresh Seasoned Potatoes w/ Onions												
Farmhouse Skillet Hash	X		X				X		X		X	
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X				X					
Avocado												
Bacon												
Cheddar Jack Cheese			X									
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast									X		X	
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	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
Eggs	X											
Margarine			X				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				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Inspired Italian Omelet	X		X				X		X		X	X
Eggs	X											
Margarine			X				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				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
The Works Omelet	X		X				X		X	X	X	X
Eggs	X											
Margarine			X				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				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Frittata Rustica	X		X				X		X		X	X
Eggs	X											
Margarine			X				X					
Mozzarella Cheese			X									
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta									X		X	
Whipped Butter			X				X					
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Smoked Salmon & Roasted Veggie Frittata	X	X	X				X		X		X	X
Eggs	X											
Margarine			X				X					
Smoked Salmon		X										
Parmesan Cheese			X									
Chive Cream			X									
Shallots												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta									X		X	
Whipped Butter			X				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				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			X									
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		X
Quinoa												
Chicken Stock			X				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	X
Kale												
Organic Mixed Greens												
Chicken Stock			X				X			X		
Chicken												
Maple Carrots												
Parmesan Cheese			X									
Dried Cranberries												
Almonds								X				
Maple-Lemon Vinaigrette Dressing												X
Ciabatta									X		X	
Whipped Butter			X				X					
Chicken Avocado Chop Salad			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				X					
Cobb Salad	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	Tree 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
Whole Grain Artisan Toast									X		X	
Mayonnaise	X											X
Bacon												
Eggs	X											
Margarine			X				X					
Monterey Jack Cheese			X									
Tomatoes												
Organic Mixed Greens												
Baja Turkey Burger (No Greens Or Soup)	X		X		X		X		X		X	X
Brioche Bun					X				X		X	
Whipped Butter			X				X					
Turkey Burger												
Avocado												
Havarti Horseradish Cheese			X									
Organic Mixed Greens												
Mayonnaise	X											X
Pico de Gallo												
Market Veggie (No Greens Or Soup)	X		X				X		X		X	X
Whole Grain Artisan Toast									X		X	
Whipped Butter			X				X					
Mozzarella Cheese			X									
Mayonnaise	X											X
Crimini Mushrooms												
Basil Pesto			X									
Spinach												
Zucchini												
Roast Beef & Havarti (No Greens Or Soup)	X		X				X		X		X	X
Sourdough Bread									X		X	
Whipped Butter			X				X					
Roast Beef												
Roasted Tomatoes												
Havarti Horseradish Cheese			X									
Parmesan Cheese			X									
Onions												
Arugula												
Lemon White Balsamic Vinaigrette												X
Horseradish Sauce	X											X
Ham & Gruyere Melt (No Greens Or Soup)	X		X				X		X	X	X	X
Challah	X								X		X	
Whipped Butter			X				X					
Gruyere Cheese			X									
Dijonnaise	X											X
Ham										X		
Tomatoes												
Veggie Burger (No Greens Or Soup)	X		X		X		X		X		X	X
Brioche Bun			X		X				X		X	
Whipped Butter			X				X					
Veggie Patty							X		X		X	
Dijonnaise	X											X
Avocado												
Organic Mixed Greens												
Onions												
Tomatoes												
Lemon Dressed Greens												X
Lemon White Balsamic Vinaigrette												X
Organic Mixed Greens												
Soups												
Broccoli Cheddar (No Crackers)			X				X		X		X	X
Clam Chowder (No Crackers)		X	X			X			X	X	X	
Market Vegetable Soup (No Crackers)							X			X		X
Italian Wedding Soup (No Crackers)	X		X				X		X	X	X	
Tomato Basil Soup (No Crackers)			X				X		X	X	X	
Chicken w/Wild Rice Soup (No Crackers)			X							X		
Crackers							X		X		X	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Kids Meals												
Kid's Bacon & Egg w/Toast & Fresh Fruit	X		X				X		X		X	
Sourdough Bread									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	
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												
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	
Turkey Sausage Gravy			X				X		X	X	X	
Biscuit w/Butter, Honey & Preserves			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	
Whole Grain Artisan Toast									X		X	
Whipped Butter			X				X					
Strawberry Preserves												
English Muffin w/Butter & Preserves			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	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.

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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.



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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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)
CLASSIC FAVORITES												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3
Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8
TRI-FECTA												
Multigrain Pancake (No Syrup)	530	260	30	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13

HEALTHIER SIDE												
Avocado Toast (No Eggs)	390	220	24	3.0	0	0	1090	37	14	6	4	11
Cage-Free Basted Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Healthy Turkey (No Toast or Sliced Tomatoes)	260	80	9	3.5	0	50	1350	7	0	2	0	40
Sliced Tomatoes	10	0	0	0	0	0	0	2	0	2	0	1
Whole Grain Toast with Preserves (No Butter)	210	25	3.0	0	0	0	240	38	4	20	19	8
A.M. Superfoods Bowl (No Toast or Granola)	430	220	25	18	0	0	160	51	9	36	22	5
Add Granola w/ Almonds	120	50	6	0.5	0	0	15	15	2	6	5	3
Side of Toast with Almond Butter	350	190	21	2.5	0	0	910	29	7	6	4	14
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 Brown Sugar	100	0	0	0	0	0	10	27	0	27	27	0
Side of Reduced Fat Milk	25	10	1.0	0.5	0	4	20	2	0	2	0	2
Sunrise Granola Bowl (No Muffin)	470	100	11	1.5	0	10	100	69	6	46	19	23
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Tri-athlete (No Fruit or Toast)	160	40	4.5	0	0	0	600	8	1	5	0	22
Whole Grain Toast with Preserves (No Butter)	210	25	3.0	0	0	0	240	38	4	20	19	8
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
Power Wrap (No Fruit)	420	100	11	2.5	0	25	950	42	3	3	0	36
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1

FROM THE GRIDDLE												
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27

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)
Blueberry Pancake (1 Pancake, No Syrup)	580	260	30	12	0	130	870	67	3	28	19	10
Blueberry Pancakes (2 Pancakes, No Syrup)	1080	450	51	21	0	260	1660	135	6	56	39	21
Carrot Cake & Pecan Pancake (1 Pancake, No Syrup)	630	260	30	12	0	130	860	80	3	39	14	11
Carrot Cake & Pecan Pancakes (2 Pancakes, No Syrup)	1160	450	51	21	0	260	1650	156	6	74	26	22
Lemon Ricotta Pancakes (2 Mid-Stack Pancakes, No Syrup)	1100	470	53	24	0	335	1620	131	5	53	41	23
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2
French Toast (No Syrup)	590	240	27	9	0	390	640	64	3	24	20	19
Floridian French Toast (No Syrup)	670	170	20	6	0	390	570	103	8	46	20	21
Anniversary Pancake Cake	3160	1350	153	73	1.0	940	4820	378	13	146	110	67
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0

POWER BOWLS®												
Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1340	42	5	4	1	33
Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	7	3	0	31

EGG-SCLUSIVES												
Chickichanga (No Fruit or Potatoes)	830	520	59	25	0	365	1590	39	6	5	0	35
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3
Classic Benedict (No Dressed Greens)	590	260	30	11	0	530	1970	37	2	7	3	41
Florentine Benedict (No Dressed Greens)	510	280	31	10	0	440	810	39	6	4	0	21
BLT Benedict (No Dressed Greens)	570	330	37	12	0	455	1000	37	4	4	0	23
Smoked Salmon Benedict (No Dressed Greens)	500	210	24	8	0	455	1430	38	3	5	0	31
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Elevated Egg Sandwich (No Potatoes)	740	470	53	16	0	255	1060	46	4	7	5	23
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3
Farm Stand Breakfast Tacos (No Black Beans)	890	470	53	19	0	605	1890	53	8	4	1	46
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6
Biscuit And Turkey Sausage Gravy (No Eggs or Potatoes)	440	170	20	12	0	10	1340	56	2	5	4	9
Side of Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Side of Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Side of Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3
Farmhouse Skillet Hash (No Eggs or Toast)	730	440	50	13	0	45	2350	53	9	4	0	16
Market Skillet Hash (No Eggs or Toast)	720	430	49	17	0	50	2990	51	5	4	0	15
Parma Skillet Hash (No Eggs or Toast)	780	460	52	16	0	80	2830	50	5	5	1	25
Add Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Add Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Add Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Side of Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8

OMELETS AND FRITTATAS												
Bacado Omelet (No Toast or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
Ham & Gruyère Omelet (No Toast or Dressed Greens)	590	390	44	18	0	855	1170	4	0	3	2	44
Chile Chorizo Omelet (No Toast or Dressed Greens)	730	520	59	23	0	835	1040	13	5	5	1	36
Morning Market Vegetable Omelet (No Toast or Dressed Greens)	490	330	37	14	0	795	670	9	0	3	0	29
Inspired Italian Omelet (No Toast or Dressed Greens)	780	550	63	23	0	850	1860	8	0	4	1	43
The Works Omelet (No Toast or Dressed Greens)	720	510	58	24	0	855	1060	7	0	4	0	39
Frittata Rustica (No Ciabatta Crisp or Dressed Greens)	570	360	41	15	0	810	890	15	2	3	0	38
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Crisp or Dressed Greens)	520	320	36	14	0	810	1070	11	1	3	0	36
Side of Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8
Side of Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Side of Ciabatta Crisp with Butter	120	30	3.5	0.5	0	0	350	18	0	0	0	3
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3

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)
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SANDWICHES

Monterey Club (No Dressed Greens or Soup)	1000	530	61	17	0	125	2360	67	8	5	1	49
BLTE (No Dressed Greens or Soup)	1000	610	69	20	0	505	1380	53	11	14	8	45
Baja Turkey Burger (No Dressed Greens or Soup)	830	450	51	16	0	105	1180	55	8	9	5	45
Market Veggie (No Dressed Greens or Soup)	670	370	41	10	0	35	1140	51	10	12	8	25
Roast Beef & Havarti (No Dressed Greens or Soup)	1050	560	63	22	0	120	2680	70	4	10	7	46
Ham & Gruyère Melt (No Dressed Greens or Soup)	820	430	48	16	0	215	2310	53	3	13	11	43
Veggie Burger (No Dressed Greens or Soup)	730	310	35	8	0	10	1420	80	11	10	5	26
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1

SOUPS (BOWL)

Broccoli Cheddar (No Crackers)	360	250	29	17	1.0	90	1480	16	1	6	1	10
Clam Chowder (No Crackers)	370	190	21	12	0	75	1470	32	3	3	0	11
Market Vegetable (No Crackers)	150	25	3.0	0	0	0	1360	26	4	9	0	4
Italian Wedding (No Crackers)	200	60	7	3.0	0	15	1660	18	2	3	2	7
Tomato Basil (No Crackers)	270	160	18	7	0	30	1260	22	4	13	2	4
Chicken and Wild Rice (No Crackers)	240	70	8	3.0	0	35	1120	33	1	3	1	9
Side of Crackers with Bowl of Soup	50	10	1.0	0	0	0	180	10	0	0	0	2

SALADS

Superfood Kale Salad (No Ciabatta Crisp or Dressing)	460	150	17	4.0	0	65	890	54	12	22	10	29
Side of Maple-Lemon Vinaigrette Dressing	360	300	34	5	0	0	370	13	0	11	9	0
Chicken Avocado Chop Salad (No Ciabatta Crisp or Dressing)	490	230	26	5	0	70	910	44	9	4	0	24
Side of Citrus Chipotle Dressing	240	180	20	3.0	0	0	20	14	0	6	6	0
Cobb Salad (No Ciabatta Crisp or Dressing)	460	280	31	11	0	265	940	22	11	8	0	26
Side of Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2
Sweet Honey Pecan Salad (No Ciabatta Crisp or Dressing)	620	400	45	10	0	85	760	31	14	9	0	30
Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0
Side of Ciabatta Crisp with Butter	120	30	3.5	0.5	0	0	350	18	0	0	0	3

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
Ham & Gruyère Melt Half Sandwich	410	210	24	8	0	110	1150	26	1	6	6	21
Market Veggie Half Sandwich	340	180	21	5	0	20	570	26	5	6	4	13
Roast Beef & Havarti Half Sandwich	530	280	32	11	0	60	1330	35	2	5	3	23
Cobb Half Salad with Dressing	340	240	27	7	0	140	660	13	6	5	0	14
Superfood Kale Half Salad with Dressing	410	230	26	4.5	0	30	640	34	6	17	10	14
Sweet Honey Pecan Half Salad with Dressing	430	220	25	5	0	40	580	36	7	24	20	15
Chicken Avocado Chop Half Salad with Dressing	370	200	23	4.0	0	35	460	29	5	5	3	12
Tomato Basil - Cup (No Crackers)	140	80	9	4.0	0	15	630	11	2	6	1	2
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5
Broccoli Cheddar - Cup (No Crackers)	180	130	14	8	0	45	740	8	0	3	1	5
Market Vegetable Soup - Cup (No Crackers)	80	15	1.5	0	0	0	680	13	2	5	0	2
Italian Wedding Soup - Cup (No Crackers)	100	30	3.5	1.5	0	10	830	9	0	1	1	4
Chicken and Wild Rice - Cup (No Crackers)	120	35	4.0	1.5	0	20	560	17	0	1	1	5
Side of Crackers with Cup of Soup	25	0	0.5	0	0	0	90	5	0	0	0	1

SIDES AND SMALL PLATES

Buttered Grits	180	80	9	3.0	0	0	790	21	1	0	0	2
Cheesy Grits	180	60	7	4.0	0	20	910	22	1	0	0	8
Fresh, Seasonal Fruit (Large)	160	5	0.5	0	0	0	0	41	4	32	0	2
Fresh, Seasonal Fruit (Small)	80	0	0	0	0	0	0	21	2	16	0	1
Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1720	42	4	2	0	3
Biscuit & Gravy	440	170	20	12	0	10	1340	56	2	5	4	9
Whole Grain Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8
English Muffin with Preserves & Butter	330	110	13	4.0	0	0	280	45	1	16	16	5
Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
Million Dollar Potatoes	460	220	25	6	0	20	2150	49	4	6	3	7
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage Links	460	400	46	16	0	80	680	0	0	0	0	12
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Turkey Sausage Links	220	140	16	4.0	0	80	780	0	0	0	0	18
Lemon-Dressed Organic Mixed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1

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)
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KIDS' MEALS

Kid's Bacon and Egg with Toast & Fruit	400	150	17	6	0	225	580	47	3	17	1	15
Kid's Grilled Cheese with Fresh Fruit	810	400	45	19	0	50	1130	75	4	18	1	22
Kid's Granola Bowl with Toast	520	120	13	2.0	0	5	360	81	7	30	15	19
Kid's Oatmeal with Chicken Apple Sausage	300	80	9	2.5	0	35	290	45	6	11	1	14
Kid's Chocolate Chip Pancakes (No Meat or Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Kid's French Toast with Fresh Fruit (No Meat or Syrup)	360	160	18	6	0	195	350	37	2	16	7	10
Kid's Half Waffle with Fresh Fruit (No Meat or Syrup)	290	130	15	6	0	20	560	36	2	12	4	2
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0

BEVERAGES

Project Sunrise Regular Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	20	0	0	0	0	1
Decaf Coffee (Full Pot)	0	0	0	0	0	0	20	0	0	0	0	1
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	3
Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	1
Iced Coffee	210	50	6	3.5	0	20	130	29	0	28	14	9
Honey Caramel Crunch Iced Coffee	440	130	14	11	0	25	270	73	0	70	57	8
Mint Mocha Iced Coffee	370	120	14	11	0	20	130	54	2	50	38	8
Herbal Tea	0	0	0	0	0	0	0	0	0	0	0	0
Fresh-Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	1	0	0	0	0
Fresh-Brewed Iced Tea - Sweetened	60	0	0	0	0	0	10	15	0	14	14	0
Fresh-Brewed Iced Tea - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	0
Reduced-Fat Milk - Large	230	80	9	6	0	35	220	22	0	23	0	15
Reduced-Fat Milk - Small	120	45	5.0	3.0	0	20	115	12	0	12	0	8
Oat Milk - Large	280	150	17	2.0	0	0	200	30	2	13	13	4
Oat Milk - Small	150	80	9	1.0	0	0	105	16	1	7	7	2
Chocolate Milk - Large	290	70	8	5	0	30	190	44	2	43	23	14
Chocolate Milk - Regular	200	40	4.5	3.0	0	15	100	36	2	34	23	8
Hot Chocolate	250	50	5	5	0	15	310	51	0	46	42	1
San Pellegrino	0	0	0	0	0	0	10	0	0	0	0	0
Coke	100	0	0	0	0	0	30	27	0	27	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
Dr Pepper	100	0	0	0	0	0	40	26	0	26	26	0
Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	0
Sprite	90	0	0	0	0	0	45	26	0	26	26	0
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	0	3
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	0	2
Grapefruit Juice - Large	190	0	0	0	0	0	70	46	0	46	0	0
Grapefruit Juice - Small	100	0	0	0	0	0	35	25	0	25	0	0
Apple Juice - Large	210	0	0	0	0	0	65	53	0	53	0	0
Apple Juice - Small	110	0	0	0	0	0	35	28	0	28	0	0
Cranberry Juice - Large	210	0	0	0	0	0	30	53	0	53	0	0
Cranberry Juice - Small	110	0	0	0	0	0	15	28	0	28	0	0

JUICE BAR

Morning Meditation®	140	0	0	0	0	0	20	36	0	30	20	1
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	4
Purple Haze	230	0	0	0	0	0	10	61	1	54	53	0
Add Immunity Boost	60	0	0	0	0	0	0	13	0	0	0	0

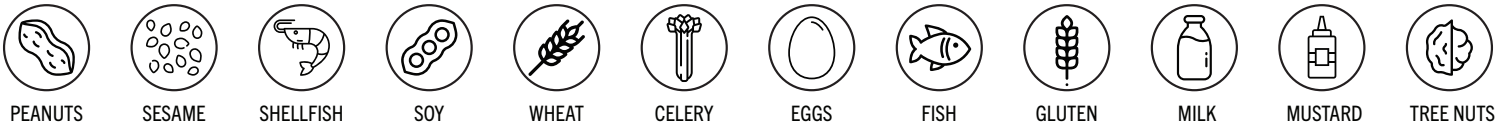
SIGNATURE COCKTAILS & BRUNCH CLASSICS

Cinnamon Toast Cereal Milk	230	10	1.0	0	0	0	20	37	0	33	32	1
Spiked Lavender Lemonade	250	0	0	0	0	0	0	32	0	28	27	0
Pomegranate Sunrise	340	0	0	0	0	0	0	37	0	31	22	0
Blackberry Bramble Sangria - Individual	310	0	0	0	0	0	10	32	1	24	16	1
Blackberry Bramble Sangria - Pitcher	500	0	0	0	0	0	20	52	2	39	27	1
Bourbon Blackberry Palmer (Select Locations)	200	0	0	0	0	0	5	13	0	12	12	0
Million Dollar Bloody Mary	220	35	3.5	1.5	0	5	860	11	0	7	5	4
Mimosa	220	0	0	0	0	0	0	27	0	21	14	0
Sparkling Wine	180	0	0	0	0	0	0	19	0	14	12	0

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:



Please inform your server 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.

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.

	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													Million Dollar Bacon												
Traditional: Cage-Free Whole Eggs	X		X				X						Million Dollar Potatoes			X				X		X		X	
Eggs	X												Million Dollar Bacon												
Margarine			X				X						Fresh Potatoes with Onions												
Chive and Parsley Herb Mix													Parmesan Cream Sauce			X				X		X		X	
Traditional: Egg Whites	X						X						Herb Mix												
Egg Whites	X												The Hits												
Vegetable Oil Spray							X						Chickichanga	X		X				X		X	X	X	
Chive and Parsley Herb Mix													Flour Tortilla									X		X	
Traditional: Bacon													Chicken									X			
Traditional: Chicken Sausage													Chorizo Sausage										X		
Traditional: Smoked Ham										X			Eggs	X											
Traditional: Pork Sausage													Margarine			X				X					
Traditional: Turkey Sausage													Avocado												
Traditional: Seasoned Potatoes w/Onions													Cheddar Jack Cheese			X									
Traditional: Whole Grain Toast w/Preserves			X				X		X		X		Green Chilies												
Whole Grain Artisan Toast									X		X		Onions												
Whipped Butter			X				X						Vera Cruz Sauce			X									
Strawberry Preserves													Sour Cream			X									
Tri-fecta: Plain Multigrain Pancake	X		X				X		X		X		Fresh Seasonal Fruit												
Pancake Batter	X		X				X		X		X		Fresh Seasoned Potatoes w/ Onions												
Whipped Butter			X				X						Barbacoa Breakfast Tacos	X		X				X		X		X	
Tri-fecta: Belgian Waffle	X		X				X		X		X		Barbacoa												
Waffle Batter	X		X				X		X		X		Wheat-Corn Tortillas									X		X	
Whipped Butter			X				X						Cage-Free Whole Eggs	X											
Berry Compote													Margarine			X				X					
Powdered Cinnamon Sugar													Avocado												
Tri-fecta: Bacon													Black Beans												
Tri-fecta: Chicken Sausage													Cheddar Jack Cheese			X									
Tri-fecta: Pork Sausage													Cotija Cheese			X									
Tri-fecta: Turkey Sausage													Scallions												
Tri-fecta: Cage-Free Whole Eggs	X		X				X						Lime Crema			X									
Eggs	X												Pico De Gallo												
Margarine			X				X						Elevated Egg Sandwich	X		X		X		X		X		X	
Chive and Parsley Herb Mix													Brioche Bun			X		X				X		X	
Tri-fecta: Egg Whites	X						X						Whipped Butter			X				X					
Egg Whites	X												Mayonnaise	X										X	
Vegetable Oil Spray							X						Egg	X											
Chive and Parsley Herb Mix													Margarine			X				X					
Biscuits & Turkey Sausage Gravy w/Eggs	X		X				X		X	X	X		Bacon												
Buttered Biscuits			X				X		X		X		Avocado												
Turkey Sausage Gravy			X				X		X	X	X		Gruyere Cheese			X									
Eggs	X												Arugula												
Margarine			X				X						Lemon White Balsamic Vinaigrette											X	
Celery													Fresh Seasoned Potatoes w/ Onions												
Chive and Parsley Herb Mix																									
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
The Sweet Side																									
Plain Multigrain Pancakes	X		X				X		X		X			Roasted Tomatoes											
Pancake Batter	X		X				X		X		X			Chive and Parsley Herb Mix											
Whipped Butter			X				X							Whole Grain Artisan Toast								X		X	
Banana Crunch Pancakes	X		X				X	X	X		X			Whipped Butter		X				X					
Pancake Batter	X		X				X		X		X			Strawberry Preserves											
Granola								X	X		X			Fresh Seasonal Fruit											
Bananas														Market Skillet Hash	X		X			X		X		X	
Whipped Butter			X				X							Fresh Seasoned Potatoes w/ Onions											
Carrot Cake & Pecan Pancakes	X		X				X	X	X		X			Cage-Free Whole Eggs	X										
Pancake Batter	X		X				X		X		X			Margarine		X				X					
Carrots														Herbed Goat Cheese		X									
Pecans								X						Mozzarella Cheese		X									
Raisins														Crimini Mushrooms											
Whipped Butter			X				X							Sweet Red Peppers											
Powdered Cinnamon Sugar														Roasted Onions											
Chocolate Chip Pancakes	X		X				X		X		X			Spinach											
Pancake Batter	X		X				X		X		X			Herb Mix											
Chocolate Chips			X				X							Whole Grain Artisan Toast								X		X	
Whipped Butter			X				X							Whipped Butter		X				X					
Blueberry Pancakes	X		X				X		X		X			Strawberry Preserves											
Pancake Batter	X		X				X		X		X			Bowls											
Blueberries														Power Breakfast Quinoa Bowl	X		X			X			X		X
Whipped Butter			X				X							Quinoa			X			X			X		
Berry Compote														Chicken Stock		X							X		
Lemon Ricotta Pancakes	X		X				X		X		X			Lemon White Balsamic Vinaigrette											X
Pancake Batter	X		X				X		X		X			Eggs	X										
Ricotta Cheese			X											Margarine		X				X					
Lemon Curd	X		X											Parmesan Cheese		X									
Powdered Cinnamon Sugar														Kale											
Strawberries														Crimini Mushrooms											
Belgian Waffle	X		X				X		X		X			Italian Sausage											
Waffle Mix	X		X				X		X		X			Roasted Tomatoes											
Whipped Butter			X				X							Chive and Parsley Herb Mix											
Berry Compote														Pesto Chicken Quinoa Bowl	X		X			X			X		X
Powdered Cinnamon Sugar														Quinoa											
Strawberry Tres Leches French Toast	X		X				X		X		X			Chicken Stock		X				X			X		
Challah Bread	X								X		X			Chicken											
French Toast Custard	X		X						X		X			Roasted Tomatoes											
Marcerated Strawberries														Carrots											
Dulce de Leche			X											Feta Cheese		X									
Cookie Crumbles							X		X		X			Kale											
Whipped Cream			X											Lemon											
Powdered Cinnamon Sugar														Lemon White Balsamic Vinaigrette											X
Floridian French Toast	X		X						X		X			Basil Pesto Dressing	X		X								X
Challah Bread	X								X		X			Chive and Parsley Herb Mix											
French Toast Batter	X		X											Barbacoa Chilaquiles Breakfast Bowl	X		X			X					
Bananas														Barbacoa											
Strawberries														Corn Tortilla Chips											
Kiwi														Cheddar Jack Cheese		X									
Berry Compote														Cotija Cheese		X									
Powdered Cinnamon Sugar														Cage-Free Whole Eggs	X										
French Toast	X		X				X		X		X			Margarine		X				X					
Challah Bread	X								X		X			Avocado											
French Toast Batter	X		X											Black Beans											
Whipped Butter			X				X							Scallions											
Berry Compote														Ranchero Sauce											
Powdered Cinnamon Sugar														Lime Crema		X									
Make it Floridian Style														The Healthier Side											
Bananas														Avocado Toast	X		X			X		X		X	
Kiwi														Whole Grain Artisan Toast								X		X	
Strawberries														Avocado											
Regular Syrup														Lemon											
Maple Syrup														Extra Virgin Olive Oil											
Sugar-free Syrup											X			Maldon Sea Salt											
Hashes														Cage-Free Eggs	X										
Farmhouse Skillet Hash	X		X				X		X		X			Margarine		X				X					
Fresh Seasoned Potatoes w/ Onions														Chive and Parsley Herb Mix											
Eggs	X													Sunrise Granola Bowl (No Muffin)		X				X	X		X		
Margarine			X				X							Greek Vanilla Yogurt		X									
Avocado														Fresh Seasonal Fruit											
Bacon														Granola							X	X		X	
Cheddar Jack Cheese			X											Powdered Cinnamon Sugar											
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		Avocado												
Steel-cut Oats									X		X		Sour Cream		X										
Pecans								X					Whole Grain Artisan Toast								X			X	
Bananas													Whipped Butter		X					X					
Strawberries													Strawberry Preserves												
Brown Sugar													Organic Mixed Greens												
Milk			X										Lemon White Balsamic Vinaigrette												X
A.M. Superfoods Bowl								X	X		X		The Works Omelet	X		X				X		X	X	X	X
Coconut Milk Chia Seed Pudding													Eggs	X											
Mixed Berry Compote													Margarine		X					X					
Bananas													Bacon												
Blueberries													Ham										X		
Strawberries													Cheddar Jack Cheese		X										
Granola								X	X		X		Crimini Mushrooms												
Whole Grain Artisan Toast									X		X		Onions												
Almond Butter								X					Italian Sausage												
Maldon Sea Salt													Sour Cream		X										
Power Wrap	X		X				X		X		X		Tomatoes												
Tomato Basil Tortilla							X		X		X		Whole Grain Artisan Toast								X			X	
Egg Whites	X												Whipped Butter		X					X					
Vegetable Oil Spray							X						Strawberry Preserves												
Turkey													Organic Mixed Greens												
Crimini Mushrooms													Lemon White Balsamic Vinaigrette												X
Spinach													Frittatas												
Mozzarella Cheese			X										Frittata Rustica	X		X				X		X		X	X
Pico de Gallo													Eggs	X											
Fresh Seasonal Fruit													Margarine			X				X					
Healthy Turkey	X		X				X		X		X		Mozzarella Cheese		X										
Turkey													Parmesan Cheese		X										
Feta Cheese			X										Kale												
Egg Whites	X												Crimini Mushrooms												
Vegetable Oil Spray							X						Onions												
Onions													Roasted Tomatoes												
Spinach													Chive and Parsley Herb Mix												
Tomatoes													Ciabatta								X			X	
Whole Grain Artisan Toast									X		X		Whipped Butter		X					X					
Strawberry Preserves													Organic Mixed Greens												
Tri-Athlete	X						X		X		X		Lemon White Balsamic Vinaigrette												X
Egg Whites	X												Smoked Salmon & Roasted Veggie Frittata	X	X	X				X		X		X	X
Vegetable Oil Spray							X						Eggs	X											
Green Chiles													Margarine			X				X					
Crimini Mushrooms													Smoked Salmon		X										
Tomatoes													Parmesan Cheese			X									
Onions													Chive Cream		X										
Pico de Gallo													Shallots												
Whole Grain Artisan Toast									X		X		Roasted Tomatoes												
Strawberry Preserves													Chive and Parsley Herb Mix												
Banana Nut Muffin	X		X					X	X		X		Ciabatta								X			X	
Blueberry Muffin	X		X						X		X		Whipped Butter		X					X					
Carrot Pecan Muffin	X		X					X	X		X		Organic Mixed Greens												
Chocolate Chip Muffin	X		X				X		X		X		Lemon White Balsamic Vinaigrette												X
Lemon Chia Muffin	X		X						X		X		Benedicts												
Orange Cranberry Muffin	X		X						X		X		Classic Benedict	X		X				X		X	X	X	X
Omelets													Toasted Ciabatta								X			X	
Bacado Omelet	X		X				X		X		X	X	Whipped Butter			X				X					
Eggs	X												Eggs	X											
Margarine			X				X						Ham										X		
Cheddar Jack Cheese			X										Tomatoes												
Bacon													Hollandaise			X									
Avocado													Chive and Parsley Herb Mix												
Pico de Gallo													Organic Mixed Greens												
Sour Cream			X										Lemon White Balsamic Vinaigrette												X
Whole Grain Artisan Toast									X		X		BLT Benedict	X		X				X		X		X	X
Whipped Butter			X				X						Toasted Ciabatta								X			X	
Strawberry Preserves													Whipped Butter			X				X					
Organic Mixed Greens													Eggs	X											
Lemon White Balsamic Vinaigrette												X	Arugula												
Chile Chorizo Omelet	X		X				X		X		X	X	Avocado												
Eggs	X												Bacon												
Margarine			X				X						Tomatoes												
Chorizo Sausage													Hollandaise			X									
Cheddar Jack Cheese			X										Chive and Parsley Herb Mix												
Green Chilies													Organic Mixed Greens												
Onions													Lemon White Balsamic Vinaigrette												X
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	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		Honey												
Donut Holes	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													More Drinks												
Chocolate Sauce													Project Sunrise Coffee - Regular												
Juice & Sips													Project Sunrise Coffee - Decaf												
Morning Meditation													Cold Brew Coffee												
Kale Tonic													Herbal Tea												
Purple Haze													Fresh-brewed Iced Tea - Unsweetened												
Add Immunity Boost													Fresh-brewed Iced Tea - Sweetened												
Berry Lime Sparkler													Fresh Iced Tea - Seasonal Blackberry												
Blood Orange Citrus Sparkler													Hot Chocolate			X				X					
Passion Fruit Mint Sparkler													Milk Chocolate Cocoa Mix			X				X					
Boozy													Whipped Cream			X									
Blackberry Bramble Sangria													Chocolate Syrup												
Merlot													Reduced-Fat Milk			X									
Orange Juice													Oat Milk			X									
Fuji Apple Juice													Coca-Cola Soft Drinks												
Wild Blackberry Syrup													100% Cold Squeezed Orange Juice												
Cinnamon Toast Crunch Cereal Milk													Grapefruit, Apple, or Cranberry Juice												
Coconut Rum													Sandwiches												
Agave													Monterey Club Sandwich (No Greens or Soup)	X		X						X		X	X
Cold Brew Coffee													Sourdough Bread									X		X	
Oat Milk													Mayonnaise	X											X
Cinnamon													Turkey												
Pomegranate Mimosa													Avocado												
Sparkling Wine													Bacon												
Pomegranate Juice													Monterey Jack Cheese			X									
Million Dollar Bloody Mary		X					X			X			Organic Mixed Greens												
Vodka													Tomatoes												
Million Dollar Bacon													Market Veggie (No Greens Or Soup)	X		X				X		X		X	X
Bloody Mary Mix		X					X			X			Whole Grain Artisan Toast									X		X	
Spiked Lavendar Lemonade													Whipped Butter			X				X					
Premium Vodka													Mozzarella Cheese			X									
Filtered Water													Mayonnaise	X											X
Lemon Juice													Crimini Mushrooms												
Lavendar Syrup													Basil Pesto			X									
Simple Syrup													Spinach												
Mimosa													Zucchini												
Sparkling Wine													Roast Beef & Havarti (No Greens Or Soup)	X		X				X		X		X	X
Orange Juice													Sourdough Bread									X		X	
Pomegranate Sunrise													Whipped Butter			X				X					
Tequila													Roast Beef												
Agave													Roasted Tomatoes												
Lime Juice													Havarti Horseradish Cheese			X									
Pomegranate Juice													Parmesan Cheese			X									
Lemon													Onions												
Cold Brew Tini			X				X						Arugula												
Vodka													Lemon White Balsamic Vinaigrette												X
Cold Brew Coffee													Horseradish Sauce	X											X
Hot Chocolate			X				X						Ham & Gruyere Melt (No Greens Or Soup)	X		X				X		X	X	X	X
Sweet Cream Topping		X					X						Challah Bread	X								X		X	
Lavendar Lemonade Mimosa													Whipped Butter			X				X					
Sparkling Wine													Gruyere Cheese			X									
Lemonade													Dijonnaise	X											X
Lavendar Syrup													Ham									X			
Butterfly Pea Powder													Tomatoes												

	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
BLTE (No Greens or Soup)	X		X				X		X		X	X	Black Beans												
Whole Grain Artisan Toast									X		X		Feta Cheese		X										
Mayonnaise	X											X	Corn												
Bacon													Tomatoes												
Eggs	X												Tortilla Strips												
Margarine			X				X						Chive and Parsley Herb Mix												
Monterey Jack Cheese			X										Citrus Chipotle Dressing												X
Tomatoes													Ciabatta								X		X		
Organic Mixed Greens													Whipped Butter			X				X					
Veggie Burger (No Greens Or Soup)	X		X		X		X		X		X	X	Soups												
Brioche Bun			X		X				X		X		Tomato Basil Soup (No Crackers)			X				X		X	X	X	
Whipped Butter			X				X						Broccoli Cheddar (No Crackers)			X				X		X	X	X	X
Veggie Patty							X		X		X		Clam Chowder (No Crackers)		X	X			X			X	X	X	
Dijonnaise	X											X	Market Vegetable Soup (No Crackers)							X			X		X
Avocado													Italian Wedding Soup (No Crackers)	X		X				X		X	X	X	
Organic Mixed Greens													Chicken w/Wild Rice Soup (No Crackers)			X							X		
Onions													Crackers							X		X		X	
Tomatoes													Sides												
Baja Turkey Burger (No Greens Or Soup)	X		X		X		X		X		X	X	Million Dollar Potatoes			X				X		X		X	
Brioche Bun			X		X				X		X		Million Dollar Bacon												
Whipped Butter			X				X						Fresh Potatoes with Onions												
Turkey Burger													Parmesan Cream Sauce		X					X		X		X	
Avocado													Herb Mix												
Havarti Horseradish Cheese			X										Plain Grits w/ Butter			X				X					
Organic Mixed Greens													Grits												
Mayonnaise	X											X	Whipped Butter		X					X					
Pico de Gallo													Cheesy Grits			X									
Lemon Dressed Greens												X	Grits												
Lemon White Balsamic Vinaigrette												X	Cheddar Jack Cheese		X										
Organic Mixed Greens													Parmesan Cheese		X										
Salads													Fresh Seasonal Fruit												
Kale & Berry Salad			X				X	X	X		X	X	Fresh Seasoned Potatoes w/ Onions												
Kale													Biscuit & Gravy			X				X		X	X	X	
Organic Mixed Greens													Biscuits		X					X		X		X	
Chicken													Turkey Sausage Gravy		X					X		X	X	X	
Blueberries													Biscuit w/Butter, Honey & Preserves		X					X		X		X	
Strawberries													Biscuits		X					X		X		X	
Carrots													Whipped Butter		X					X					
Goat Cheese			X										Strawberry Preserves												
Pecans								X					Honey												
Herb Mix													Whole Grain Toast w/Butter & Preserves			X				X		X		X	
Lemon White Balsamic Vinaigrette												X	Whole Grain Artisan Toast									X		X	
Ciabatta Toast									X		X		Whipped Butter			X				X					
Whipped Butter			X				X						Strawberry Preserves												
Cobb Salad	X		X				X		X		X	X	English Muffin w/Butter & Preserves			X				X		X		X	
Romaine													English Muffin			X				X		X		X	
Organic Mixed Greens													Whipped Butter			X				X					
Turkey													Strawberry Preserves												
Avocado													Gluten-Free Toast w/Preserves (No Butter)												
Bacon													Gluten-Free Bread												
Cheddar Jack Cheese			X										Strawberry Preserves												
Hard Boiled Eggs	X												Banana Nut Muffin	X		X					X	X		X	
Tomatoes													Blueberry Muffin	X		X						X	X		X
Ranch Dressing	X		X									X	Carrot Pecan Muffin	X		X					X	X		X	
Ciabatta									X		X		Chocolate Chip Muffin	X		X				X		X		X	
Whipped Butter			X				X						Lemon Chia Muffin	X		X						X		X	
Sweet Honey Pecan Salad			X				X	X	X		X	X	Orange Cranberry Muffin	X		X						X		X	
Romaine													Hardwood Smoked Bacon												
Organic Mixed Greens													Smoked Ham										X		
Chicken													Pork Sausage Links												
Bacon													Chicken Apple Sausage Patties												
Cheddar Jack Cheese			X										Turkey Sausage Links												
Pecans								X					Lemon Dressed Organic Mixed Greens												X
Tomatoes													Organic Mixed Greens												
Carrots													Lemon White Balsamic Vinaigrette												X
Avocado													Kids Meals												
Honey Dijon Dressing												X	Kid's Bacon & Egg w/Toast & Fresh Fruit	X		X				X		X		X	
Ciabatta									X		X		Sourdough Bread									X		X	
Whipped Butter			X				X						Bacon												
Chicken Avocado Chop Salad			X				X		X		X	X	Eggs	X											
Romaine													Margarine			X				X					
Arugula													Fresh Seasonal Fruit												
Chicken																									
Avocado																									

	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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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 UPDATE

NUTRITION GUIDE & ALLERGEN QR CODE

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



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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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)
THE CLASSICS												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1340	42	4	2	0	3
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
TRI-FECTA												
Multigrain Pancake (No Syrup)	530	260	30	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Apple Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Upgrade to Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
BISCUITS & TURKEY SAUSAGE GRAVY WITH EGGS												
Biscuit And Turkey Sausage Gravy (No Eggs or Potatoes)	440	170	20	12	0	10	1340	56	2	5	4	9
Side of Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Side of Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Side of Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1340	42	4	2	0	3
THE HITS												
Chickichanga (No Fruit or Potatoes)	830	520	59	25	0	365	1590	39	6	5	0	35
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1340	42	4	2	0	3
Barbacoa Breakfast Tacos	970	550	63	25	0	535	1730	53	7	5	1	43
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6
Farm Stand Breakfast Tacos (No Black Beans)	890	470	53	19	0	605	1890	53	8	4	1	46
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6
Elevated Egg Sandwich (No Potatoes)	740	470	53	16	0	255	1060	46	4	7	5	23
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1340	42	4	2	0	3
Upgrade to Million Dollar Bacon	105	65	7	2.5	0	14	190	6	0	6	6	3
THE SWEET SIDE												
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27
Blueberry Pancake (1 Pancake, No Syrup)	580	260	30	12	0	130	870	67	3	28	19	10
Blueberry Pancakes (2 Pancakes, No Syrup)	1080	450	51	21	0	260	1660	135	6	56	39	21
Carrot Cake & Pecan Pancake (1 Pancake, No Syrup)	630	260	30	12	0	130	860	80	3	39	14	11
Carrot Cake & Pecan Pancakes (2 Pancakes, No Syrup)	1160	450	51	21	0	260	1650	156	6	74	26	22
Lemon Ricotta Pancakes (2 Mid-Stack Pancakes, No Syrup)	1100	470	53	24	0	335	1620	131	5	53	41	23
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2
French Toast (No Syrup)	590	240	27	9	0	390	640	63	3	24	20	19
Floridian French Toast (No Syrup)	670	170	20	6	0	390	570	103	8	46	20	21
Strawberry Tres Leches French Toast	840	220	25	11	0	400	830	129	5	80	66	22

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)
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
HASHES												
Farmhouse Skillet Hash (No Eggs or Toast)	730	440	50	13	0	45	1970	53	9	4	0	16
Market Skillet Hash (No Eggs or Toast)	660	390	44	14	0	35	2330	48	5	4	0	12
Add Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Add Cage-Free Scrambled Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Add Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Side of Whole Grain Artisan Toast with Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8
BOWLS												
Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1340	42	5	4	1	33
Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	7	3	0	31
Barbacoa Chilaquiles Breakfast Bowl	1290	700	79	29	0	540	3300	91	14	8	3	52
HEALTHIER SIDE												
Avocado Toast (No Eggs)	390	220	24	3.0	0	0	1090	37	14	6	4	11
Cage-Free Basted Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Add Million Dollar Bacon	120	70	7	2.5	0	15	190	11	0	10	10	3
Add Smoked Salmon	80	10	1	0	0	15	660	4	2	1	0	13
Sunrise Granola Bowl (No Muffin)	470	100	11	1.5	0	10	100	69	6	46	19	23
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
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 Brown Sugar	100	0	0	0	0	0	10	27	0	27	27	0
Side of Reduced-Fat Milk	25	10	1	0.5	0	4	20	2	0	2	0	2
A.M. Superfoods Bowl (No Toast or Granola)	430	220	25	18	0	0	160	51	9	36	22	5
Add Granola w/ Almonds	120	50	6	0.5	0	0	15	15	2	6	5	3
Side of Toast with Almond Butter	350	190	21	2.5	0	0	910	29	7	6	4	14
Power Wrap (No Fruit)	420	100	11	2.5	0	25	950	42	3	3	0	36
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
Healthy Turkey (No Toast or Sliced Tomatoes)	260	80	9	3.5	0	50	1350	7	0	2	0	40
Sliced Tomatoes	10	0	0	0	0	0	0	2	0	2	0	1
Whole Grain Toast with Preserves (No Butter)	210	25	3.0	0	0	0	240	38	4	20	19	8
Tri-athlete (No Fruit or Toast)	160	40	4.5	0	0	0	600	8	1	5	0	22
Whole Grain Toast with Preserves (No Butter)	210	25	3.0	0	0	0	240	38	4	20	19	8
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
OMELETS												
Bacado Omelet (No Toast or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
Chile Chorizo Omelet (No Toast or Dressed Greens)	730	520	59	23	0	835	1040	13	5	5	1	36
The Works Omelet (No Toast or Dressed Greens)	720	510	58	24	0	855	1060	7	0	4	0	39
Side of Whole Grain Artisan Toast w/ Preserves & Butter	330	130	15	4.0	0	0	340	38	4	20	19	8
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
FRITTATAS												
Frittata Rustica (No Ciabatta Crisp or Dressed Greens)	570	360	41	15	0	810	890	15	2	3	0	38
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Crisp or Dressed Greens)	520	320	36	14	0	810	1180	11	1	3	0	36

FIRST WATCH