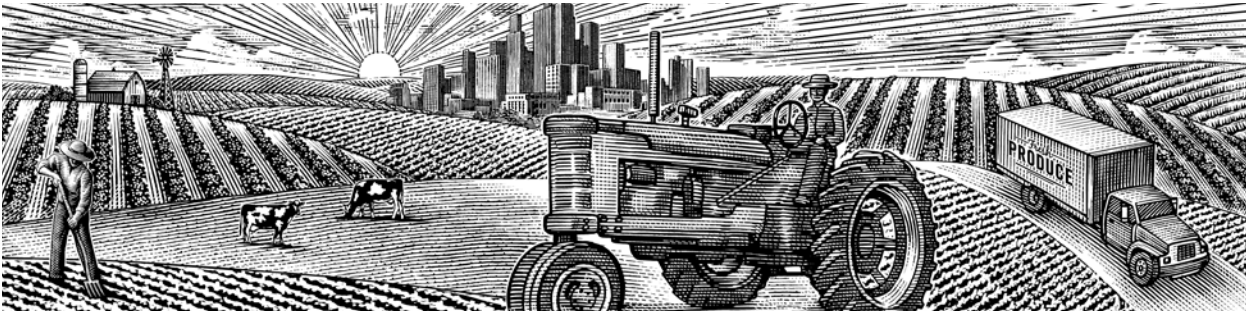


FIRST WATCH®

BREAKFAST • BRUNCH • LUNCH



OUR PHILOSOPHY FOR SERVING FRESH, IN-SEASON PRODUCE IS SIMPLE, REALLY...
WE “FOLLOW THE SUN” AND PARTNER WITH THE BEST GROWERS POSSIBLE.

THE HEALTHIER SIDE

AVOCADO TOAST Our thick-cut whole grain artisan toast, fresh smashed avocado, EVOO, lemon and Maldon sea salt with two cage-free basted eggs. (640 Cal) 11.79

HEALTHY TURKEY Egg white omelet with turkey, house-roasted onions, tomatoes, spinach and Feta cheese. Served with our whole grain artisan toast and all-natural house preserves. (550 Cal) 11.79

A.M. SUPERFOODS BOWL Coconut milk chia seed pudding, fresh bananas and berries, mixed berry compote, housemade granola with almonds and our whole grain artisan toast with almond butter and Maldon sea salt. (960 Cal) 11.89

SUNRISE GRANOLA BOWL Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit and our housemade granola with almonds. Served with a freshly baked muffin of the day. (930-1070 Cal) 9.99

STEEL-CUT OATMEAL Made to order with berries, fresh sliced banana, pecans, low-fat milk, brown sugar and a freshly baked muffin of the day. (1000-1130 Cal) 8.99

TRI-ATHLETE Egg white omelet with house-roasted Crimini mushrooms, onions, tomatoes and green chilies. Served with housemade pico de gallo, our whole grain artisan toast, all-natural house preserves and fresh fruit. (510 Cal) 11.89

POWER WRAP Egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sun-dried tomato-basil tortilla. Served with fresh fruit and a side of housemade pico de gallo. (590 Cal) 10.29

FROM THE GRIDDLE

MULTIGRAIN PANCAKES We’ve gotta warn you: These beauties are beyond big – they’re humongous! Choose your stackage accordingly.

- Plain (520/1050 Cal)
- Chocolate Chip (640/1270 Cal)
- Banana Granola Almond Crunch (670/1340 Cal)
- Blueberry (580/1170 Cal)
- Carrot Cake & Pecan (660/1310 Cal)

One 6.39 Two 8.49

LEMON RICOTTA PANCAKES We add fresh, whipped ricotta cheese to our multigrain batter. Served as a “mid-stack” of two pancakes topped with seasonal berries, creamy lemon curd and powdered cinnamon sugar. (680 Cal) 10.99

BELGIAN WAFFLE Our light and airy waffle with a side of warm mixed berry compote and powdered cinnamon sugar. (440 Cal) 9.79

FRENCH TOAST Custard-dipped, thick-cut brioche bread with whipped butter, powdered cinnamon sugar and warm mixed berry compote. (600 Cal) 10.29

FLORIDIAN FRENCH TOAST Thick-cut brioche bread with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and seasonal berries. (790 Cal) 12.29

REGULAR SYRUP (150 Cal)
SUGAR-FREE SYRUP (20 Cal) AVAILABLE UPON REQUEST
100% PURE MAPLE SYRUP (190 Cal) AVAILABLE FOR 1.59

EGG-SCLUSIVES

CHICKICHANGA Whipped eggs with spicy, all-natural chicken breast, chorizo, green chilies, Cheddar and Monterey Jack, onions and avocado rolled in a flour tortilla. Topped with Vera Cruz sauce and all-natural sour cream. Served with fresh fruit and fresh, seasoned potatoes. (1190 Cal) 12.29

EGGS BENEDICT Two poached cage-free eggs atop toasted ciabatta with your choice of combinations below and topped with hollandaise. Served with lemon-dressed organic mixed greens (70 Cal). Fresh, seasoned potatoes (320 Cal) available upon request.

- **Classic** - smoked ham and vine-ripened tomato (550 Cal) 12.89
- **Florentine** - fresh baby spinach, avocado and vine-ripened tomato (470 Cal) 12.89
- **BLT** - bacon, vine-ripened tomato, avocado and lemon-dressed arugula (520 Cal) 12.89
- **Smoked Salmon** - Wild Alaska Smoked Sockeye Salmon,* red onion and vine-ripened tomato (450 Cal) 14.89

THE ELEVATED EGG SANDWICH Bacon, an over-easy cage-free egg, Gruyere cheese, fresh smashed avocado, mayo and lemon-dressed arugula on a brioche bun with a side of fresh, seasoned potatoes. (1050 Cal) 11.99

FARM STAND BREAKFAST TACOS Three wheat-corn tortillas with cage-free scrambled eggs, Cajun chicken, chorizo, Cheddar and Monterey Jack. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. (970 Cal) 11.99

BISCUITS & TURKEY SAUSAGE GRAVY WITH EGGS One large freshly baked buttermilk biscuit split in two with homestyle turkey sausage gravy, two cage-free eggs any style and a side of fresh, seasoned potatoes. (930 Cal) 11.29

SKILLET HASH Two cage-free eggs any style atop fresh, seasoned potatoes. Served with our whole grain artisan toast with all-natural house preserves. Choose one from below.

- **Farmhouse** - bacon, avocado, house-roasted onions and tomatoes with Cheddar and Monterey Jack (1350 Cal) 12.99
- **Parma** - Italian sausage, house-roasted Crimini mushrooms, onions and tomatoes with melted Parmesan, Mozzarella and fresh herbs (1400 Cal) 12.99
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (1250 Cal) 12.99

CLASSIC FAVORITES

THE TRADITIONAL BREAKFAST Two cage-free eggs any style with your choice of bacon, smoked ham, chicken sausage patties, turkey or pork sausage links. Served with our whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. Substitute gluten-free toast° (subtract 240 Cal) at no additional charge. (930-1390 Cal) 11.79

TRI-FECTA Two cage-free eggs any style with either a light and airy Belgian waffle or a multigrain pancake. Plus your choice of bacon, chicken sausage patty, turkey or pork sausage link. (540-980 Cal) 11.79

OMELETS AND FRITTATAS

Omelets served with our whole grain artisan toast with all-natural house preserves (390 Cal) and lemon-dressed organic mixed greens (70 Cal). Fresh, seasoned potatoes (320 Cal) available upon request. Substitute egg whites (subtract 160 Cal) or gluten-free toast° (150 Cal) at no additional charge.

BACADO Bacon, avocado and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (740 Cal) 12.29

HAM & GRUYERE Smoked ham, Gruyere cheese and fresh herbs. (610 Cal) 11.89

CHILE CHORIZO Chorizo, avocado, green chilies, house-roasted onions, Cheddar and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (730 Cal) 11.89

MORNING MARKET VEG House-roasted zucchini, Crimini mushrooms, shallots, tomatoes and kale with Goat cheese and fresh herbs. (500 Cal) 11.89

INSPIRED ITALIAN Italian sausage, house-roasted tomatoes and red peppers with fresh herbs, Mozzarella and Parmesan. (780 Cal) 11.89

THE WORKS Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. (720 Cal) 12.29

FRITTATA RUSTICA A classic Italian-style omelet with kale, house-roasted Crimini mushrooms, onions and tomatoes topped with Mozzarella and Parmesan. Served with ciabatta toast and lemon-dressed organic mixed greens. (720 Cal) 11.89

SMOKED SALMON & ROASTED VEGETABLE FRITTATA A classic frittata with Wild Alaska Smoked Sockeye Salmon,* house-roasted shallots and tomatoes topped with Parmesan, a chive cream drizzle and fresh herbs. Served with ciabatta toast and lemon-dressed organic mixed greens. (680 Cal) 12.69

POWER BOWLS®

Power Bowls are gluten free.°

POWER BREAKFAST QUINOA BOWL Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan and EVOO. Topped with two cage-free basted eggs. (860 Cal) 11.49

PESTO CHICKEN QUINOA BOWL Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, Feta cheese and fresh herbs. (650 Cal) 11.49

At First Watch, we start each morning by juicing fresh fruits and vegetables, baking muffins and whipping up our French toast batter from scratch. Every Breakfast, Brunch, Lunch, pot of coffee and glass of signature juice is made with the finest ingredients possible for the freshest taste around. So, of course, we love to say “Yeah, it’s fresh” – but it’s even better when we hear you say it.

★ YEAH, ★
IT’S FRESH

SIDES AND SMALL PLATES

BOB'S RED MILL GRITS
Buttered (180 Cal) 2.99 Cheesy (180 Cal) 2.99

FRESH, SEASONAL FRUIT
Small (80 Cal) 4.29 Large (160 Cal) 5.29

FRESH, SEASONED POTATOES (320 Cal) 3.59

BISCUITS & GRAVY One Large Buttermilk Biscuit (420 Cal) 5.29

OUR WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES (390 Cal) 1.99

ENGLISH MUFFIN (330 Cal) 1.99

GLUTEN-FREE TOAST° (150 Cal) 1.99

FRESHLY BAKED MUFFIN OF THE DAY (460-590 Cal) 2.99

MILLION DOLLAR BACON (250 Cal) 5.49

HARDWOOD SMOKED BACON (160 Cal) 5.29

SMOKED HAM (160 Cal), **PORK SAUSAGE** (460 Cal), **CHICKEN SAUSAGE PATTY** (180 Cal) **OR TURKEY SAUSAGE** (220 Cal) 4.49

LEMON-DRESSED ORGANIC MIXED GREENS (70 Cal) 2.99

BOWL OF SOUP
Tomato Basil or Soup of the Day (140-290 Cal) 4.69

SALADS

Salads served with artisan ciabatta toast. (90 Cal)

SUPERFOOD KALE Vitamin-rich kale and organic mixed greens with housemade maple-roasted carrots, warm all-natural chicken breast, dried cranberries, slivered almonds and shredded Parmesan tossed in our refreshing maple-lemon vinaigrette. (820 Cal) 11.39

CHICKEN AVOCADO CHOP Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla strips with citrus chipotle dressing. (790 Cal) 11.39

COBB Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with buttermilk ranch dressing. (690 Cal) 11.39

SWEET HONEY PECAN Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. (860 Cal) 11.39

SANDWICHES

Sandwiches served with lemon-dressed organic mixed greens (70 Cal) **or a bowl of hot soup.** (140-290 Cal)

MONTEREY CLUB Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1000 Cal) 11.29

BLTE The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on our artisan whole grain. (1120 Cal) 10.99

BAJA TURKEY BURGER A lean white-meat turkey patty with avocado, organic mixed greens, housemade pico de gallo, mayo and Horseradish Havarti cheese on a brioche bun. (810 Cal) 10.99

MARKET VEGGIE House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella on our grilled artisan whole grain. (790 Cal) 10.89

ROAST BEEF & HAVARTI Roast beef, Horseradish Havarti cheese, house-roasted onions and tomato with lemon-dressed arugula on grilled Parmesan-crusteD sourdough. Horseradish sauce on the side. (1000 Cal) 12.89

HAM & GRUYERE MELT Smoked ham, tomato and melted Gruyere cheese with Dijonnaise on grilled artisan brioche. (810 Cal) 11.29

VEGGIE BURGER A seasoned all-natural patty of brown rice, Peppadew peppers, onions, carrots and mushrooms. Served on a brioche bun with fresh smashed avocado, organic mixed greens, tomato, red onion and a side of Dijonnaise. (610 Cal) 10.99

CHICKEN SALAD MELT All-natural white-meat chicken salad made with apples, raisins and celery served open-faced on our grilled artisan whole grain. Topped with tomato and melted Monterey Jack. (600 Cal) 10.99



CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

SANDWICHES

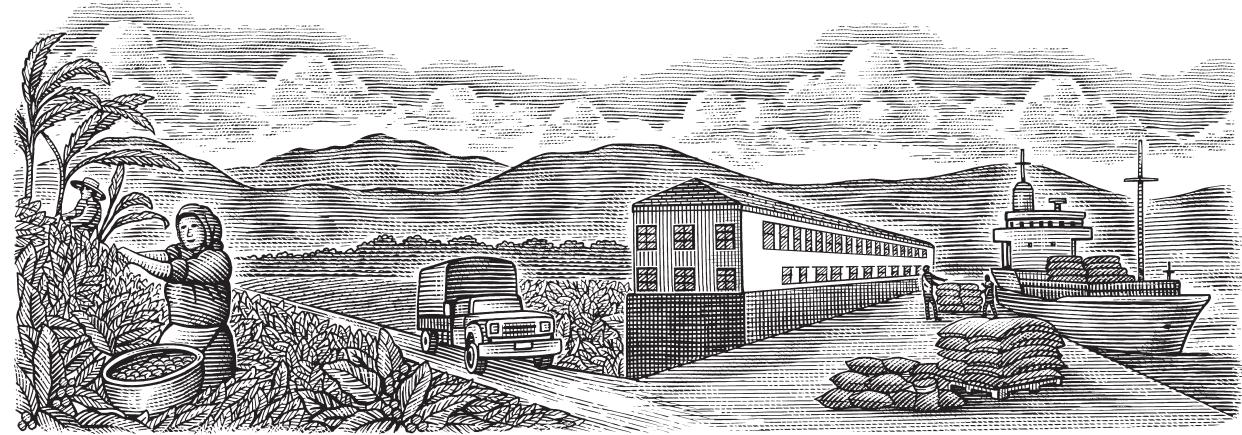
- Monterey Club (500 Cal)
- Ham & Gruyere Melt (410 Cal)
- Market Veggie (400 Cal)
- Roast Beef & Havarti (580 Cal)

SALADS

- Cobb (340 Cal)
- Superfood Kale (410 Cal)
- Sweet Honey Pecan (430 Cal)
- Chicken Avocado Chop (400 Cal)

SOUPS

- Soup of the Day (90-210 Cal)
- Tomato Basil (130 Cal)



BEVERAGES

COLD BREW COFFEE
Made with 100% Organic Aztec coffee beans. (0 Cal)

ICED COFFEE
Creamy, sweet, cold and refreshing. (160 Cal)

DECAF COFFEE (0 Cal)

HERBAL TEA
A selection of hot organic herbal teas. (0 Cal)

FRESH-BREWED ICED TEA
Unsweetened Black or Blackberry (free refills) (0/80 Cal)

HOT CHOCOLATE (150 Cal)

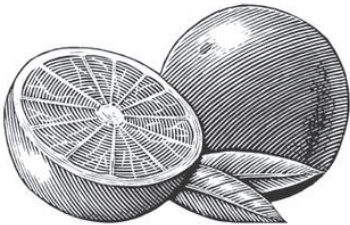
LOW-FAT MILK
Small or Large (100/190 Cal)

COCA-COLA SOFT DRINKS (free refills) (0-110 Cal)

100% COLD SQUEEZED ORANGE JUICE
Small or Large (110/210 Cal)

GRAPEFRUIT JUICE
Small or Large (100/190 Cal)

APPLE OR CRANBERRY JUICE
Small or Large (110/210 Cal)



PROJECT SUNRISE



SINGLE ORIGIN COLOMBIAN

A bottomless cup of our premium, full-flavored coffee - freshly brewed just for you. (10 Cal/pot)

When you drink Project Sunrise coffee, you're supporting our commitment to our partners, the Mujeres en Café, or Women in Coffee, and their mission to grow the highest quality coffee, support their families and strengthen their communities throughout Colombia.

Better Coffee. Better World.

JUICE BAR

We juice daily using all-natural ingredients.

MORNING MEDITATION
Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal)

KALE TONIC
Kale, Fuji apple, English cucumber and lemon. (130 Cal)

PURPLE HAZE
Lemon, cane sugar, butterfly pea flower tea and a hint of lavender. (230 Cal)

SEASONAL JUICE

2000 calories a day is used for general nutrition advice, but calorie needs vary.
For our customers with food allergies and/or sensitivities, please inform your server prior to ordering.
°We are not a gluten-free kitchen. Our dishes are made fresh and prepared to order, so individual foods may come into contact with one another due to shared cooking and preparation areas/utensils.
We cannot guarantee that cross contact with foods containing gluten will not occur but will make every effort to avoid it.