

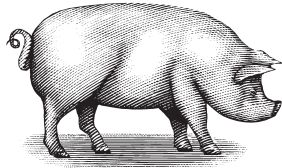
FIRST WATCH

BREAKFAST • BRUNCH • LUNCH

SHAREABLES

HOLEY DONUTS Cinnamon sugar-dusted cake donut holes with chocolate sauce and warm mixed berry compote for dipping. (1000 Cal) 5.99

MILLION DOLLAR BACON Four slices of our signature hardwood smoked bacon glazed with brown sugar, black pepper, cayenne and a maple syrup drizzle. (250 Cal) 5.49



THE HEALTHY 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

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, fresh seasonal fruit, housemade granola with almonds and our whole grain artisan toast with almond butter and Maldon sea salt. (890 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. (1050-1180 Cal) 8.99

SoCal BURRITO – NEW! Egg whites, all-natural chicken breast, ancient grains, black beans, fresh smashed avocado, Cheddar and Monterey Jack, kale, house-roasted onions and Feta cheese in a whole wheat tortilla. Served with fresh fruit and a side of housemade pico de gallo. (750 Cal) 12.29

THE SWEET SIDE

MULTIGRAIN PANCAKES Our multigrain batter, made fresh in-house. Choose from Plain, Chocolate Chip, Blueberry and Banana Granola Almond Crunch. (520-1340 Cal) One 6.39 Two 8.49

LEMON RICOTTA PANCAKES A “mid-stack” of two whipped ricotta multigrain pancakes topped with seasonal berries, creamy lemon curd and powdered cinnamon sugar. (680 Cal) 10.99

SUPERSEED PROTEIN PANCAKES – NEW! Three mid-sized multigrain pancakes mixed with flax, hemp, kasha, pepitas and sunflower seeds. Topped with maple-almond butter, vanilla Greek yogurt, fresh sliced banana and blueberries. Served with warm mixed berry compote. (1160 Cal) 10.29

BELGIAN WAFFLE Our light and airy waffle with a side of warm mixed berry compote and powdered cinnamon sugar. (480 Cal) 9.79

FRENCH TOAST Custard-dipped, thick-cut challah bread with whipped butter, powdered cinnamon sugar and warm mixed berry compote. (500 Cal) 10.29



Make your pancake, waffle or French toast Floridian style! Covered with fresh banana, kiwi and seasonal berries. (Add 160 Cal) 1.99

Served with regular syrup (150 Cal). Sugar-free syrup (20 Cal) available upon request.

BREAKFAST & BRUNCH FAVORITES

Benedicts and omelets served with lemon-dressed organic mixed greens. (Add 70 Cal)

THE TRADITIONAL Two cage-free eggs any style with your choice of bacon, smoked ham, chicken sausage patties, turkey or pork sausage links and our whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. (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. (620-980 Cal) 11.79

CHICKICHANGA Whipped eggs with all-natural chicken breast, chorizo sausage, red bell pepper, Cheddar and Monterey Jack, house-roasted 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

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

Upgrade your potatoes! Million Dollar Bacon, Parmesan Cream Sauce and Scallions (Add 140 Cal) 1.99

BARBACOA BREAKFAST TACOS – NEW! Three wheat-corn tortillas with seasoned braised beef Barbacoa, cage-free scrambled eggs, melted Cheddar and Monterey Jack, lime crema, Cotija cheese, housemade pico de gallo, fresh avocado and scallions with a side of seasoned black beans. (1030 Cal) 11.99

BLT BENEDICT Two cage-free poached eggs atop toasted ciabatta with bacon, hollandaise, vine-ripened tomato, avocado and lemon-dressed arugula. (520 Cal) 12.89

BARBACOA BENEDICT – NEW! Two cage-free poached eggs atop toasted ciabatta with seasoned braised beef Barbacoa, hollandaise, sliced avocado, scallions and a side of housemade pico de gallo. (690 Cal) 12.89

SMOKED SALMON BENEDICT Two cage-free poached eggs atop toasted ciabatta with Wild Alaska Smoked Sockeye Salmon,* hollandaise, red onion and vine-ripened tomato. (450 Cal) 14.89

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

BACADO OMELET Bacon, avocado and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo and our whole grain artisan toast with all-natural house preserves. (1120 Cal) 12.29

THE WORKS OMELET Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes, Cheddar and Monterey Jack. Topped with all-natural sour cream and served with our whole grain artisan toast and all-natural house preserves. (1100 Cal) 12.29

MORNING MARKET VEG OMELET House-roasted Crimini mushrooms, onions and tomatoes, kale and herbed Goat cheese with our whole grain artisan toast and all-natural house preserves. (900 Cal) 11.89

SANDWICHES

CHICKEN BACON GRUYERE MELT – NEW! All-natural chicken breast, bacon, Gruyere cheese, lemon-dressed arugula, tomato and roasted garlic aioli on griddled challah bread with a side of lemon-dressed organic mixed greens. (1120 Cal) 11.29

MILLION DOLLAR CLUB – NEW! Hand-pulled roasted turkey, Million Dollar Bacon, spring mix, tomato, fresh avocado, Monterey Jack and mayo on our whole grain artisan toast with a side of lemon-dressed organic mixed greens. (1270 Cal) 10.99

THE HAPPY HIPPIE – NEW! House-roasted sweet potatoes, beets, fresh smashed avocado, arugula, house-pickled red onions, cucumber, lemon tahini dressing and herbed Goat cheese on our whole grain artisan toast with a side of lemon-dressed organic mixed greens. (840 Cal) 10.99

POWER BOWLS

FLOWER POWER CHICKEN PESTO BOWL – NEW! House-roasted cauliflower chop and tomatoes, kale and shredded carrots with all-natural chicken breast, basil pesto sauce, Feta cheese and fresh herbs. (510 Cal) 11.99

RANCHERO BOWL – NEW! Quinoa, farro and brown rice with seasoned braised beef Barbacoa, superfoods slaw, seasoned black beans, sliced avocado, housemade pico de gallo, Cotija cheese and scallions. (650 Cal) 11.99

THE TRAILBLAZER BOWL – NEW! Hand-pulled roasted turkey, house-roasted sweet potatoes, cage-free scrambled eggs, lemon tahini arugula, fresh avocado with superseed crunch and fresh herbs. (660 Cal) 11.99

Brunch up your bowl! Add a cage-free egg. (100 Cal) 1.29

SALADS

NEW SCHOOL COBB – NEW! Hand-pulled roasted turkey, crispy bacon, sliced avocado, hard-boiled egg, English cucumber, grape tomatoes, Bleu cheese crumbles, crunchy corn and scallions with buttermilk ranch dressing. (790 Cal) 11.39

CHICKEN AVOCADO CHOP Chopped romaine and arugula, all-natural chicken breast, avocado, grape tomatoes, crunchy corn, seasoned black beans and Feta cheese with citrus chipotle dressing. (760 Cal) 11.39

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

HASHES

FARMHOUSE HASH Bacon, house-roasted onions and tomatoes and potato hash topped with two cage-free eggs any style, Cheddar and Monterey Jack and fresh avocado. (860 Cal) 12.99

HACIENDA HASH – NEW! Chorizo, red bell pepper and potato hash topped with two cage-free eggs any style, Cheddar and Monterey Jack, spicy ketchup, lime crema drizzle, fresh smashed avocado and scallions. (920 Cal) 13.29

MARKET HASH House-roasted Crimini mushrooms and onions, red bell pepper and potato hash topped with two cage-free eggs any style, kale, melted Monterey Jack and herbed Goat cheese. (700 Cal) 12.99

2 for YOU

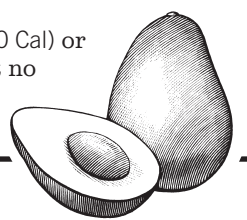
½ **SANDWICH** (390-610 Cal) + **SOUP** (90-210 Cal) 9.99

½ **SALAD** (340-430 Cal) + **SOUP** (90-210 Cal) 9.99

½ **SANDWICH** (390-610 Cal) + ½ **SALAD** (340-430 Cal) 9.99

NOT HOT ON SOUP?

Substitute Superseed Avocado (200 Cal) or House-Roasted Veggies (170 Cal) at no additional charge.



ON THE SIDE

FRESH, SEASONED POTATOES (320 Cal) 3.59

MILLION DOLLAR POTATOES Million Dollar Bacon, Parmesan Cream Sauce and Scallions (460 Cal) 5.49

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

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

FRESH, SEASONAL FRUIT (160 Cal) 5.29

GRIDDLED MUFFIN (540-680 Cal) 2.99

OUR WHOLE GRAIN ARTISAN TOAST with All-Natural House Preserves (390 Cal) 1.99

GLUTEN-FREE TOAST* (150 Cal) 1.99

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

SUPERSEED AVOCADO Half Avocado dusted in Superseed Crunch (200 Cal) 2.99

HOUSE-ROASTED VEGGIES Sweet Potato, Cauliflower, Mushroom, Kale (170 Cal) 4.99

HARDWOOD SMOKED BACON (160 Cal) 5.29

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

100% PURE MAPLE SYRUP (190 Cal) 1.59

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

For our customers with food allergies and/or sensitivities, please inform your server prior to ordering.

*Salmon served raw. Consuming raw or undercooked seafood may pose an increased risk of foodborne illness.

FROM THE BAR

BRUNCH COCKTAILS



NEW! BLACKBERRY BRAMBLE SANGRIA

A signature blend of Merlot, mixed berries and apple with a squeeze of orange and lime. Each pitcher pours 2–3 servings. Great for sharing! (430 Cal/pitcher)

NEW! SPIKED LAVENDER LEMONADE

New Amsterdam 5X Distilled Vodka, lemon, cane sugar, butterfly pea flower tea and a hint of lavender. (250 Cal)

POMEGRANATE SUNRISE

Camarena Tequila, pomegranate, fresh lime and agave nectar. (330 Cal)

CINNAMON TOAST CEREAL MILK

RumHaven Coconut Rum, cold brew coffee, oat milk and agave nectar. (220 Cal)

MILLION DOLLAR BLOODY MARY

New Amsterdam 5X Distilled Vodka, Bloody Mary mix and Million Dollar Bacon. (230 Cal)

MIMOSA

100% cold squeezed orange juice and Barefoot Bubbly Brut Cuvee. (260 Cal)

NON-ALCOHOLIC

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

PROJECT SUNRISE COFFEE

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

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 (100 Cal) Large (190 Cal)

COCA-COLA SOFT DRINKS (free refills)

(0-110 Cal)

100% COLD SQUEEZED ORANGE JUICE

Small (110 Cal) Large (210 Cal)

GRAPEFRUIT JUICE

Small (100 Cal) Large (190 Cal)

APPLE JUICE

Small (110 Cal) Large (210 Cal)

CRANBERRY JUICE

Small (110 Cal) Large (210 Cal)

#FIRSTWATCH

2000 calories a day is used for general nutrition advice, but calorie needs vary.

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*We are not a gluten-free kitchen. Our dishes are made fresh and prepared to order, so individual foods may come in 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.



At First Watch, we follow the sun.

Just as we greet each morning with the sunrise, we welcome each season into the First Watch menu with ingredients and flavors inspired by the position of the sun. That's why on our menu you'll find tender, sweet yellow corn from the Midwest in August, or vibrant, green California-grown asparagus in April, or the most refreshing Florida watermelon in July. Our signature Avocado Toast is topped with California's peak summer Hass avocados, and when the sun shifts south, we follow the season to source the best of these buttery superfoods. And for our signature drip coffee, we wanted a truly special roast, so we started Project Sunrise and ventured to Colombia to find the richest beans and to personally meet the female farmers who grow them.



Every season brings change to First Watch, but our commitment to quality and sourcing exceptional ingredients never skips a beat.

Day to day, dish to dish, we obsess over every detail and every step. It takes time to uncover the best ingredients, to build relationships with bakers, makers and growers, and to explore the most delicious way to feature these ingredients on our menu. We believe that our attention to detail translates into your oozing egg yolk moment, brunch *cheers*, and a million dollar morning.

★ YEAH, ★

IT'S FRESH™