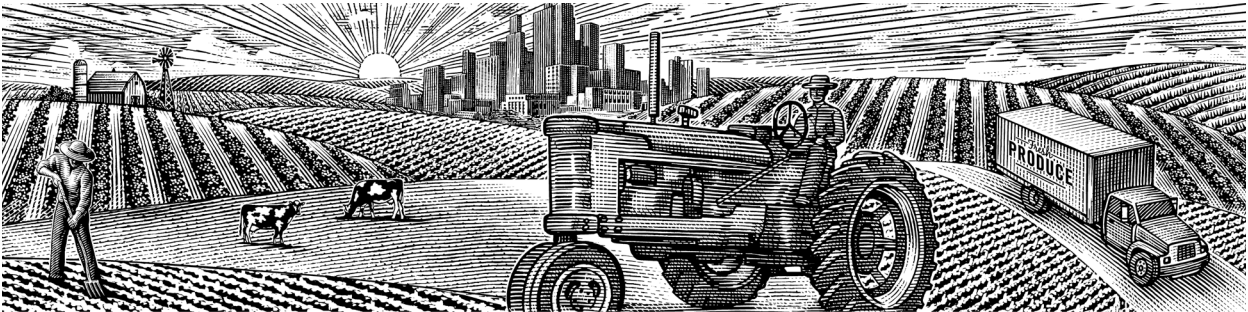


# FIRST WATCH

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.

## 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) 12.29

**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. (580-980 Cal) 12.29

## THE HEALTHIER SIDE

**AVOCADO TOAST** Our thick-cut whole grain artisan toast, fresh smashed avocado, EVOO, lemon and Maldon sea salt with two basted cage-free eggs. (640 Cal) 12.29

**HEALTHY TURKEY** Turkey, house-roasted onions, tomatoes, spinach and Feta cheese in a cage-free egg white omelet. Served with our whole grain artisan toast and all-natural house preserves. (540 Cal) 12.29

**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) 12.29

**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) 10.49

**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. (990-1120 Cal) 9.39

**TRI-ATHLETE** House-roasted Crimini mushrooms, onions, tomatoes and green chiles in a cage-free egg white omelet. Served with housemade pico de gallo, our whole grain artisan toast, all-natural house preserves and fresh fruit. (510 Cal) 12.39

**POWER WRAP** Cage-free 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) 10.89

## FROM THE GRIDDLE

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

- Plain (520/970 Cal)
- Chocolate Chip (640/1190 Cal)
- Banana Granola Almond Crunch (670/1260 Cal)
- Blueberry (580/1080 Cal)
- Carrot Cake & Pecan (660/1220 Cal)

One 6.69 Two 8.69

**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. (1100 Cal) 11.69

**BELGIAN WAFFLE** Our light and airy waffle with a side of warm mixed berry compote and powdered cinnamon sugar. (440 Cal) 10.29

**FRENCH TOAST** Custard-dipped, thick-cut brioche bread with whipped butter, powdered cinnamon sugar and warm mixed berry compote. (600 Cal) 10.79

**FLORIDIAN FRENCH TOAST** Thick-cut brioche bread with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and seasonal berries. (790 Cal) 12.79

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 cage-free eggs with spicy, all-natural chicken breast, chorizo, green chiles, 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, seasoned potatoes. (1190 Cal) 12.79

**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) 13.39
- **Florentine** - fresh baby spinach, avocado and vine-ripened tomato (470 Cal) 13.39
- **BLT** - bacon, vine-ripened tomato, avocado and lemon-dressed arugula (520 Cal) 13.39
- **Smoked Salmon** - Wild Alaska Smoked Sockeye Salmon,\* red onion and vine-ripened tomato (450 Cal) 15.29

**THE ELEVATED EGG SANDWICH** Bacon, an over-easy cage-free egg, Gruyère cheese, fresh smashed avocado, mayo and lemon-dressed arugula on a brioche bun with a side of fresh, seasoned potatoes. (1050 Cal) 12.49

**FARM STAND BREAKFAST TACOS** Three wheat-corn tortillas with scrambled cage-free eggs, Cajun chicken, chorizo, Cheddar and Monterey Jack. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. (970 Cal) 12.49

**BISCUITS & TURKEY SAUSAGE GRAVY WITH EGGS** One large house-baked buttermilk biscuit split in two with homestyle turkey sausage gravy, two cage-free eggs any style and a side of fresh, seasoned potatoes. (950 Cal) 11.99

**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) 13.49
- **Parma** - Italian sausage, house-roasted Crimini mushrooms, onions and tomatoes with melted Parmesan, Mozzarella and fresh herbs (1400 Cal) 13.49
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (1250 Cal) 13.49

## OMELETS AND FRITTATAS

Our omelets are prepared using cage-free eggs and served with lemon-dressed organic mixed greens (70 Cal) and our whole grain artisan toast with all-natural house preserves (390 Cal). **Fresh, seasoned potatoes (320 Cal) available upon request. Substitute cage-free 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) 12.79

**HAM & GRUYÈRE** Smoked ham, Gruyère cheese and fresh herbs. (610 Cal) 12.29

**CHILE CHORIZO** Chorizo, avocado, green chiles, 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) 12.39

**MORNING MARKET VEG** House-roasted zucchini, Crimini mushrooms, shallots, tomatoes and kale with Goat cheese and fresh herbs. (500 Cal) 12.29

**INSPIRED ITALIAN** Italian sausage, house-roasted tomatoes and red peppers with fresh herbs, Mozzarella and Parmesan. (780 Cal) 12.29

**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) 12.89

**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) 12.39

**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) 13.29

## POWER BOWLS®

Power Bowls are gluten free.▲

**POWER BREAKFAST QUINOA BOWL** Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan, lemon white balsamic dressing and EVOO. Topped with two basted cage-free eggs. (860 Cal) 11.79

**PESTO CHICKEN QUINOA BOWL** Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, lemon white balsamic dressing, Feta cheese and fresh herbs. (650 Cal) 11.79

**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**

▲For customers with food allergies or sensitivities, please inform your server prior to ordering. Additional info on back of menu.  
\*Salmon served raw. Consuming raw or undercooked seafood may pose an increased risk of foodborne illness.  
2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



SIDES AND SMALL PLATES

BOB'S RED MILL GRITS

Buttered (180 Cal) 3.29 Cheesy (180 Cal) 3.29

FRESH, SEASONAL FRUIT

Small (80 Cal) 4.49 Large (160 Cal) 5.49

FRESH, SEASONED POTATOES

(320 Cal) 3.69

BISCUITS & GRAVY

One Large Buttermilk Biscuit (440 Cal) 5.69

OUR WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES

(390 Cal) 2.29

ENGLISH MUFFIN

(330 Cal) 2.29

GLUTEN-FREE TOAST▲

(150 Cal) 2.29

FRESHLY BAKED MUFFIN OF THE DAY

(460-590 Cal) 3.29

HARDWOOD SMOKED BACON

(160 Cal) 5.49

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

4.59

LEMON-DRESSED ORGANIC MIXED GREENS

(70 Cal) 3.29

BOWL OF SOUP

Tomato Basil or Soup of the Day (140-290 Cal) 4.99

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) 11.99

**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) 11.99

**COBB** Organic mixed greens, bacon, turkey breast, a hard-boiled cage-free egg, tomatoes, avocado and Bleu cheese crumbles with buttermilk ranch dressing. (680 Cal) 11.99

**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) 11.99

SANDWICHES

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

**MONTEREY CLUB** Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1020 Cal) 11.79

**BLTE** The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on our artisan whole grain. (1120 Cal) 11.29

**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) 11.29

**MARKET VEGGIE** House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella on our grilled artisan whole grain. (790 Cal) 11.29

**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. (1100 Cal) 13.39

**HAM & GRUYÈRE MELT** Smoked ham, tomato and melted Gruyère cheese with Dijonnaise on grilled artisan brioche. (810 Cal) 11.79

**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) 11.29



CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

SANDWICHES

- Monterey Club (510 Cal)
- Ham & Gruyère Melt (410 Cal)
- Market Veggie (400 Cal)
- Roast Beef & Havarti (550 Cal)

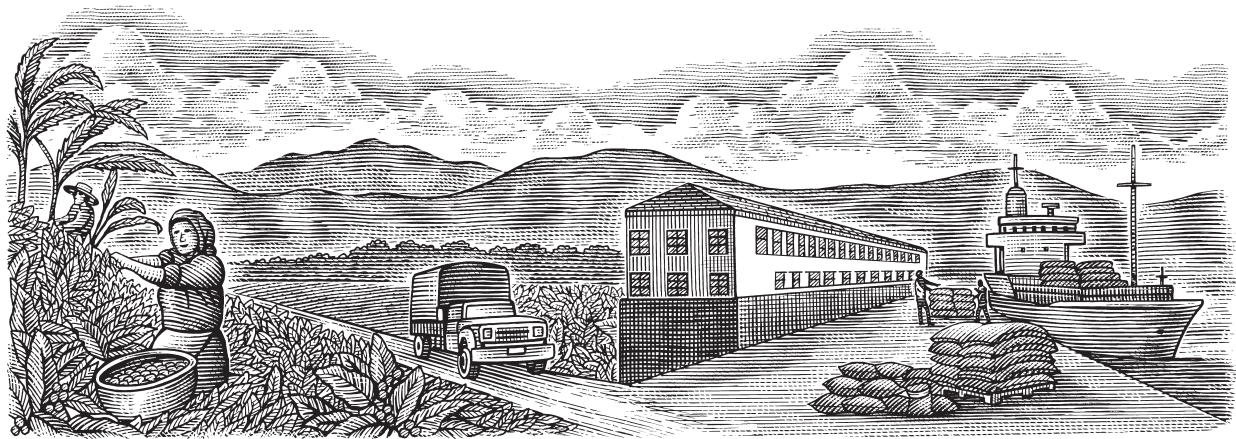
SALADS

- 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)

LUNCH SPECIALS  
THAT ARE TWICE  
AS NICE **10.29**



PROJECT  
SUNRISE

Better Coffee.  
Better World.

Every cup of our Project Sunrise coffee tells a story. It's about empowering the Mujeres en Café™, or women coffee farmers, who grow and handpick each bean, supporting families and strengthening communities throughout South America. And that's only the first sip. Because we believe better coffee cultivates a 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**

BEVERAGES

**PROJECT SUNRISE COFFEE**  
A pot of our premium, full-flavored coffee. (free refills) (10 Cal/pot)

**DECAF COFFEE** (0 Cal)

**COLD BREW COFFEE** (0 Cal)

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

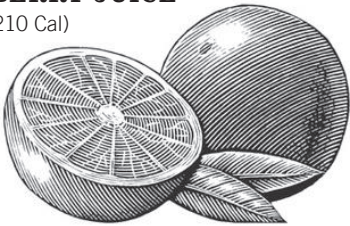
**LOW-FAT MILK**  
Small or Large (100/190 Cal)

**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)



FOOD ALLERGIES?  
SCAN HERE.



▲ For our customers with food allergies and/or sensitivities, please inform your server prior to ordering. Our gluten-free items are often prepared with shared equipment (including a shared toaster) and cross contact is very likely. If you have an allergy or sensitivity, please ask that your order be prepared using our allergen handling procedures. We cannot guarantee that cross contact with foods containing allergens will not occur but will make a reasonable effort to avoid it. 2000 calories a day is used for general nutrition advice, but calorie needs vary.



6-0623