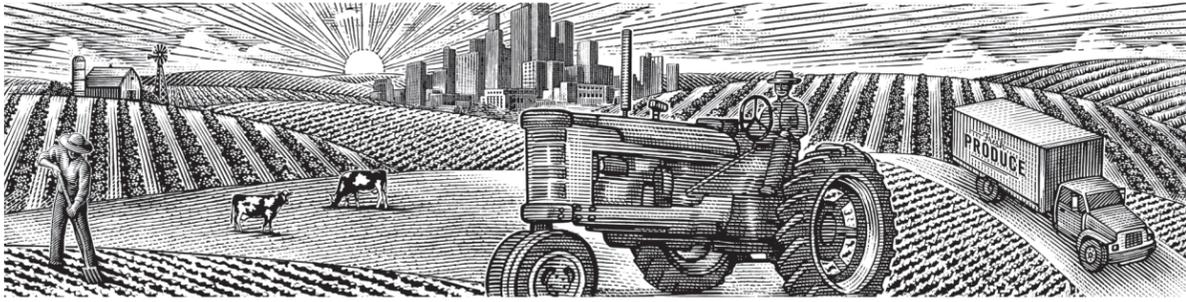


# FIRST WATCH

BREAKFAST • BRUNCH • LUNCH



## CLASSIC FAVORITES

**THE TRADITIONAL BREAKFAST** Two fresh cage-free eggs any style with your choice of bacon, smoked ham, savory chicken sausage patties, turkey or pork sausage links. Served with whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. Substitute Udi's Gluten Free toast<sup>o</sup> at no additional charge. (720-1000 Cal) 9.99

**TRI-FECTA** Two fresh cage-free eggs any style with either a light and airy Belgian waffle or a multigrain pancake. Plus your choice of bacon, savory chicken sausage patty, turkey or pork sausage link. (930-1350 Cal) 9.99

- WE PROUDLY FEATURE FRESH SEASONAL PRODUCE FROM LOCAL GROWERS WHENEVER POSSIBLE -

## THE HEALTHIER SIDE

**HEALTHY TURKEY** Egg white omelet with turkey, house-roasted onions, tomatoes, spinach and Feta. Served with whole grain artisan toast and all-natural house preserves. (580 Cal) 9.99

**AVOCADO TOAST** Our thick-cut whole grain toast topped with fresh smashed avocado, EVOO, lemon and Maldon sea salt. Served with two cage-free basted eggs. (710 Cal) 9.79

**A.M. SUPERFOODS BOWL** Coconut milk chia seed pudding topped with fresh bananas, berries, blackberry preserves and housemade granola. Served with whole grain artisan toast topped with almond butter and Maldon sea salt. (1080 Cal) 8.49

**SUNRISE GRANOLA BOWL** Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit, nuts and our housemade granola. Served with a fresh baked muffin of the day. (710-790 Cal) 8.29

**STEEL-CUT OATMEAL** Made-to-order topped with house-marinated berries, fresh sliced banana and pecans. Served with low-fat milk, brown sugar and a fresh baked muffin of the day. (790-870 Cal) 7.89

**TRI-ATHLETE** Egg white omelet with house-roasted Crimini mushrooms, onions, tomatoes and green chilies. Served with housemade pico de gallo, whole grain artisan toast, all-natural house preserves and fresh fruit. (550 Cal) 9.29

**POWER WRAP** Egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sundried tomato-basil tortilla. Served with fresh fruit and a side of housemade pico de gallo. (580 Cal) 9.29

## FROM THE GRIDDLE

**MULTIGRAIN PANCAKES** We've gotta warn you: These beauties are beyond big – they're humongous! Choose your stackage accordingly. (780-1080 Cal)

- Plain
- Banana Granola Crunch
- Carrot Cake
- Chocolate Chip
- Blueberry

One 4.79 Two 6.79

**LEMON RICOTTA PANCAKES** We add fresh, whipped ricotta cheese to our multigrain batter. Served as a "mid-stack" of two pancakes topped with marinated berries and creamy lemon curd. (820 Cal) 9.79

**BELGIAN WAFFLE** Our light and airy waffle with a side of warm, berry compote. (650 Cal) 7.99

**FRENCH TOAST** Custard-dipped, thick-cut brioche bread topped with whipped butter and powdered cinnamon sugar. (1030 Cal) 8.99

**FLORIDIAN FRENCH TOAST** Thick-cut brioche with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and seasonal berries. (1210 Cal) 9.79

SUGAR-FREE SYRUP (20 Cal) AVAILABLE UPON REQUEST  
100% PURE MAPLE SYRUP (190 Cal) AVAILABLE FOR 1.29

## EGG-SCLUSIVES

**CHICKICHANGA** Whipped eggs with spicy, all-natural chicken breast, chorizo, green chilies, Cheddar, 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. (890 Cal) 10.89

**EGGS BENEDICT** Two poached cage-free eggs atop toasted ciabatta piled high with your choice of combinations below and covered with hollandaise. Served with lightly dressed organic mixed greens. (Fresh, seasoned potatoes (90 Cal) available upon request.) 10.99

- **Classic** - smoked ham and vine-ripened tomato (690 Cal)
- **Florentine** - fresh baby spinach, avocado and vine-ripened tomato (570 Cal)
- **BLT** - bacon, vine-ripened tomato, avocado and lemon-dressed arugula (670 Cal)
- **Smoked salmon** - Wild Alaska Smoked Sockeye Salmon\*, red onion and vine-ripened tomato - Add 2.00 (630 Cal)

**THE ELEVATED EGG SANDWICH** A fresh, over-easy cage-free egg with bacon, Gruyere cheese, fresh smashed avocado, mayo and lemon dressed arugula on a brioche bun. Served with fresh, seasoned potatoes. (790 Cal) 9.89

**FARM STAND BREAKFAST TACOS** Three wheat-corn tortillas with scrambled eggs, Cajun chicken, chorizo, Cheddar and Monterey Jack cheeses. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. (1050 Cal) 9.99

**BISCUITS AND TURKEY SAUSAGE GRAVY WITH EGGS** Freshly baked biscuits with savory turkey sausage gravy. Served with two fresh cage-free eggs any style and fresh, seasoned potatoes. (910 Cal) 9.89

**SKILLET HASH** Two cage-free eggs any style atop fresh, seasoned potatoes. Choose one from below.

- **Farmhouse** - bacon, avocado, house-roasted onions and tomatoes with Cheddar and Monterey Jack (910 Cal) 10.99
- **Parma** - Italian sausage, house-roasted Crimini mushrooms, onions and tomatoes with melted Parmesan, Mozzarella and fresh herbs (980 Cal) 10.89
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (900 Cal) 10.89

## OMELETS AND FRITTATAS

Served with whole grain artisan toast with all-natural house preserves and lightly dressed organic mixed greens. (Fresh, seasoned potatoes (90 Cal) available upon request.) Substitute egg whites or Udi's Gluten Free toast<sup>o</sup> 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. (1040 Cal) 10.79

**HAM & GRUYERE** Smoked ham, Gruyere cheese and fresh herbs. (990 Cal) 10.29

**CHILE CHORIZO** Chorizo, avocado, green chilies, roasted onions, Cheddar and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (1040 Cal) 9.99

**MORNING MARKET VEG** House-roasted zucchini, Crimini mushrooms, shallots, tomatoes and kale with Goat cheese and fresh herbs. (860 Cal) 9.99

**INSPIRED ITALIAN** Italian sausage, house-roasted tomatoes and red peppers with fresh herbs, Mozzarella and Parmesan. (1030 Cal) 9.99

**THE WORKS** Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. (1040 Cal) 11.29

**FRITTATA RUSTICA** A classic Italian-style omelet with kale, house-roasted Crimini mushrooms, onions and tomatoes topped with Mozzarella and Parmesan cheese. Served with ciabatta toast. (690 Cal) 9.99

**SMOKED SALMON & ROASTED VEGETABLE FRITTATA** A classic frittata with Wild Alaska Smoked Sockeye Salmon\*, house-roasted shallots and tomatoes topped with Parmesan cheese, a chive cream drizzle and fresh herbs. Served with ciabatta toast. (740 Cal) 11.49

## POWER BOWLS

Power Bowls are gluten free<sup>o</sup>.

**POWER BREAKFAST QUINOA BOWL** Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan and EVOO. Topped with two basted cage-free eggs. (820 Cal) 9.49

**PESTO CHICKEN QUINOA BOWL** Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, Feta crumbles and fresh herbs. (700 Cal) 9.89

**Good day.** That's not just something we say, but something we really mean. We start bright and early each morning preparing exceptional ingredients to deliver a Breakfast, Brunch and Lunch experience that feels good and tastes even better. Sprinkled throughout our menu, you'll find quality ingredients like cage-free eggs, Gruyere cheese, organic greens, housemade granola and chicken raised with no antibiotics, ever. **Thank you for sharing your day with us. We know it's going to be a good one.**



## SIDES AND SMALL PLATES

### BOB'S RED MILL GRITS

Plain (240 Cal) 1.99 Cheesy (300 Cal) 2.49

### FRESH, SEASONAL FRUIT

Large (200 Cal) 4.99 Small (100 Cal) 3.99

### FRESH, SEASONED POTATOES (140 Cal) 2.99

### BISCUITS & GRAVY (570 Cal) 4.99

### WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES (310 Cal) 1.99

### ENGLISH MUFFIN (110 Cal) 1.69

### UDI'S GLUTEN FREE TOAST\* (140 Cal) 1.99

### FRESH BAKED MUFFIN OF THE DAY

(270-350 Cal) 2.49

### HARDWOOD SMOKED BACON (440 Cal) 4.69

### SMOKED HAM (120 Cal), PORK SAUSAGE (460 Cal), SAVORY CHICKEN SAUSAGE PATTIES (180 Cal) OR TURKEY SAUSAGE (280 Cal) 3.69

### LIGHTLY DRESSED ORGANIC MIXED GREENS (110 Cal) 2.49

### BOWL OF SOUP

Tomato Basil or Soup of the Day (110-290 Cal) 4.49

## SALADS

Served with artisan ciabatta toast. All salad dressings are gluten free\*.

**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 cheese tossed in our refreshing maple-lemon vinaigrette. (750 Cal) 9.29

**CHICKEN AVOCADO CHOP** Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla chips with a citrus chipotle dressing. (860 Cal) 9.59

**COBB** Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing. (760 Cal) 9.49

**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. (880 Cal) 9.59

## SANDWICHES

Sandwiches served with lightly dressed organic mixed greens (110 Cal) or a bowl of hot soup. (110-290 Cal)

**MONTEREY CLUB** Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1040 Cal) 9.89

**BLTE** The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on artisan whole grain. (1240 Cal) 9.49

**BAJA TURKEY BURGER** A lean white-meat turkey patty with avocado, organic mixed greens, housemade pico de gallo, mayo and Horseradish Havarti on a brioche bun. (710 Cal) 9.29

**MARKET VEGGIE** House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain. (770 Cal) 8.99

**ROAST BEEF & HAVARTI** Roast beef, Horseradish Havarti, house-roasted onions and tomato with lemon dressed arugula on grilled Parmesan-crustured sourdough. Horseradish sauce on the side. (1110 Cal) 9.69

**HAM & GRUYERE MELT** Smoked ham, tomato and melty Gruyere cheese with Dijonnaise on grilled artisan brioche. (900 Cal) 9.29

**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. (480 Cal) 9.29

**CHICKEN SALAD MELT** All-natural white-meat chicken salad made with apples, raisins and celery served open-faced on grilled artisan whole grain. Topped with tomato and melted Monterey Jack. (700 Cal) 9.29

# 2 for YOU

## CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

### SANDWICHES

- Monterey Club (520 Cal)
- Ham & Gruyere Melt (450 Cal)
- Market Veggie (385 Cal)
- Roast Beef & Havarti (555 Cal)

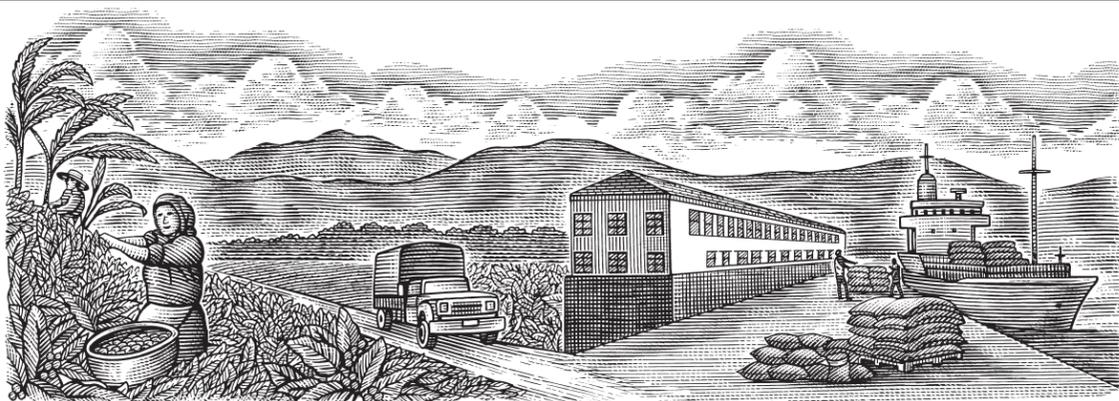
### SALADS

- Cobb (350 Cal)
- Superfood Kale (315 Cal)
- Sweet Honey Pecan (375 Cal)
- Chicken Avocado Chop (370 Cal)

### SOUPS

- Soup of the Day (90-200 Cal)
- Tomato Basil (210 Cal)

LUNCH SPECIALS THAT ARE TWICE AS NICE **7.79**



## BEVERAGES

### PROJECT SUNRISE COFFEE

An entire pot of our premium, full-flavored coffee – freshly brewed just for you. Regular or Decaf (5 Cal)

### COLD BREW COFFEE

Made with 100% Organic Aztec coffee beans. (15 Cal)

### ICED COFFEE

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

### HERBAL TEAS

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

### FRESH-BREWED ICED TEA

Unsweetened black or seasonal flavor. (free refills) (0/45 Cal)

### HOT CHOCOLATE (140 Cal)

### LOW-FAT MILK

Small (100 Cal) or Large (175 Cal)

### COCA-COLA SOFT DRINKS (free refills) (0-120 Cal)

### 100% COLD SQUEEZED ORANGE JUICE

Small or Large (110/190 Cal)

### GRAPEFRUIT

Small or Large (90/160 Cal)

### APPLE, CRANBERRY, TOMATO

Small (50-120 Cal) or Large (90-210 Cal)

## JUICE BAR

Juiced daily using all-natural ingredients.

### MORNING MEDITATION

Orange, lemon, turmeric, organic ginger, agave nectar and beet. (160 Cal) 3.99

### KALE TONIC

Kale, Fuji apple, cucumber and lemon. (140 Cal) 3.99

Who our coffee comes from is just as important as where it comes from. Our journey to source the best possible coffee led us to the Huila (“Wee-luh”) region of Colombia where the soil, altitude and climate are ideal for growing coffee with a flavor profile that is complex, consistent and pairs well with our menu. Along the way, we met local groups of proud female coffee growers that handpick their beans from small three- and four-acre plots. These “Mujeres en Café” are dedicated not only to growing great coffee, but supporting and uplifting their families and communities. We like that. To support their efforts and ensure they thrive for many more generations to come, First Watch made a long-term commitment to buy the beans we harvest at a premium price. Since we serve an endless cup of coffee, we think a cup should be as full as your heart.

**BETTER COFFEE. BETTER WORLD.**

**PROJECT  
SUNRISE**

**HUILA  
COLOMBIA**

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 will make every effort to accommodate your request. \*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.

