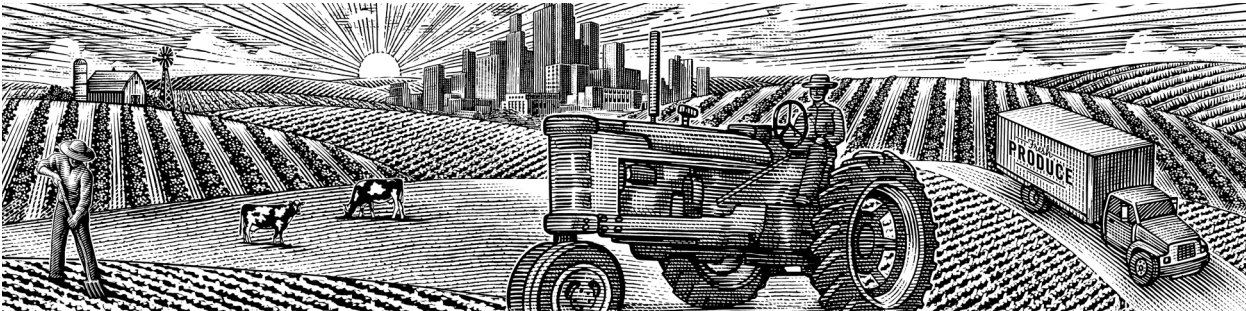


# FIRST WATCH®

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** Thick-cut whole grain artisan toast, fresh smashed avocado, EVOO, lemon and Maldon sea salt with two cage-free basted eggs. (630 Cal) 11.39

**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. (540 Cal) 11.39

**A.M. SUPERFOODS BOWL** Coconut milk chia seed pudding, fresh bananas and berries, warm mixed berry compote, housemade granola with almonds and our whole grain artisan toast with almond butter and Maldon sea salt. (920 Cal) 11.39

**SUNRISE GRANOLA BOWL** Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit, nuts and our housemade granola with almonds. Served with a fresh baked muffin of the day. (940-1070 Cal) 9.49

**STEEL-CUT OATMEAL** Made to order with berries, fresh sliced banana, pecans, low-fat milk, brown sugar and a fresh baked muffin of the day. (1000-1130 Cal) 8.49

**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. (500 Cal) 11.39

**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) 9.59

## 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 5.59 Two 7.49

**LEMON RICOTTA PANCAKES** We add fresh, whipped ricotta cheese to our multigrain batter. Served as a “mid-stack” of two pancakes topped with berries, creamy lemon curd and powdered cinnamon sugar. (680 Cal) 9.99

**BELGIAN WAFFLE** Our light and airy waffle with a side of warm mixed berry compote and powdered cinnamon sugar. (440 Cal) 9.49

**FRENCH TOAST** Custard-dipped, thick-cut brioche bread with whipped butter, powdered cinnamon sugar and warm mixed berry compote. (620 Cal) 9.99

**FLORIDIAN FRENCH TOAST** Thick-cut brioche bread with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and seasonal berries. (810 Cal) 11.69

REGULAR SYRUP (150 Cal)  
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. (1190 Cal) 11.69

**EGGS BENEDICT** Two poached cage-free eggs atop toasted ciabatta piled high 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 (540 Cal) 12.39
- **Florentine** - fresh baby spinach, avocado and vine-ripened tomato (460 Cal) 12.39
- **BLT** - bacon, vine-ripened tomato, avocado and lemon-dressed arugula (520 Cal) 12.39
- **Smoked Salmon** - Wild Alaska Smoked Sockeye Salmon,\* red onion and vine-ripened tomato (450 Cal) 13.99

**THE ELEVATED EGG SANDWICH** An 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. (1070 Cal) 11.39

**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) 11.39

**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) 10.99

**SKILLET HASH** Two cage-free eggs any style atop fresh, seasoned potatoes. Served with 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 (1340 Cal) 11.99
- **Parma** - Italian sausage, house-roasted Crimini mushrooms, onions and tomatoes with melted Parmesan, Mozzarella and fresh herbs (1390 Cal) 11.99
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (1240 Cal) 11.99

## 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 whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. Substitute gluten free toast° (subtract 180 Cal) at no additional charge. (920-1380 Cal) 11.39

**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) 11.39

## OMELETS AND FRITTATAS

Omelets served with whole grain artisan toast with all-natural house preserves (380 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° (200 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) 11.69

**HAM & GRUYERE** Smoked ham, Gruyere cheese and fresh herbs. (610 Cal) 11.39

**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) 11.39

**MORNING MARKET VEG** House-roasted zucchini, Crimini mushrooms, shallots, tomatoes and kale with Goat cheese and fresh herbs. (500 Cal) 11.39

**INSPIRED ITALIAN** Italian sausage, house-roasted tomatoes and red peppers with fresh herbs, Mozzarella and Parmesan. (780 Cal) 11.39

**THE WORKS** Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. (730 Cal) 11.69

**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 and lemon-dressed organic mixed greens. (720 Cal) 11.39

**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 and lemon-dressed organic mixed greens. (670 Cal) 11.99

## 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) 10.59

**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. (650 Cal) 10.59

**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. That’s because, even though we love to say “Yeah, it’s fresh”, 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) 2.79 Cheesy (180 Cal) 2.79

FRESH, SEASONAL FRUIT

Small (80 Cal) 3.99 Large (160 Cal) 4.99

FRESH, SEASONED POTATOES

(320 Cal) 3.29

BISCUITS & GRAVY

(420 Cal) 4.99

WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES

(380 Cal) 1.99

ENGLISH MUFFIN

(330 Cal) 1.99

GLUTEN FREE TOAST\*

(200 Cal) 1.99

FRESH BAKED MUFFIN OF THE DAY

(460-590 Cal) 2.79

MILLION DOLLAR BACON

(510 Cal) 5.49

HARDWOOD SMOKED BACON

(160 Cal) 4.99

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

3.99

LEMON-DRESSED ORGANIC MIXED GREENS

(70 Cal) 2.79

BOWL OF SOUP

Tomato Basil or Soup of the Day (140-290 Cal) 4.49

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 cheese tossed in our refreshing maple-lemon vinaigrette. (830 Cal) 10.59

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. (790 Cal) 10.59

COBB

Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing. (690 Cal) 10.59

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) 10.59

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) 10.59

BLTE

The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on artisan whole grain. (1100 Cal) 9.99

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. (830 Cal) 9.99

MARKET VEGGIE

House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain. (770 Cal) 9.99

ROAST BEEF & HAVARTI

Roast beef, Horseradish Havarti, house-roasted onions and tomato with lemon-dressed arugula on grilled Parmesan-crusteD sourdough. Horseradish sauce on the side. (1000 Cal) 11.99

HAM & GRUYERE MELT

Smoked ham, tomato and melted Gruyere cheese with Dijonnaise on grilled artisan brioche. (830 Cal) 10.59

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. (630 Cal) 9.99

2 for YOU

CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

SANDWICHES

• Monterey Club (500 Cal)

• Ham & Gruyere Melt (420 Cal)

• Market Veggie (390 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)

PROJECT SUNRISE

 HUILA COLOMBIA

An entire pot of our premium, full-flavored coffee – freshly brewed just for you. (10 Cal)

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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 in Huila, Colombia.

Better Coffee. Better World.

JUICE BAR

Juiced daily using all-natural ingredients.

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MORNING MEDITATION

Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal) 4.49

KALE TONIC

Kale, Fuji apple, cucumber and lemon. (130 Cal) 4.49

SEASONAL JUICE

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 TEAS

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

FRESH-BREWED ICED TEA

Unsweetened black or seasonal flavor. (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

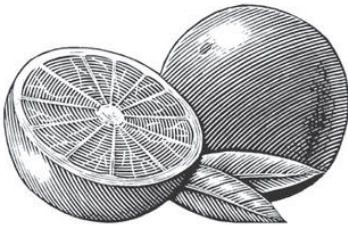
Small or Large (110/210 Cal)

GRAPEFRUIT

Small or Large (100/190 Cal)

APPLE OR CRANBERRY

Small or Large (110/210 Cal)



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.

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