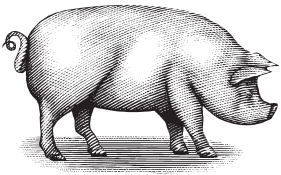


SHAREABLES

- HOLEY DONUTS

Cinnamon sugar-dusted cake donut holes with chocolate sauce and 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




BREAKFAST & BRUNCH FAVORITES

- 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. (920-1380 Cal) 11.49
- 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) 11.49
- 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. (1180 Cal) 11.99
- ELEVATED EGG SANDWICH

Bacon, an over-easy cage-free egg, Gruyere cheese, avocado, mayo and lemon-dressed arugula on a brioche bun with a side of fresh, seasoned potatoes. (1070 Cal) 11.49
-  Upgrade your potatoes!

Million Dollar Bacon, Parmesan Cream Sauce and Scallions (Add 140 Cal) 1.99

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) 10.99
- MILLION DOLLAR CLUB – NEW

Hand-pulled roasted turkey, Million Dollar Bacon, spring mix, tomato, fresh avocado, Monterey Jack cheese and mayo on our whole grain artisan toast with a side of lemon-dressed organic mixed greens. (1250 Cal) 10.59
- 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. (820 Cal) 10.59

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) 11.59
- RANCHERO BOWL – NEW

Quinoa, farro and brown rice with seasoned braised beef Barbacoa, superfoods slaw, black beans, sliced avocado, housemade pico de gallo, Cotija cheese and scallions. (650 Cal) 11.59
- 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. (720 Cal) 11.59

 Brunch up your bowl! Add a cage-free egg (100 Cal) .99

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. (630 Cal) 11.49
- A.M. SUPERFOODS BOWL

Coconut mik 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. (950 Cal) 11.49
- 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. (880 Cal) 9.59
- 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. (1050-1180 Cal) 8.59
- SoCal BURRITO – NEW

Egg whites, all-natural chicken breast, ancient grains, black beans, fresh smashed avocado, Cheddar and Jack cheese, kale, house-roasted onion and Feta in a whole wheat tortilla. Served with fresh fruit and a side of housemade pico de gallo. (750 Cal) 10.59



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

- 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 black beans. (1030 Cal) 11.49
- BLT BENEDICT

Two cage-free poached eggs atop toasted ciabatta with bacon, hollandaise, vine-ripened tomato, avocado and lemon-dressed arugula. (520 Cal) 12.49
- BARBACOA BENEDICT – NEW

Two cage-free poached eggs atop toasted ciabatta with seasoned braised beef Barbacoa, hollandaise, sliced avocado, scallions and a side of pico de gallo. (680 Cal) 12.49
- 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) 14.29

SALADS

- NEW SCHOOL COBB – NEW

Hand-pulled roasted turkey, crispy bacon, sliced avocado, hard-boiled egg, English cucumber, grape tomatoes, blue cheese crumbles, crunchy corn and buttermilk ranch dressing. (790 Cal) 10.99
- CHICKEN AVOCADO CHOP

Chopped romaine and arugula, all-natural chicken breast, avocado, grape tomatoes, crunchy corn, black beans and Feta cheese with citrus chipotle dressing. (760 Cal) 10.99
- 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) 10.99

HASHES

- FARMHOUSE HASH

Bacon, house-roasted onions and tomatoes and potato hash topped with two cage-free eggs any style, Cheddar and Jack cheese and fresh avocado. (860 Cal) 12.49
- HACIENDA HASH – NEW

Chorizo, red bell pepper and potato hash topped with two cage-free eggs any style, Cheddar and Jack cheese, spicy ketchup, lime crema drizzle, fresh smashed avocado and scallions. (920 Cal) 12.49
- 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. (690 Cal) 12.49

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 5.99 Two 7.99
- 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) 10.69
- SUPERSEED PROTEIN PANCAKES – NEW

Flax, hemp, kasha, pepitas and sunflower seeds added to our multigrain pancake batter. Served as three mid-sized pancakes topped with fresh, sliced bananas, blueberries, maple-almond butter, vanilla Greek yogurt and superseed crunch. Served with warm mixed berry compote. (1170 Cal) 9.99
- BELGIAN WAFFLE

Our light and airy waffle with a side of warm mixed berry compote and powdered cinnamon sugar. (480 Cal) 9.59
- FRENCH TOAST

Custard-dipped, thick-cut challah bread with whipped butter, powdered cinnamon sugar and warm mixed berry compote. (500 Cal) 9.99
- 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.

- 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) 10.99
- 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. (1110 Cal) 11.99
- THE WORKS OMELET

Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes, Cheddar and Monterey Jack and topped with all-natural sour cream. Served with our whole grain artisan toast and all-natural house preserves. (1100 Cal) 11.99
- 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. (890 Cal) 11.49

2 for YOU

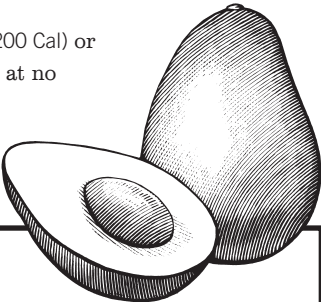
- ½ SANDWICH (380-600 Cal) + SOUP (90-210 Cal) 9.59

½ SALAD (340-430 Cal) + SOUP (90-210 Cal) 9.59

½ SANDWICH (380-600 Cal) + ½ SALAD (340-430 Cal) 9.59

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) 3.29
- MILLION DOLLAR POTATOES

Million Dollar Bacon, Parmesan Cream Sauce and Scallions (460 Cal) 4.99
- BISCUITS & GRAVY

One Large Buttermilk Biscuit (420 Cal) 4.99
- BOB'S RED MILL GRITS

Buttered (180 Cal) 2.79
Cheesy (180 Cal) 2.79
- FRESH, SEASONAL FRUIT

(160 Cal) 4.99
- GRIDDLED MUFFIN

(540-680 Cal) 2.49
- WHOLE GRAIN ARTISAN TOAST

With All-Natural House Preserves (380 Cal) 1.99
- GLUTEN-FREE TOAST*

(150 Cal) 1.99
- BOWL OF SOUP

Tomato Basil or Soup of the Day (140-290 Cal) 4.49
- 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) 4.99
- SMOKED HAM (160 Cal),
PORK SAUSAGE (460 Cal),
SAVORY CHICKEN SAUSAGE PATTY (180 Cal) OR TURKEY SAUSAGE (220 Cal) 3.99
- 100% PURE MAPLE SYRUP

(190 Cal) 1.49

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
*Salmon served raw. Consuming raw or undercooked seafood may pose an increased risk of foodborne illness.

FROM THE BAR

BRUNCH COCKTAILS 8.39

- MORNING GLORY**
New Amsterdam 5X Distilled Vodka, orange, lemon, turmeric, organic ginger and agave nectar. (210 Cal)
- POMEGRANATE SUNRISE**
Camarena Tequila, pomegranate, fresh lime and agave nectar. (330 Cal)
- VODKA KALE TONIC**
New Amsterdam 5X Distilled Vodka, fresh juiced kale, Fuji apple, English cucumber and lemon. (210 Cal)
- CINNAMON TOAST CEREAL MILK**
Rum Haven 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 Cuvée. (260 Cal)

NON-ALCOHOLIC

JUICE BAR 4.79

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, cucumber and lemon. (130 Cal)
- PURPLE HAZE**
Lemon, cane sugar, butterfly pea flower tea and a hint of lavender. (230 Cal)
-
- PROJECT SUNRISE COFFEE**
An entire pot of our premium, full-flavored coffee – freshly brewed just for you. (10 Cal)
- 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 seasonal flavor.
(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**
Small (100 Cal) Large (190 Cal)
- APPLE**
Small (110 Cal) Large (210 Cal)
- CRANBERRY**
Small (110 Cal) Large (210 Cal)



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 beet.



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®

#FIRSTWATCH

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.