

FIRST WATCH THE DAYTIME CAFE Bar Menu Nutrition Guide	Calories (cal)	Calories from fat (ca	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (Dietary Fiber (g)	Sugars (g)	Protein (g)
Signature Cocktails Bourbon Blackberry Palmer	200	0	0	0	0	0	5	70	13	0	12	0
Cinnamon Toast Cereal Milk		50	5	4.5	0	0	5	70	35	0	33	0
Morning Glory	210	0	0	0	0	0	0	170	22	1	18	1
Pomegranate Sunrise	330	0	0	0	0	0	0 ′	210	37	0	31	1
Vodka Kale Tonic	210	0	0	0	0	0	15	280	19	1	12	2
Brunch Classics												
Million Dollar Bloody Mary	300	35	3.5	1.5	0	5	610	75	33	0	28	3
Mimosa	260	0	0	0	0	0	0	370	38	0	29	1
Sparkling	180	0	0	0	0	0	0	0	19	0	14	0
Bottled or Draft Brew												
221 B.C. Berry Hibiscus Kombucha (12 fl Oz Draft)		0	0	0	0	0	15	0	7	0	6	0
Angry Orchard Crisp Apple Hard Cider (12 fl Oz Draft)	200	0	0	0	0	0	10	0	29	0	23	0
Angry Orchard Rose Hard Cider (12 fl Oz Draft)		0	0	0	0	0	15	0	17	0	12	0
Blue Ridge Black Raspberry Kombucha (12 fl Oz Draft)	60	0	0	0	0	0	0	0	16	0	12	0
Drink Buchi Seed Kombucha (12 fl Oz Draft)	70	0	0	0	0	0	20	0	16	0	16	0
Health-ade Pink Lady Kombucha (12 fl Oz Draft)	60	0	0	0	0	0	15	0	13	0	11	0
Health-ade Pink Lady Kombucha (16 fl oz Bottle)	80	0	0	0	0	0	20 15	0	18	0	14	0
Truly Pure Hard Seltzer (12 fl oz Draft) Truly Wild Berry Hard Seltzer (12 fl oz Can)	110	0	0	0	0	0	15	40	4	1	0	0
Tuly wild berry Hard Seitzer (12 ii 02 Carr)	100	0	0	0	0	0	10	0	2	0		0

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a 3rd party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.



Bar Menu Nutrition & Allergen Guide R 2020-02-18

First Watch Restaurants, Inc.

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Bar Menu Allergen Guide	Egg	Fish	Mill	Реа	She	Soy	Tre	Who	Cel	Mus	Ses	Gluten
Signature Cocktails									-			
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Cinnamon Toast Cereal Milk	21926	STREET	14	TASSI .	13.43		Х	The start	inter.		H. Tool	Sec.29
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Pomegranate Sunrise	1.4	120.	1157	Milast.	STATUS VO	L.S.	C. La	1.0456%		La Sil	11.212	Start A.
Vodka Kale Tonic	38-24 T	Ser Ky	144		377	131134		12111	the state	1. 278	the fill	1.1-222
Brunch Classics												
Million Dollar Bloody Mary	Sec.	3.1004	Aller .	1.825	19243	X	E	12.12	Х			Х
Mimosa	17.83		-3015/7	10000	1.216	R PLU	1.946	12639		5	TO PE	-Tayry :
Sparkling	e 1 1 2.	1200	5.58	Carl!	Ras I	17.45	Lab 19	1.502			ALL IN	8-3211
Bottled or Draft Brew												
221 B.C. Berry Hibiscus Kombucha	They are	ST. AN	(And)	E IEA	¥ 1.4	i.		State?	ali sta	AN AN	1-13-1-	2 Contraction
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Angry Orchard Rose Hard Cider				1112		28.2	151913	14:597	N.S.		Beich	
Blue Ridge Bucha Black Raspberry Kombucha	J. Kang	Strange	N. AF				19.24	5-1921				I want we want
Drink Buchi Seed Kombucha	1	150.000	N SEAL	A B	and the	S. S. S.	X	Par la	23/2		X	
Health-ade Pink Lady Kombucha	7.86	- BEE	STA M	A STAN	25594	BO BUT		139236	C. S. S.	1633		
Truly Pure Hard Seltzer	and and	14-24				T.Shar	2544	1 Bardelles	Sec. Ve	12.64		
Truly Wild Berry Hard Seltzer	12-20	1202	Here's	13.4	-42-8	3.623	362	7.1.38	infortion.	Say 19-	Stalley,	

Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.



First Watch Restaurants, Inc.