FIRST WATCH MENU

2026 | Prices, Calories & Nutrition | 130 items, 18 categories

Prices are in-store estimates (checked November 2026) and vary by location; delivery apps charge roughly 15-20% more per item. Calories are First Watch's official as-served figures. Open 7:00 AM - 2:30 PM, seven days a week. An independent fan guide - firstwatchmenu.us.com

SEASONAL MENU

Truffle Bacon & Brie Hash
$15.99 (estimate)
1150 cal
Brie and Monterey Jack with bacon, roasted onions and Crimini mushrooms, two eggs and arugula, finished with truffle honey and served with Brie ciabatta toast.

Double Crunch Breakfast Tacos
$15.79 (estimate)
1010 cal
Wheat-corn tortillas with refried black beans, cheeses and crispy corn shells, filled with scrambled eggs, bacon and carnitas, served with a fruit cup with Tajin.

Cinnamon Chip Pancake Breakfast
$15.79 (estimate)
1527 cal
Two eggs any style with a cinnamon chip pancake and your choice of bacon, ham or sausage.

Prickly Paradise
$5.99 (estimate)
150 cal
A fresh juice of Anjou pear, prickly pear, lemon and ginger.

Caramel Apple Cinnamon Roll
$6.49 (estimate)
1390 cal
A cinnamon roll with cream cheese icing, spiced apple compote and a salted caramel drizzle.

THE CLASSICS

The Traditional Breakfast
$14.49 (estimate)
1000 cal
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.

Tri-Fecta
$14.79 (estimate)
940 cal
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.

THE CLASSICS (CONTINUED)

Biscuits & Turkey Sausage Gravy with Eggs
$13.79 (estimate)
950 cal
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.

THE HITS

Chickichanga (R)
$14.79 (estimate)
1150 cal
Whipped eggs with spicy all-natural white-meat chicken, chorizo sausage, green chilies, Cheddar and Monterey Jack, onions and avocado rolled in a flour tortilla, topped with Vera Cruz sauce and sour cream. Served with fresh fruit and fresh, seasoned potatoes.

Elevated Egg Sandwich
$14.29 (estimate)
1060 cal
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.

Farm Stand Breakfast Tacos
$14.49 (estimate)
1000 cal
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.

Barbacoa Breakfast Tacos
$14.99 (estimate)
1080 cal
Breakfast tacos with barbacoa, served with seasoned black beans.

THE SWEET SIDE

Multigrain Pancake
$8.79 (estimate)
670 cal
A humongous multigrain pancake, available plain or with blueberry, chocolate chip, banana granola crunch or carrot cake.

Lemon Ricotta Pancakes
$13.79 (estimate)
1250 cal
Pancakes made with lemon and ricotta, served with syrup.

Belgian Waffle
$11.79 (estimate)
590 cal
A light and airy waffle with a side of warm berry compote.

French Toast
$12.79 (estimate)
740 cal
Custard-dipped, thick-cut brioche bread topped with whipped butter and powdered cinnamon sugar.

THE SWEET SIDE (CONTINUED)

Floridian French Toast
$14.79 (estimate)
820 cal
Thick-cut brioche bread with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and seasonal berries.

Strawberry Tres Leches French Toast
$15.29 (estimate)
750 cal
French toast with strawberries and tres leches.

THE HEALTHIER SIDE

Avocado Toast
$13.99 (estimate)
580 cal
Thick-cut whole grain toast topped with fresh smashed avocado, EVOO, lemon and Maldon sea salt. Served with two basted eggs.

Healthy Turkey
$14.29 (estimate)
480 cal
Egg white omelet with turkey, house-roasted onions, tomatoes, spinach and Feta. Served with whole grain artisan toast and all-natural preserves.

A.M. Superfoods Bowl
$14.29 (estimate)
900 cal
Coconut milk chia seed pudding, fresh bananas and berries, mixed berry compote, housemade granola with almonds and whole grain artisan toast with almond butter and Maldon sea salt.

Sunrise Granola Bowl
$11.99 (estimate)
930 cal
Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit, nuts and housemade granola.

Steel-Cut Oatmeal
$9.59 (estimate)
995 cal
Made to order with berries, fresh sliced banana, pecans, low-fat milk, brown sugar and a fresh baked muffin of the day.

Tri-Athlete (R)
$14.29 (estimate)
450 cal
Egg white omelet with house-roasted Crimini mushrooms, onions, tomatoes and green chillies. Served with housemade pico de gallo, whole grain artisan toast, all-natural house preserves and fresh fruit.

Power Wrap
$12.29 (estimate)
500 cal
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.

HASHES & BOWLS

Farmhouse Hash
$14.99 (estimate)
1250 cal
Two cage-free eggs any style atop fresh, seasoned potatoes, bacon, avocado, house-roasted onions and tomatoes, Cheddar and Monterey Jack. Served with whole grain artisan toast.

Market Hash
$14.99 (estimate)
1180 cal
Two cage-free eggs any style atop fresh, seasoned potatoes, house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese. Served with whole grain artisan toast.

Power Breakfast Bowl
$13.49 (estimate)
860 cal
Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan and EVOO. Topped with two basted cage-free eggs.

Pesto Chicken Power Bowl
$13.49 (estimate)
650 cal
Protein-packed quinoa mixed with kale, shredded carrots and house-roasted tomatoes topped with grilled all-natural lemon chicken breast, basil pesto sauce, feta crumbles and fresh herbs.

Barbacoa Chilaquiles Breakfast Bowl
$15.29 (estimate)
1290 cal
Barbacoa chilaquiles served as a breakfast bowl.

OMELETS & FRITTATAS

Bacado (R) Omelet
$14.99 (estimate)
1140 cal
Bacon, avocado and Monterey Jack. Topped with sour cream and served with a side of housemade Pico de gallo.

Chile Chorizo Omelet
$14.49 (estimate)
1130 cal
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.

The Works Omelet
$14.99 (estimate)
1120 cal
Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream.

Frittata Rustica
$13.99 (estimate)
760 cal
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.

OMELETS & FRITTATAS (CONTINUED)

Smoked Salmon and Roasted Vegetable Frittata
$14.99 (estimate)
710 cal
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.

BENEDICTS

Classic Benedict
$14.49 (estimate)
660 cal
Two poached cage-free eggs atop toasted ciabatta piled high with smoked ham and vine-ripened tomato and covered with hollandaise. Served with lemon-dressed organic mixed greens.

BLT Benedict
$14.79 (estimate)
640 cal
Two poached cage-free eggs atop toasted ciabatta piled high with bacon, vine-ripened tomato, avocado and lemon-dressed arugula and covered with hollandaise. Served with lemon-dressed organic mixed greens.

Smoked Salmon Benedict
$14.79 (estimate)
570 cal
Two poached cage-free eggs atop toasted ciabatta piled high with Wild Alaska Smoked Sockeye Salmon, red onion and vine-ripened tomato and covered with hollandaise. Served with lemon-dressed organic mixed greens.

SANDWICHES

Monterey Club
$13.99 (estimate)
1070 cal
Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough.

BLTE
$13.49 (estimate)
1070 cal
The classic BLT plus an over-hard cage-free egg, Monterey Jack and mayo on artisan whole grain.

Baja Turkey Burger
$13.49 (estimate)
900 cal
A lean white-meat turkey patty with avocado, organic mixed greens, housemade pico de gallo, mayo and Horseradish Havarti on a brioche bun.

Roast Beef & Havarti
$15.29 (estimate)
1120 cal
Roast beef, Horseradish Havarti, house-roasted onions and tomato with lemon-dressed arugula on grilled Parmesan-crusted sourdough, Horseradish sauce on the side.

SANDWICHES (CONTINUED)

Ham and Gruyere Melt
$14.49 (estimate)
890 cal
Smoked ham, tomato and melty Gruyere cheese with Dijonnaise on grilled artisan brioche.

Veggie Burger
$13.49 (estimate)
800 cal
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.

Market Veggie
$13.49 (estimate)
700 cal
House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain.

SALADS

Sweet Honey Pecan Salad
$13.49 (estimate)
980 cal
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.

Kale & Berry Salad
$13.49 (estimate)
620 cal
Kale and berry salad with artisan ciabatta toast.

Cobb Salad
$13.49 (estimate)
820 cal
Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing.

Chicken Avocado Chop Salad
$13.49 (estimate)
770 cal
Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla chips with a citrus chipotle dressing.

2 FOR YOU

2 for You
$12.49 (estimate)
Calories vary - see site
Two favorites, one meal - pick any two of a half salad, half sandwich or cup of soup.

KID'S MENU

Bacon & Egg
$7.59 (estimate)
400 cal
Bacon and egg, from the Kid's Menu.

Chocolate Chip Pancake
$7.59 (estimate)
870 cal
A chocolate chip pancake, from the Kid's Menu.

Half Waffle
$7.59 (estimate)
520 cal
Half a waffle, from the Kid's Menu.

French Toast
$7.59 (estimate)
590 cal
A kids-size portion of custard-dipped French toast.

Grilled Cheese
$7.59 (estimate)
810 cal
A grilled cheese sandwich, from the Kid's Menu.

Steel-Cut Oatmeal
$7.59 (estimate)
300 cal
A kids-size portion of steel-cut oatmeal.

Granola Bowl
$7.59 (estimate)
520 cal
A granola bowl, from the Kid's Menu.

JUICE & SIPS

Morning Meditation
$5.79 (estimate)
140 cal
A fresh juice of orange, lemon, turmeric, organic ginger, agave nectar and beet.

Kale Tonic
$5.79 (estimate)
130 cal
A fresh juice of kale, Fuji apple, cucumber and lemon.

Purple Haze
$5.79 (estimate)
230 cal
A fresh-pressed juice from the Juice & Sips menu.

ICED COFFEE

ICED COFFEE (CONTINUED)

Iced Coffee
$4.29 (estimate)
210 cal
Iced coffee.

Mint Mocha Iced Coffee
$5.79 (estimate)
370 cal
Iced coffee with mint and mocha.

Honey Caramel Crunch Iced Coffee
$5.79 (estimate)
440 cal
Iced coffee with honey, caramel and crunch.

Cold Brew Coffee
$4.79 (estimate)
Calories vary - see site
Cold brew coffee.

SPARKLERS

Blood Orange Citrus Sparkler
$5.21 (estimate)
40 cal
A non-alcoholic sparkling drink of blood orange and citrus.

Passion Fruit Mint Sparkler
$5.21 (estimate)
50 cal
A non-alcoholic sparkling drink of passion fruit and mint.

Berry Lime Sparkler
$5.21 (estimate)
50 cal
A non-alcoholic sparkling drink of berry and lime.

BOOZY

Classic Mimosa
$8.49 (estimate)
220 cal
A classic orange mimosa.

Pomegranate Mimosa
$8.99 (estimate)
240 cal
A mimosa with pomegranate.

Lavender Lemon Mimosa
$8.99 (estimate)
230 cal
A mimosa with lavender and lemon.

Million Dollar Bloody Mary
$8.99 (estimate)
220 cal
A Bloody Mary served with Million Dollar Bacon.

BOOZY (CONTINUED)

Spiked Lavender Lemonade
$8.99 (estimate)
250 cal
A spiked lavender lemonade.

Pomegranate Sunrise
$8.99 (estimate)
340 cal
Tequila, pomegranate, lime and agave.

Cinnamon Toast Cereal Milk
$8.99 (estimate)
230 cal
Coconut rum, cold brew, oat milk and agave.

Pitcher of Blackberry Bramble Sangria
$20.99 (estimate)
490 cal
A pitcher of sangria with merlot, berries and apple. Serves 2-3.

Cold Brew Tini
$9.49 (estimate)
230 cal
A cold brew cocktail from the Boozy menu.

SIDES & SHAREABLES

Million Dollar Bacon
$6.29 (estimate)
250 cal
First Watch's signature candied bacon.

Holey Donuts
$6.49 (estimate)
1000 cal
A shareable order of donuts.

Million Dollar Potatoes
$5.99 (estimate)
510 cal
First Watch's Million Dollar seasoned potatoes.

Bob's Red Mill Buttered Grits
$3.99 (estimate)
180 cal
Buttered grits made with Bob's Red Mill.

Bob's Red Mill Cheesy Grits
$3.99 (estimate)
180 cal
Cheesy grits made with Bob's Red Mill.

Cup of Fresh, Seasonal Fruit
$4.79 (estimate)
80 cal
A cup of fresh, seasonal fruit.

Fresh, Seasoned Potatoes
$3.99 (estimate)
320 cal
Fresh, seasoned potatoes.

Hardwood Smoked Bacon
$5.79 (estimate)
160 cal
Hardwood smoked bacon.

SIDES & SHAREABLES (CONTINUED)

Pork Sausage Links
$4.99 (estimate)
460 cal
Pork sausage links.

Turkey Sausage Links
$4.99 (estimate)
220 cal
Turkey sausage links.

Chicken Apple Sausage Patties
$4.99 (estimate)
180 cal
Chicken apple sausage patties.

Smoked Ham
$4.99 (estimate)
160 cal
Smoked ham.

Biscuits & Turkey Sausage Gravy
$6.49 (estimate)
440 cal
Biscuits with turkey sausage gravy - the side portion, without eggs.

One Cage-Free Egg
$3.29 (estimate)
120 cal
One cage-free egg, cooked to order.

Two Cage-Free Eggs
$5.29 (estimate)
190 cal
Two cage-free eggs, cooked to order.

Whole Grain Artisan Toast with All-Natural House Preserves & Whipped Butter
$2.79 (estimate)
330 cal
Whole grain artisan toast with all-natural house preserves and whipped butter.

English Muffin
$2.79 (estimate)
330 cal
An English muffin.

Gluten-Free Toast with All-Natural House Preserves
$2.79 (estimate)
150 cal
Gluten-free toast with all-natural house preserves.

Freshly Baked Blueberry Muffin
$3.99 (estimate)
460 cal
A freshly baked blueberry muffin.

Lemon-Dressed Organic Mixed Greens
$3.99 (estimate)
70 cal
Lemon-dressed organic mixed greens.

Bowl of Tomato Basil Soup
$5.99 (estimate)
180 cal
A bowl of tomato basil soup.

Cup of Tomato Basil Soup
Price varies
140 cal
A cup of tomato basil soup.

SIDES & SHAREABLES (CONTINUED)

Biscuit with Butter, Honey and Preserves
Price varies
630 cal
A biscuit with butter, honey and preserves.

Sliced Avocado
Price varies
90 cal
Sliced avocado.

Grab N Go GF Marshmallow Treat
$2.99 (estimate)
250 cal
A packaged gluten-free marshmallow treat, ready to grab and go.

Grab N Go GF Brownie
$2.99 (estimate)
330 cal
A packaged gluten-free brownie, ready to grab and go.

Grab N Go Salted Caramel Cookie
$2.99 (estimate)
350 cal
A packaged salted caramel cookie, ready to grab and go.

MORE DRINKS

Project Sunrise Coffee
$3.99 (estimate)
0 cal
First Watch's single-origin Project Sunrise coffee, sourced from Huila, Colombia.

Decaf Coffee
$3.99 (estimate)
0 cal
Decaf coffee.

Herbal Teas
$3.99 (estimate)
0 cal
Herbal teas.

Fresh-Brewed Iced Tea (Unsweetened)
$3.99 (estimate)
0 cal
Fresh-brewed unsweetened iced tea.

Fresh-Brewed Iced Tea (Sweetened)
$3.99 (estimate)
60 cal
Fresh-brewed sweetened iced tea.

Fresh-Brewed Iced Tea (Blackberry)
$3.99 (estimate)
80 cal
Fresh-brewed blackberry iced tea.

Hot Chocolate
$3.99 (estimate)
250 cal
Hot chocolate.

Reduced-Fat Milk (Small)
$3.99 (estimate)
120 cal
A small reduced-fat milk.

MORE DRINKS (CONTINUED)

Reduced-fat Milk (Large)
$3.99 (estimate)
230 cal
A large reduced-fat milk.

Oat Milk (Small)
$4.79 (estimate)
150 cal
A small oat milk.

Oat Milk (Large)
$4.79 (estimate)
280 cal
A large oat milk.

Chocolate Milk (Small)
$3.99 (estimate)
200 cal
A small chocolate milk.

Chocolate Milk (Large)
$3.99 (estimate)
290 cal
A large chocolate milk.

100% Cold Squeezed Orange Juice (Small)
$3.99 (estimate)
110 cal
A small 100% cold squeezed orange juice.

100% Cold Squeezed Orange Juice (Large)
$3.99 (estimate)
210 cal
A large 100% cold squeezed orange juice.

Grapefruit Juice (Small)
$3.99 (estimate)
100 cal
A small grapefruit juice.

Grapefruit Juice (Large)
$3.99 (estimate)
190 cal
A large grapefruit juice.

Apple Juice (Small)
$3.99 (estimate)
110 cal
A small apple juice.

Apple Juice (Large)
$3.99 (estimate)
210 cal
A large apple juice.

Cranberry Juice (Small)
$3.99 (estimate)
110 cal
A small cranberry juice.

Cranberry Juice (Large)
$3.99 (estimate)
210 cal
A large cranberry juice.

Coke
$3.99 (estimate)
100 cal
Coca-Cola.

Diet Coke
$3.99 (estimate)
0 cal
Diet Coke.

Coke Zero
$3.99 (estimate)
0 cal
Coke Zero.

MORE DRINKS (CONTINUED)

Sprite
$3.99 (estimate)
90 cal
Sprite.

Minute Maid Lemonade
$3.99 (estimate)
100 cal
Minute Maid lemonade.

San Pellegrino (Sparkling)
$4.29 (estimate)
0 cal
San Pellegrino sparkling water.