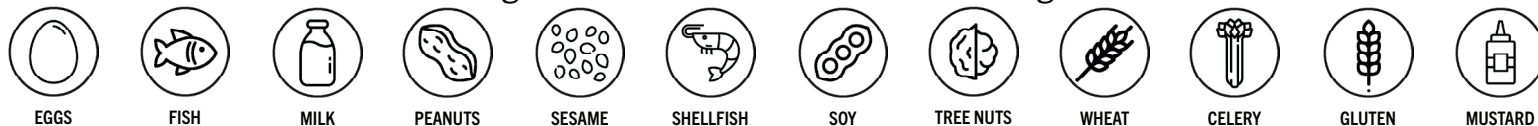


ALLERGEN GUIDE

2024 SUMMER SEASONAL LTO MENU

The allergens & intolerances identified in this guide are:



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

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Watermelon Wake-Up												
Spiked Watermelon Wake-Up												
Blueberry Lemon Cornbread	X		X				X		X		X	
Corn Muffin Batter	X		X				X		X		X	
Blueberries												
Lemon Butter	X		X				X					
Powdered Cinnamon Sugar												
Cooking Spray							X					
Carnitas Breakfast Quesadilla	X		X				X		X		X	
Whole Wheat Tortilla									X		X	
Cooking Oil			X				X					
Pork Carnitas												
Cheddar Jack Cheese			X									
Roasted Corn												
Cage-Free Eggs	X											
Avocado												
Lemon												
Pickled Red Onions												
Jalapeno Crema			X									
Scallions												
Black Beans												
Pico de Gallo												
Shishito Brisket Hash	X		X				X					X
Smoked Brisket												
Cheddar Jack Cheese			X									
Fresh, Seasoned Potatoes w/ Onions												
Cage-Free Eggs	X											
Cooking Oil			X				X					
Roasted Corn												
Garlic Aioli	X						X					X
Pickled Red Onions												
Shishito Peppers												
Scallions												
Strawberry Tres Leches French Toast	X		X				X		X		X	
Challah Bread	X								X		X	
French Toast Custard	X		X									
Macerated Strawberries												
Sweetened Condensed Milk			X									
Sea Salt Caramel Toffee Sauce			X									
Whipped Topping			X									
Cookie Crumbles							X		X		X	
Powdered Cinnamon Sugar												

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.

Note we try to exercise caution and follow certain allergen procedures to prevent cross contact, but our ingredients containing milk, egg, fish, peanut, sesame, tree nut, shellfish, soy, wheat, and other allergens are made in the same kitchen and there is still a risk of cross contact with shared surfaces and equipment. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items. Also, please allow extra time to prepare your special order.

NUTRITION GUIDE & ALLERGEN QR CODE

2024 SUMMER SEASONAL LTO MENU

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2
Spiked Watermelon Wake-Up	200	0	0	0	0	0	5	19	0	15	2	1
Blueberry Lemon Cornbread	1040	500	56	17	0	145	1030	125	4	66	59	15
Carnitas Breakfast Quesadilla	1480	830	94	42	0	650	2680	87	11	8	0	66
Shishito Brisket Hash	1210	800	90	31	0	535	3680	52	5	6	1	46
Strawberry Tres Leches French Toast	930	240	27	11	0	370	940	143	3	91	77	25

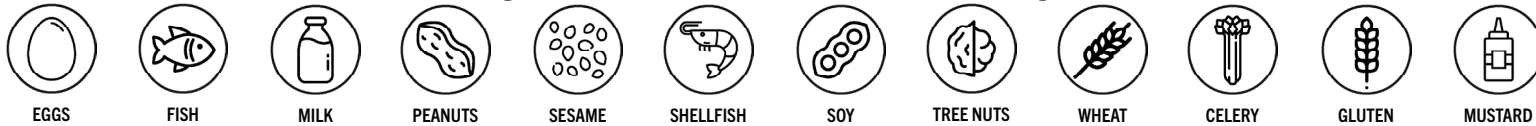
2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a third 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.

ALLERGEN GUIDE

2025 SUMMER SEASONAL LTO TAMPA TEST MENU

The allergens & intolerances identified in this guide are:



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Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Watermelon Wake-Up												
Spiked Watermelon Wake-Up												
Salted Malted Coffee Cake	X		X				X		X		X	
Chocolate Chip Crumb Cake	X		X				X		X		X	
Chocolate Salted Malted Butter			X				X					
Powdered Cinnamon Sugar												
BBQ Pork Burnt Ends Hash	X		X				X			X		X
Maple Glazed Pork Burnt Ends												
Fresh, Seasoned Potatoes w/ Onions												
Cage-Free Eggs	X											
Cooking Oil			X				X					
Garlic Aioli	X						X					X
Cheddar Jack Cheese			X									
BBQ Sauce										X		X
Spinach												
Grape Tomatoes												
Roasted Corn												
Scallions												
Elote Breakfast Burrito	X		X				X		X	X	X	X
Whole Wheat Tortilla									X		X	
Chorizo Sausage												
Cage-Free Eggs	X											
Cooking Oil			X				X					
Black Beans												
Red Bell Pepper												
Fresh, Seasoned Potatoes w/ Onions												
Cheddar Jack Cheese			X									
Charred Corn Salsa												
Pickled Red Onions												
Chipotle Aioli	X									X		X
Vera Cruz Sauce			X									
Cotija Cheese			X									
Cilantro												
Avocado												
Tajin Seasoning												
Strawberry Guava Cheesecake French Toast	X		X				X		X		X	
Challah Bread	X								X		X	
French Toast Custard	X		X									
Cheesecake Filling			X									
Guava Macerated Strawberries												
Guava Creme			X				X					
Biscoff Cookie Crumbles							X		X		X	
Powdered Cinnamon Sugar												
Mint												

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NUTRITION GUIDE & ALLERGEN QR CODE

2025 SUMMER LTO TAMPA TEST MENU

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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.

Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2
Spiked Watermelon Wake-Up	200	0	0	0	0	0	5	19	0	15	2	1
Salted Malted Coffee Cake	1250	630	71	29	0	115	920	141	5	98	95	14
BBQ Pork Burnt Ends Hash	1080	600	68	20	0	520	3100	70	6	20	7	46
Elote Breakfast Burrito	1550	890	101	32	0	595	3640	112	13	10	1	48
Strawberry Guava Cheesecake French Toast	930	330	38	21	0	385	830	123	4	67	57	22

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

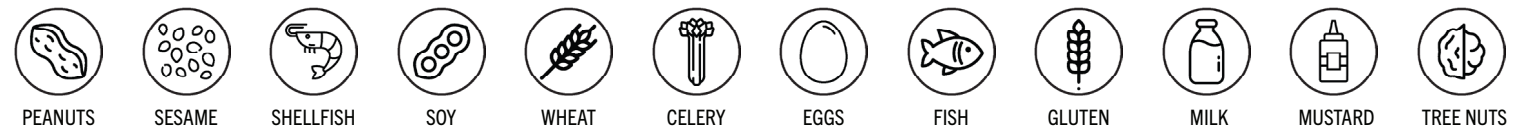
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CORE MENU ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the correct information.

The allergens & intolerances identified in this guide are:



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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Classic Favorites												
Traditional: Cage-Free Whole Eggs	X		X				X					
Eggs	X											
Margarine			X				X					
Chive and Parsley Herb Mix												
Traditional: Egg Whites	X						X					
Egg Whites	X											
Vegetable Oil Spray							X					
Chive and Parsley Herb Mix												
Traditional: Bacon												
Traditional: Chicken Sausage												
Traditional: Smoked Ham										X		
Traditional: Pork Sausage												
Traditional: Turkey Sausage												
Traditional: Seasoned Potatoes w/Onions												
Traditional: Whole Grain Toast w/Preserves			X	X		X		X			X	
Whole Grain Artisan Toast				X				X			X	
Whipped Butter			X				X					
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	X		X				X	X			X	
Pancake Batter	X	X					X	X			X	
Whipped Butter			X				X					
Tri-fecta: Belgian Waffle	X		X				X	X			X	
Waffle Batter	X	X					X	X			X	
Whipped Butter			X				X					
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	X		X				X					
Eggs	X											
Margarine			X				X					
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	X						X					
Egg Whites	X											
Vegetable Oil Spray							X					
Chive and Parsley Herb Mix												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
The Healthier Side												
Avocado Toast	X		X		X		X		X		X	
Whole Grain Artisan Toast					X				X		X	
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine			X				X					
Chive and Parsley Herb Mix												
Power Wrap	X		X				X		X		X	
Tomato Basil Tortilla							X		X		X	
Egg Whites	X											
Vegetable Oil Spray							X					
Turkey												
Crimini Mushrooms												
Spinach												
Mozzarella Cheese			X									
Pico de Gallo												
Fresh Seasonal Fruit												
Healthy Turkey	X		X		X		X		X		X	
Turkey												
Feta Cheese			X									
Egg Whites	X											
Vegetable Oil Spray							X					
Onions												
Spinach												
Tomatoes												
Whole Grain Artisan Toast					X				X		X	
Strawberry Preserves												
Tri-Athlete	X				X		X		X		X	
Egg Whites	X											
Vegetable Oil Spray							X					
Green Chiles												
Crimini Mushrooms												
Tomatoes												
Onions												
Pico de Gallo												
Whole Grain Artisan Toast					X				X		X	
Strawberry Preserves												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
A.M. Superfoods Bowl					X			X	X		X	
Coconut Milk Chia Seed Pudding								X				
Mixed Berry Compote												
Bananas												
Blueberries												
Strawberries												
Granola								X	X		X	
Whole Grain Artisan Toast					X				X		X	
Almond Butter								X				
Maldon Sea Salt												
Steel-Cut Oatmeal w/Pecans (No Muffin)			X					X	X		X	
Steel-cut Oats									X		X	
Pecans								X				
Bananas												
Strawberries												
Brown Sugar												
Milk			X									
Sunrise Granola Bowl (No Muffin)			X					X	X		X	
Greek Vanilla Yogurt			X									
Fresh Seasonal Fruit												
Granola								X	X		X	
Powdered Cinnamon Sugar												
Banana Nut Muffin	X		X					X	X		X	
Blueberry Muffin	X		X						X		X	
Carrot Pecan Muffin	X		X					X	X		X	
Chocolate Chip Muffin	X		X				X		X		X	
Lemon Chia Muffin	X		X						X		X	
Orange Cranberry Muffin	X		X						X		X	
Egg-sclusives												
Chickichanga	X		X				X		X	X	X	
Flour Tortilla									X		X	
Chicken										X		
Chorizo Sausage												
Eggs	X											
Margarine			X				X					
Avocado												
Cheddar Jack Cheese			X									
Green Chilies												
Onions												
Vera Cruz Sauce			X									
Sour Cream			X									
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions												
Classic Benedict	X		X				X		X	X	X	X
Toasted Ciabatta									X		X	
Whipped Butter			X				X					
Eggs	X											
Ham										X		
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Florentine Benedict	X		X				X		X		X	X
Toasted Ciabatta									X		X	
Whipped Butter			X				X					
Eggs	X											
Spinach												
Tomatoes												
Avocado												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
BLT Benedict	X		X				X		X		X	X
Toasted Ciabatta									X		X	
Whipped Butter			X				X					
Eggs	X											
Arugula												
Avocado												
Bacon												
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Smoked Salmon Benedict	X	X	X				X		X		X	X
Toasted Ciabatta									X		X	
Whipped Butter			X				X					
Eggs	X											
Smoked Salmon		X										
Onions												
Hollandaise			X									
Tomatoes												
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Elevated Egg Sandwich	X		X				X		X		X	X
Brioche Bun	X		X				X		X		X	
Whipped Butter			X				X					
Mayonnaise	X											X
Egg	X											
Margarine			X				X					
Bacon												
Avocado												
Gruyere Cheese												
Arugula			X									
Lemon White Balsamic Vinaigrette												X
Fresh Seasoned Potatoes w/ Onions												
Farm Stand Breakfast Tacos	X		X				X		X	X	X	X
Corn & Flour Blend Tortillas									X		X	
Chicken										X		
Chorizo Sausage												
Cheddar Jack Cheese			X									
Eggs	X											
Margarine			X				X					
Avocado												
Black Beans												
Pico de Gallo												
Biscuits & Turkey Sausage Gravy w/Eggs	X		X				X	X	X	X	X	X
Buttered Biscuits			X				X		X		X	
Turkey Sausage Gravy			X				X	X	X	X	X	
Eggs	X											
Margarine			X				X					
Chive and Parsley Herb Mix												
Fresh Seasoned Potatoes w/ Onions												
Farmhouse Skillet Hash	X		X		X		X		X		X	
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X				X					
Avocado												
Bacon												
Cheddar Jack Cheese			X									
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Fresh Seasonal Fruit												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Market Skillet Hash	X		X		X		X		X		X	
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X				X					
Goat Cheese			X									
Mozzarella Cheese			X									
Crimini Mushrooms												
Red Peppers												
Shallots												
Spinach												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Fresh Seasonal Fruit												
Parma Skillet Hash	X		X		X		X		X		X	
Fresh Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X				X					
Mozzarella Cheese			X									
Parmesan Cheese			X									
Crimini Mushrooms												
Onions												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Fresh Seasonal Fruit												
Omelets And Frittatas												
Bacado Omelet	X		X		X		X		X		X	X
Eggs	X											
Margarine			X				X					
Cheddar Jack Cheese			X									
Bacon												
Avocado												
Pico de Gallo												
Sour Cream			X									
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Ham & Gruyere Omelet	X		X		X		X		X		X	X
Eggs	X											
Margarine			X				X					
Ham										X		
Gruyere Cheese			X									
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Chile Chorizo Omelet	X		X		X		X		X		X	X
Eggs	X											
Margarine			X				X					
Chorizo Sausage												
Cheddar Jack Cheese			X									
Green Chilies												
Onions												
Pico de Gallo												
Avocado												
Sour Cream			X									
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Morning Market Veg Omelet	X		X		X		X		X		X	X
Eggs	X											
Margarine			X				X					
Kale												
Goat Cheese			X									
Crimini Mushrooms												
Shallots												
Roasted Tomatoes												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Inspired Italian Omelet	X		X		X		X		X		X	X
Eggs	X											
Margarine			X				X					
Italian Sausage												
Mozzarella Cheese			X									
Parmesan Cheese			X									
Red Peppers												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
The Works Omelet	X		X		X		X		X		X	X
Eggs	X											
Margarine			X				X					
Bacon												
Ham										X		
Cheddar Jack Cheese			X									
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			X									
Tomatoes												
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Frittata Rustica	X		X				X		X		X	X
Eggs	X											
Margarine			X				X					
Mozzarella Cheese			X									
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta									X		X	
Whipped Butter			X				X					
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Smoked Salmon & Roasted Veggie Frittata	X	X	X				X		X		X	X
Eggs	X											
Margarine			X				X					
Smoked Salmon			X									
Parmesan Cheese			X									
Chive Cream			X									
Shallots												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta									X		X	
Whipped Butter			X				X					
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X

	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
From The Griddle												
Plain Multigrain Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Whipped Butter			X				X					
Banana Crunch Pancakes	X		X				X	X	X		X	
Pancake Batter	X		X				X		X		X	
Granola								X	X		X	
Bananas												
Whipped Butter			X				X					
Carrot Cake & Pecan Pancakes	X		X				X	X	X		X	
Pancake Batter	X		X				X		X		X	
Wheat Germ									X		X	
Carrots												
Pecans								X				
Raisins												
Whipped Butter			X				X					
Powdered Cinnamon Sugar												
Chocolate Chip Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Chocolate Chips			X				X					
Whipped Butter			X				X					
Blueberry Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Blueberries												
Whipped Butter			X				X					
Berry Compote												
Lemon Ricotta Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Ricotta Cheese			X									
Lemon Curd	X		X									
Powdered Cinnamon Sugar												
Strawberries												
Belgian Waffle	X		X				X		X		X	
Waffle Mix	X		X				X		X		X	
Whipped Butter			X				X					
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	X		X		X		X		X		X	
Brioche Bread	X		X		X		X		X		X	
French Toast Batter	X		X									
Whipped Butter			X				X					
Berry Compote												
Powdered Cinnamon Sugar												
Floridian French Toast	X		X		X		X		X		X	
Brioche Bread	X		X		X		X		X		X	
French Toast Batter	X		X									
Wheat Germ									X		X	
Bananas												
Strawberries												
Kiwi												
Berry Compote												
Powdered Cinnamon Sugar												
Make it Floridian Style												
Bananas												
Kiwi												
Strawberries												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup												
Power Bowls												
Power Breakfast Quinoa Bowl	X		X				X		X		X	
Quinoa												
Chicken Stock			X				X		X			
Lemon White Balsamic Vinaigrette												X
Eggs	X											
Margarine			X				X					
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												

	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Pesto Chicken Quinoa Bowl												
Quinoa							X				X	X
Chicken Stock			X				X			X		
Chicken												
Roasted Tomatoes												
Carrots												
Feta Cheese			X									
Kale												
Lemon												
Lemon White Balsamic Vinaigrette												X
Basil Pesto Dressing	X		X									X
Chive and Parsley Herb Mix												
Salads												
Super Food Kale Salad												
Kale			X				X	X	X	X	X	X
Organic Mixed Greens												
Chicken Stock			X				X			X		
Chicken												
Maple Carrots												
Parmesan Cheese			X									
Dried Cranberries												
Almonds								X				
Maple-Lemon Vinaigrette Dressing												X
Ciabatta									X		X	
Whipped Butter			X				X					
Chicken Avocado Chop Salad												
Romaine							X		X		X	X
Arugula												
Chicken												
Avocado												
Black Beans												
Feta Cheese			X									
Corn												
Tomatoes												
Tortilla Strips												
Chive and Parsley Herb Mix												
Citrus Chipotle Dressing												X
Ciabatta									X		X	
Whipped Butter			X				X					
Cobb Salad												
Romaine	X		X				X		X		X	X
Organic Mixed Greens												
Turkey												
Avocado												
Bacon												
Bleu Cheese			X									
Hard Boiled Eggs	X											
Tomatoes												
Ranch Dressing	X		X									X
Ciabatta									X		X	
Whipped Butter			X				X					
Sweet Honey Pecan Salad												
Romaine							X	X	X		X	X
Organic Mixed Greens												
Chicken												
Bacon												
Cheddar Jack Cheese			X									
Pecans								X				
Tomatoes												
Carrots												
Avocado												
Honey Dijon Dressing									X			X
Ciabatta									X		X	
Whipped Butter			X				X					

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Sandwiches												
Monterey Club Sandwich (No Greens or Soup)	X		X		X		X		X		X	X
Sourdough Bread					X		X		X		X	
Mayonnaise	X											X
Turkey												
Avocado												
Bacon												
Monterey Jack Cheese			X									
Organic Mixed Greens												
Tomatoes												
BLTE (No Greens or Soup)	X		X		X		X		X		X	X
Whole Grain Artisan Toast					X				X		X	
Mayonnaise	X											X
Bacon												
Eggs	X											
Margarine			X				X					
Monterey Jack Cheese			X									
Tomatoes												
Organic Mixed Greens												
Baja Turkey Burger (No Greens Or Soup)	X	X					X		X		X	X
Brioche Bun	X	X					X		X		X	
Whipped Butter			X				X					
Turkey Burger												
Avocado												
Havarti Horseradish Cheese			X									
Organic Mixed Greens												
Mayonnaise	X											X
Pico de Gallo												
Market Veggie (No Greens Or Soup)	X		X		X		X		X		X	X
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Mozzarella Cheese			X									
Mayonnaise	X											X
Crimini Mushrooms												
Basil Pesto			X									
Spinach												
Zucchini												
Roast Beef & Havarti (No Greens Or Soup)	X	X		X			X		X		X	X
Sourdough Bread					X		X		X		X	
Whipped Butter			X				X					
Roast Beef												
Roasted Tomatoes												
Havarti Horseradish Cheese			X									
Parmesan Cheese			X									
Onions												
Arugula												
Lemon White Balsamic Vinaigrette												X
Horseradish Sauce	X											X
Ham & Gruyere Melt (No Greens Or Soup)	X	X		X			X		X		X	X
Brioche	X	X		X			X		X		X	
Whipped Butter			X				X					
Gruyere Cheese			X									
Dijonnaise	X											X
Ham										X		
Tomatoes												
Veggie Burger (No Greens Or Soup)	X	X					X		X		X	X
Brioche Bun	X	X					X		X		X	
Whipped Butter			X				X					
Veggie Patty							X		X		X	
Dijonnaise	X											X
Avocado												
Organic Mixed Greens												
Onions												
Tomatoes												
Lemon Dressed Greens												X
Lemon White Balsamic Vinaigrette												X
Organic Mixed Greens												
Soups												
Broccoli Cheddar (No Crackers)			X				X		X		X	X
Clam Chowder (No Crackers)		X	X			X			X	X	X	
Market Vegetable Soup (No Crackers)							X		X		X	
Italian Wedding Soup (No Crackers)	X		X				X		X	X	X	
Tomato Basil Soup (No Crackers)			X				X		X	X	X	
Chicken w/Wild Rice Soup (No Crackers)			X						X			
Crackers							X		X		X	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Kids Meals												
Kid's Bacon & Egg w/Toast & Fresh Fruit	X		X				X		X		X	X
Sourdough Bread						X	X		X		X	
Bacon												
Eggs	X											
Margarine			X					X				
Fresh Seasonal Fruit												
Kid's Grilled Cheese w/ Fresh Fruit			X		X		X		X		X	X
Sourdough Bread					X		X		X		X	
Whipped Butter			X				X					
Cheddar Jack Cheese							X					
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X		X				X		X		X	X
Pancake Batter	X		X				X		X		X	
Chocolate Chips			X				X					
Whipped Butter			X				X					
Kid's French Toast (No Meat)	X		X		X		X		X		X	X
Brioche Bread	X		X		X		X		X		X	
French Toast Batter	X		X									
Whipped Butter			X				X					
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X	X					X		X		X	X
Waffle Mix	X	X					X		X		X	
Whipped Butter			X				X					
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Bacon												
Pork Sausage												
Kid's Sunrise Granola Bowl w/ Toast			X				X	X	X		X	X
Greek Vanilla Yogurt			X									
Granola								X	X		X	
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough							X		X		X	
Kid's Oats w/ Chicken Sausage									X		X	X
Steel-cut Oats									X		X	
Banana												
Blueberries												
Strawberries												
Chicken Sausage Patty												
Sides And Small Plates												
Plain Grits w/ Butter			X				X					
Grits			X				X					
Whipped Butter			X				X					
Cheesy Grits			X									
Grits			X									
Cheddar Jack Cheese			X									
Parmesan Cheese			X									
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions												
Biscuit & Gravy			X				X	X	X	X	X	X
Biscuits			X				X		X		X	
Turkey Sausage Gravy			X				X	X	X	X	X	
Biscuit w/Butter, Honey & Preserves			X				X		X		X	X
Biscuits			X				X		X		X	
Whipped Butter			X				X					
Strawberry Preserves												
Honey												
Whole Grain Toast w/Butter & Preserves			X		X		X		X		X	X
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Chocolate Chip Muffin	X		X				X		X		X	
Lemon Chia Muffin	X		X						X		X	
Orange Cranberry Muffin	X		X						X		X	
Hardwood Smoked Bacon												
Smoked Ham										X		
Pork Sausage Links												
Savory Chicken Sausage Patties												
Turkey Sausage Links												
Lemon Dressed Organic Mixed Greens												X
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												X
Million Dollar Bacon												
Million Dollar Potatoes			X				X		X		X	
Million Dollar Bacon												
Fresh Potatoes with Onions												
Parmesan Cream Sauce			X				X		X		X	
Herb Mix												
Beverages												
Honey Caramel Crunch Iced Coffee			X				X	X				
Heath Candy Pieces			X				X	X				
Honey												
Iced Coffee Concentrate												
Salted Caramel Sauce			X									
Sweet Cream Topping			X				X					
Mint Mocha Iced Coffee			X				X					
Dark Chocolate Chips			X				X					
Iced Coffee Concentrate												
Mint												
Chocolate Syrup												
Peppermint Syrup												
Sweet Cream Topping			X				X					
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee			X									
Iced Coffee												
Milk			X									
Herbal Tea												
Fresh-brewed Iced Tea - Unsweetened												
Fresh-brewed Iced Tea - Sweetened												
Fresh Iced Tea - Seasonal Blackberry												
Hot Chocolate			X				X	X				
Milk Chocolate Cocoa Mix			X				X	X				
Whipped Cream			X									
Chocolate Syrup												
Chocolate Milk			X									
Chocolate Syrup												
Milk			X									
Low-Fat Milk			X									
Coca-Cola Soft Drinks												
100% Cold Squeezed Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Purple Haze												
Add Immunity Boost												
Bar - Signature Cocktails												
Cinnamon Toast Cereal Milk								X				
Coconut Rum								X				
Agave												
Cold Brew Coffee												
Oat Milk												
Cinnamon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Bourbon Blackberry Palmer												
Bourbon Whiskey												
Lemon Juice												
Lemon Peel												
Blackberry Syrup												
Brewed Tea												
Blackberry Bramble Sangria												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Merlot												
Orange Juice												
Fuji Apple Juice												
Wild Blackberry Syrup												
Spiked Lavendar Lemonade												
Premium Vodka												
Filtered Water												
Lemon Juice												
Lavendar Syrup												
Simple Syrup												
Bar - Brunch Classics												
Million Dollar Bloody Mary		X					X			X		
Vodka												
Million Dollar Bacon												
Bloody Mary Mix		X					X			X		
Mimosa												
Sparkling Wine												
Orange Juice												
Sparkling Wine												
Good Morning Packs												
Good Morning 6-Pack or 12-Pack	X	X		X			X		X		X	
Bacon												
Eggs	X											
Margarine			X				X					
Whole Grain Artisan Toast					X				X		X	
Whipped Butter			X				X					
Strawberry Preserves												

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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.

Note we try to exercise caution and follow certain allergen procedures to prevent cross contact, but our ingredients containing milk, egg, fish, peanut, sesame, tree nut, shellfish, soy, wheat, and other allergens are made in the same kitchen and there is still a risk of cross contact with shared surfaces and equipment. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items. Also, please allow extra time to prepare your special order.

FIRST WATCH CORE MENU NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device's camera.



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Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
CLASSIC FAVORITES												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1740	42	4	2	0	3
Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
TRI-FECTA												
Multigrain Pancake (No Syrup)	530	260	30	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2
Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Chicken Sausage Patty	90	50	6	2.0	0	35	280	2	0	1	1	8
Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	0	9
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
HEALTHIER SIDE												
Avocado Toast (No Eggs)	450	230	26	4.0	0	0	1130	46	15	7	5	10
Cage-Free Basted Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Healthy Turkey (No Toast or Tomatoes)	260	80	9	3.5	0	50	1350	7	0	2	0	40
Tomatoes	10	0	0	0	0	0	0	2	0	2	0	1
Whole Grain Toast with Preserves (No Butter)	270	45	5	1.0	0	0	280	47	5	21	20	7
A.M. Superfoods Bowl (No Toast or Granola)	430	220	25	18	0	0	160	51	9	36	22	5
Add Granola w/ Almonds	120	50	6	0.5	0	0	15	15	2	6	5	3
Side of Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13
Steel-cut Oatmeal w/ Pecans (No Muffin, Milk or Brown Sugar)	410	100	11	1.5	0	0	15	72	11	12	0	12
Side of Brown Sugar	100	0	0	0	0	0	10	27	0	27	0	0
Side of Low-Fat Milk	20	0	0	0	0	2	20	2	0	2	0	2
Sunrise Granola Bowl (No Muffin)	470	100	11	1.5	0	10	100	69	6	46	19	23
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Tri-athlete (No Fruit or Toast)	160	40	4.5	0	0	0	600	8	1	5	0	22
Whole Grain Toast with Preserves (No Butter)	270	45	5	1.0	0	0	280	47	5	21	20	7
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
Power Wrap (No Fruit)	420	100	11	2.5	0	25	950	42	3	3	0	36
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
FROM THE GRIDDLE												
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1190	560	63	28	0	265	1630	131	5	55	49	22
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1260	550	62	22	0	260	1660	149	9	51	36	27
Blueberry Pancake (1 Pancake, No Syrup)	580	260	30	12	0	130	870	67	3	28	19	10

Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Blueberry Pancakes (2 Pancakes, No Syrup)	1090	450	51	21	0	260	1660	135	6	56	39	21
Carrot Cake & Pecan Pancake (1 Pancake, No Syrup)	660	270	30	12	0	130	860	82	4	39	15	13
Carrot Cake & Pecan Pancakes (2 Pancakes, No Syrup)	1220	460	52	21	0	260	1650	162	7	77	28	26
Lemon Ricotta Pancakes (2 Mid-Stack Pancakes, No Syrup)	1100	470	53	24	0	335	1620	131	5	53	41	23
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	2
French Toast (No Syrup)	660	200	23	10	0	315	870	87	5	24	18	19
Floridian French Toast (No Syrup)	730	140	15	7	0	315	810	127	11	46	18	24
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	48	0	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
POWER BOWLS®												
Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1340	42	5	4	1	33
Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	7	3	0	31
EGG-SCLUSIVES												
Chickichanga (No Fruit or Potatoes)	830	520	59	25	0	365	1590	39	6	5	0	35
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1740	42	4	2	0	3
Classic Benedict (No Dressed Greens)	550	240	27	11	0	530	1850	31	2	7	3	40
Florentine Benedict (No Dressed Greens)	470	260	29	10	0	440	690	34	7	4	0	20
BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	880	31	4	4	0	22
Smoked Salmon Benedict (No Dressed Greens)	450	190	22	8	0	455	1310	33	4	5	0	30
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Elevated Egg Sandwich (No Potatoes)	720	450	51	16	0	260	1010	45	5	7	4	23
Side of Fresh, Seasoned Potatoes w/ Onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Farm Stand Breakfast Tacos (No Black Beans)	890	470	53	19	0	605	1890	53	8	4	1	46
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6
Biscuit And Turkey Sausage Gravy (No Eggs or Potatoes)	440	170	20	12	0	10	1340	56	2	5	4	9
Side of Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Side of Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Side of Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Side of Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1740	42	4	2	0	3
Farmhouse Skillet Hash (No Eggs or Toast)	730	450	50	13	0	45	2370	53	9	4	0	16
Market Skillet Hash (No Eggs or Toast)	620	330	38	11	0	50	2910	51	5	4	0	15
Parma Skillet Hash (No Eggs or Toast)	780	460	52	16	0	80	2850	50	5	5	1	25
Add Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Add Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Add Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Side of Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
OMELETS AND FRITTATAS												
Bacado Omelet (No Toast or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
Ham & Gruyère Omelet (No Toast or Dressed Greens)	590	390	44	18	0	855	1170	4	0	3	2	44
Chile Chorizo Omelet (No Toast or Dressed Greens)	730	520	59	23	0	835	1040	13	5	5	1	36
Morning Market Vegetable Omelet (No Toast or Dressed Greens)	490	330	37	14	0	795	670	9	0	3	0	29
Inspired Italian Omelet (No Toast or Dressed Greens)	780	550	63	23	0	850	1870	8	0	4	1	43
The Works Omelet (No Toast or Dressed Greens)	720	510	58	24	0	855	1060	7	0	4	0	39
Frittata Rustica (No Ciabatta Crisp or Dressed Greens)	570	360	41	15	0	810	890	15	2	3	0	38
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Crisp or Dressed Greens)	520	320	36	14	0	810	1070	11	1	3	0	36
Side of Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
Side of Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Side of Ciabatta Crisp with Butter	90	20	2.0	0.5	0	0	270	14	1	0	0	3
Side of Lemon-Dressed Greens	70											

FIRST WATCH CORE MENU NUTRITION GUIDE & ALLERGEN QR CODE

Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
SANDWICHES												
Monterey Club (No Dressed Greens or Soup)	1020	530	60	16	0	125	2480	65	8	6	0	48
BLTE (No Dressed Greens or Soup)	1120	640	73	22	0	505	1460	71	13	16	10	43
Baja Turkey Burger (No Dressed Greens or Soup)	810	440	50	15	0	110	1120	53	8	9	4	45
Market Veggie (No Dressed Greens or Soup)	790	400	45	12	0	35	1220	69	12	14	10	23
Roast Beef & Havarti (No Dressed Greens or Soup)	1070	550	62	21	0	120	2800	68	4	11	5	45
Ham & Gruyère Melt (No Dressed Greens or Soup)	880	390	44	16	0	140	2540	77	5	12	9	46
Veggie Burger (No Dressed Greens or Soup)	700	290	33	7	0	15	1360	78	11	11	4	25
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
SOUPS (BOWL)												
Broccoli Cheddar (No Crackers)	240	170	19	11	0.5	60	990	10	0	4	1	6
Clam Chowder (No Crackers)	240	130	14	8	0	50	980	22	2	2	0	7
Market Vegetable (No Crackers)	100	20	2.0	0	0	0	910	17	3	6	0	3
Italian Wedding (No Crackers)	130	40	4.5	2.0	0	10	1100	12	1	2	1	5
Tomato Basil (No Crackers)	180	110	12	5.0	0	20	840	15	3	9	1	3
Chicken and Wild Rice (No Crackers)	160	50	5	2.0	0	25	750	22	0	2	1	6
Side of Crackers with Bowl of Soup	50	10	1.0	0	0	0	180	10	0	0	0	2
SALADS												
Super Food Kale Salad (No Ciabatta Crisp or Dressing)	460	150	17	4.0	0	65	900	54	12	22	10	29
Side of Maple-Lemon Vinaigrette Dressing	360	300	34	5	0	0	370	13	0	11	9	0
Chicken Avocado Chop Salad (No Ciabatta Crisp or Dressing)	490	230	26	5	0	70	910	44	9	4	0	24
Side of Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	0
Cobb Salad (No Ciabatta Crisp or Dressing)	460	280	31	11	0	265	940	22	11	8	0	26
Side of Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2
Sweet Honey Pecan Salad (No Ciabatta Crisp or Dressing)	620	400	45	10	0	85	760	31	14	9	0	30
Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0
Side of Ciabatta Crisp with Butter	90	20	2.0	0.5	0	0	270	14	1	0	0	3
2 FOR YOU (1/2 SANDWICH, 1/2 SALAD, OR CUP OF SOUP)												
Monterey Club Half Sandwich	510	260	30	8	0	65	1240	33	4	3	0	24
Ham & Gruyère Melt Half Sandwich	440	190	22	8	0	70	1270	38	3	6	5	23
Market Veggie Half Sandwich	400	200	23	6	0	20	610	35	6	7	5	12
Roast Beef & Havarti Half Sandwich	530	280	31	10	0	60	1390	34	2	5	3	22
Cobb Half Salad with Dressing	340	240	27	7	0	140	660	13	6	5	0	14
Super Food Kale Half Salad with Dressing	410	230	26	4.5	0	30	640	34	6	17	10	14
Sweet Honey Pecan Half Salad with Dressing	430	220	25	5	0	40	580	36	7	24	20	15
Chicken Avocado Chop Half Salad with Dressing	400	240	27	4.5	0	35	460	28	5	2	0	12
Tomato Basil - Cup (No Crackers)	140	80	9	4.0	0	15	630	11	2	6	1	2
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5
Broccoli Cheddar - Cup (No Crackers)	180	130	14	8	0	45	740	8	0	3	1	5
Market Vegetable Soup - Cup (No Crackers)	80	15	1.5	0	0	0	680	13	2	5	0	2
Italian Wedding Soup - Cup (No Crackers)	100	30	3.5	1.5	0	10	830	9	0	1	1	4
Chicken and Wild Rice - Cup (No Crackers)	120	35	4.0	1.5	0	20	560	17	0	1	1	5
Side of Crackers with Cup of Soup	25	0	0.5	0	0	0	90	5	0	0	0	1
SIDES AND SMALL PLATES												
Buttered Grits	180	80	9	3.0	0	0	790	21	1	0	0	2
Cheesy Grits	180	60	7	4.0	0	20	910	22	1	0	0	8
Fresh, Seasonal Fruit (Large)	160	5	0.5	0	0	0	0	41	4	32	0	2
Fresh, Seasonal Fruit (Small)	80	0	0	0	0	0	0	21	2	16	0	1
Fresh, Seasoned Potatoes w/ Onions	320	130	14	1.0	0	0	1740	42	4	2	0	3
Biscuit & Gravy	440	170	20	12	0	10	1340	56	2	5	4	9
Whole Grain Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
English Muffin with Preserves & Butter	330	120	14	4.0	0	0	360	39	0	16	16	4
Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
Million Dollar Potatoes	460	220	25	6	0	20	2150	49	4	6	3	7
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage Links	460	400	46	16	0	80	680	0	0	0	0	12
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Turkey Sausage Links	220	140	16	4.0	0	80	780	0	0	0	0	18
Lemon-Dressed Organic Mixed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1

Menu Item	Calories (cal)	Calories from Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
KIDS' MEALS												
Kid's Bacon and Egg with Toast & Fruit	410	150	17	5	0	225	650	46	3	18	0	15
Kid's Grilled Cheese with Fresh Fruit	820	390	44	18	0	50	1250	73	4	18	0	21
Kid's Granola Bowl with Toast	530	110	13	1.5	0	5	430	80	7	31	14	19
Kid's Chocolate Chip Pancakes (No Meat or Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Kid's French Toast with Fresh Fruit (No Meat or Syrup)	390	140	16	6	0	160	460	49	3	16	6	12
Kid's Half Waffle with Fresh Fruit (No Meat or Syrup)	290	130	15	6	0	20	560	36	2	12	4	2
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	48	0	43	43	0	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
BEVERAGES												
Project Sunrise Regular Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee (Single Serving)	0	0	0	0	0	0	0	0	0	0	0	0
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	20	0	0	0	0	1
Decaf Coffee (Full Pot)	0	0	0	0	0	0	20	0	0	0	0	1
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	3
Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	1
Iced Coffee	160	20	2.5	1.5	0	10	120	26	0	25	12	8
Honey Caramel Crunch Iced Coffee	370	90	10	9	0	10	450	69	0	64	62	1
Mint Mocha Iced Coffee	280	80	10	8	0	5	300	50	2	44	43	1
Herbal Tea	0	0	0	0	0	0	0	0	0	0	0	0
Fresh-Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	1	0	0	0	0
Fresh-Brewed Iced - Sweetened	60	0	0	0	0	0	10	15	0	14	14	0
Fresh-Brewed Iced - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	0
Low-fat Milk - Large	190	40	4.5	3.0	0	25	200	23	0	24	0	15
Low-fat Milk - Small	100	20	2.5	1.5	0	10	105	12	0	13	0	8
Chocolate Milk - Large	260	35	4.0	2.5	0	20	180	45	2	44	23	14
Chocolate Milk - Regular	180	20	2.5	1.5	0	10	95	36	2	34	23	8
Hot Chocolate	250	50	5	5	0	15	310	51	0	46	42	1
Coke	100	0	0	0	0	0	30	27	0	27	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
Dr Pepper	100	0	0	0	0	0	40	26	0	26	26	0
Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	0
Sprite	90	0	0	0	0	0	45	26	0	26	26	0
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	0	3
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	0	2
Grapefruit - Large	190	0	0	0	0	0	70	46	0	46	0	0
Grapefruit - Small	100	0	0	0	0	0	35	25	0	25	0	0
Apple Juice - Large	210	0	0	0	0	0	65	53	0	53	0	0