## **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.

				"		۔ ۔		ts				
	20	ے	~	Peanuts	Sesame	Shellfish		Tree Nuts	Wheat	Celery	Gluten	Mustard
	Egg	Fish	ĭ	Pe	Ses	She	Soy	Fe	≸	Cel		Ψ
Menu Item												
Watermelon Wake-Up												
Spiked Watermelon Wake-Up												
Blueberry Lemon Cornbread	Х		Х				Х		Х		Х	
Corn Muffin Batter	X		X				X		X		X	
Blueberries												
Lemon Butter	Х		Х				Х					
Powdered Cinnamon Sugar							_^_					
Cooking Spray							Х					
Carnitas Breakfast Quesadilla	Х		Х				X		Х		Х	
Whole Wheat Tortilla									X		X	
Cooking Oil			Х	<u> </u>	-		Х					
Pork Carnitas			^	1	-		_ ^					
Cheddar Jack Cheese			Х	<del>                                     </del>	-							
Roasted Corn			_ ^									
Cage-Free Eggs	Х											
Avocado	^											
Lemon												
Pickled Red Onions												
Jalapeno Crema			Х									
Scallions			^									
Black Beans												
Pico de Gallo	Х		Х				V					Х
Shishito Brisket Hash	Х		X				Х					X
Smoked Brisket Cheddar Jack Cheese			Х									
			^									
Fresh, Seasoned Potatoes w/ Onions	Х											
Cage-Free Eggs	Х		V				V					
Cooking Oil Roasted Corn			Х				Х					
	V						V					V
Garlic Aioli	Х						Х					Х
Pickled Red Onions												
Shishito Peppers												
Scallions	V		V						V			
Strawberry Tres Leches French Toast	X		Х				Х		X		X	
Challah Bread	X		.,	-	-				Х		Х	
French Toast Custard	Х		Х	-	-							
Macerated Strawberries			.,									
Sweetened Condensed Milk			X									
Sea Salt Caramel Toffee Sauce			X		-							
Whipped Topping			Х									
Cookie Crumbles							Х		Х		Х	
Powdered Cinnamon Sugar											1	

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.

# NUTRITION GUIDE & ALLERGEN QR CODE 2024 SUMMER SEASONAL LTO MENU

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











SHELLFISH

**GLUTEN** 







CELERY





TREE NUTS

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

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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.

	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)
Menu Item												
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:

























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

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

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.



# NUTRITION GUIDE & ALLERGEN QR CODE 2025 SUMMER LTO TAMPA TEST MENU

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TREE NUTS









SHELLFISH



CELERY





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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

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.

	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)
Menu Item												
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.

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.



### **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:

























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

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.

Classic Favorites   Traditional: Cage-Free Whole Eggs   X	
Eggs   X	
Margarine	
Chive and Parsley Herb Mix  Traditional: Egg Whites  Egg Whites X  Vegetable Oil Spray  Chive and Parsley Herb Mix  Traditional: Bacon  Traditional: Chicken Sausage  Traditional: Smoked Ham  Traditional: Pork Sausage  Traditional: Turkey Sausage  Traditional: Turkey Sausage  Traditional: Whole Grain Toast w/Preserves  X X X X X X X X X X X X X X X X X X X	
Traditional: Egg Whites	
Egg Whites	
Vegetable Oil Spray	
Chive and Parsley Herb Mix  Traditional: Bacon  Traditional: Chicken Sausage  Traditional: Smoked Ham  Traditional: Pork Sausage  Traditional: Turkey Sausage  Traditional: Seasoned Potatoes w/Onions  Traditional: Whole Grain Toast w/Preserves  Whole Grain Artisan Toast  X  X  X  X	
Traditional: Bacon Traditional: Chicken Sausage Traditional: Smoked Ham Traditional: Pork Sausage Traditional: Turkey Sausage Traditional: Seasoned Potatoes w/Onions Traditional: Whole Grain Toast w/Preserves	
Traditional: Chicken Sausage  Traditional: Smoked Ham  Traditional: Pork Sausage  Traditional: Turkey Sausage  Traditional: Seasoned Potatoes w/Onions  Traditional: Whole Grain Toast w/Preserves  Whole Grain Artisan Toast  X X X X X X X X X X X X X X X X X X X	
Traditional: Smoked Ham	
Traditional: Pork Sausage Traditional: Turkey Sausage Traditional: Seasoned Potatoes w/Onions Traditional: Whole Grain Toast w/Preserves  Whole Grain Artisan Toast  X  X  X  X  X	
Traditional: Turkey Sausage Traditional: Seasoned Potatoes w/Onions Traditional: Whole Grain Toast w/Preserves  Whole Grain Artisan Toast  X  X  X  X  X	
Traditional: Seasoned Potatoes w/Onions Traditional: Whole Grain Toast w/Preserves X X X X X X X X X X X X X X X X X X X	
Traditional: Whole Grain Toast w/Preserves X X X X X X X X X X X X X X X X X X X	
Whole Grain Artisan Toast X X X	
	X
Whipped Butter X X	X
Strawberry Preserves	
Tri-fecta: Plain Multigrain Pancake X X X X X	X
Pancake Batter X X X X X	X
Whipped Butter X X	
Tri-fecta: Belgian Waffle X X X X X	X
Waffle Batter X X X X X	Х
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	$\overline{}$
Margarine X X	$\top$
Chive and Parsley Herb Mix	$\Box$
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	Х		X		X		Х		X		X	
Whole Grain Artisan Toast					Χ				Χ		Χ	
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	Χ											
Margarine			X				Χ					
Chive and Parsley Herb Mix												
Power Wrap	Χ		Х				Χ		Х		Х	
Tomato Basil Tortilla							Χ		Χ		Χ	
Egg Whites	Χ											
Vegetable Oil Spray							Χ					
Turkey												
Crimini Mushrooms												
Spinach												
Mozzarella Cheese			Х									
Pico de Gallo												
Fresh Seasonal Fruit												
Healthy Turkey	Χ		Х		Х		Х		Χ		Х	
Turkey												
Feta Cheese			Х									
Egg Whites	Х											
Vegetable Oil Spray							Χ					
Onions												
Spinach												
Tomatoes												
Whole Grain Artisan Toast					Χ				Χ		Х	
Strawberry Preserves												
Tri-Athlete	Х				Х		Х		Х		Х	
Egg Whites	Х											-
Vegetable Oil Spray							Х					$\vdash$
Green Chiles												
Crimini Mushrooms								H				$\vdash$
Tomatoes												
Onions						$\vdash$		$\vdash$				$\vdash$
Pico de Gallo			$\vdash$			$\vdash$						$\vdash$
Whole Grain Artisan Toast					Х	$\vdash$		$\vdash$	Х		Х	H
Strawberry Preserves		-	$\vdash$		^	$\vdash$			^		^	$\vdash$
Strawberry Freserves												

This allergen guide applie	es to s	specif	ic Fi	rst W	atch l	locati	ons. P	lease	cons	ult w	ith a	man
	Egg	Fish	Milk	Peanuts		Shellfish	Soy			Celery	Gluten	Mustard
A.M. Superfoods Bowl					X			X	Х		Х	
Coconut Milk Chia Seed Pudding								Χ				
Mixed Berry Compote Bananas												
Blueberries												
Strawberries												
Granola								Χ	Х		Χ	
Whole Grain Artisan Toast					Χ				Χ		Χ	
Almond Butter								Χ				
Maldon Sea Salt			V					V	V		V	
Steel-Cut Oatmeal w/Pecans (No Muffin) Steel-cut Oats			X					Х	X		X	
Pecans								Х	^		^	
Bananas												
Strawberries												
Brown Sugar												
Milk			Χ									
Sunrise Granola Bowl (No Muffin)			Х					X	Х		Х	
Greek Vanilla Yogurt			Х									
Fresh Seasonal Fruit Granola								Х	Х		Х	
Powdered Cinnamon Sugar								^	^		^	
Banana Nut Muffin	Х		Х					Х	Х		Х	
Blueberry Muffin	Х		Х						Х		Х	
Carrot Pecan Muffin	Х		Х					Χ	Х		Х	
Chocolate Chip Muffin	Х		Х				Х		Х		Х	
Lemon Chia Muffin	X		X						X		X	
Orange Cranberry Muffin	Х		Х						Х		Х	
Egg-sclusives Chickichanga	Х		Х				Χ		Х	Х	Х	
Flour Tortilla									Х		Х	
Chicken										Χ		
Chorizo Sausage												
Eggs	Х						.,					
Margarine Avocado			Х				Х					
Cheddar Jack Cheese			Х									
Green Chilies												
Onions												
Vera Cruz Sauce			Χ									
Sour Cream			Χ									
Fresh Seasonal Fruit												
Fresh Seasoned Potatoes w/ Onions	v		V				V		V	V	V	V
Classic Benedict Toasted Ciabatta	X		Х				Х		X	Х	X	Х
Whipped Butter			Х				Х		^		^	
Eggs	Х											
	_								-	V		
Ham										X		
Ham Tomatoes										Χ		
Tomatoes Hollandaise			X							X		
Tomatoes Hollandaise Chive and Parsley Herb Mix			X							X		
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens			X							X		
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette	<b>y</b>						У		<b>Y</b>	X	<b>Y</b>	X
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens	X		X				X		X X	X	<b>X</b> X	X
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict	X						X					
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta	X		Х									
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta Whipped Butter Eggs Spinach			Х									
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta Whipped Butter Eggs Spinach Tomatoes			Х									
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta Whipped Butter Eggs Spinach Tomatoes Avocado			X									
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta Whipped Butter Eggs Spinach Tomatoes Avocado Hollandaise			Х									
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta Whipped Butter Eggs Spinach Tomatoes Avocado Hollandaise Chive and Parsley Herb Mix			X									
Tomatoes Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon White Balsamic Vinaigrette Florentine Benedict Toasted Ciabatta Whipped Butter Eggs Spinach Tomatoes Avocado Hollandaise			X									

						_		s				
	Egg	Fish	Mik	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	
BLT Benedict	Х		Х				Χ		Х		Х	İ
Toasted Ciabatta									Χ		Х	ļ
Whipped Butter			Х				Х					Ļ
Eggs	Х											ł
Arugula Avocado												ł
Bacon												t
Tomatoes												t
Hollandaise			Х									t
Chive and Parsley Herb Mix												T
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette												L
Smoked Salmon Benedict	X	X	X				Х		X		X	
Toasted Ciabatta							.,		Х		Х	Ļ
Whipped Butter	V		Х				Χ					Ļ
Eggs	Х	v								$\vdash$		+
Smoked Salmon Onions		Х										+
Hollandaise			Х			$\vdash$						t
Tomatoes						$\vdash$				$\vdash$		$\dagger$
Chive and Parsley Herb Mix												t
Organic Mixed Greens												t
Lemon White Balsamic Vinaigrette												t
Elevated Egg Sandwich	Х		Х				Х		Χ		Х	Ì
Brioche Bun	Χ		Χ				Χ		Χ		Χ	Γ
Whipped Butter			Χ				Χ					ļ
Mayonnaise	Х											ļ
Egg	Х											Ļ
Margarine			Х				Х					Ł
Bacon Avocado												ł
Gruyere Cheese			Х									t
Arugula			^									t
Lemon White Balsamic Vinaigrette												t
Fresh Seasoned Potatoes w/ Onions												T
Farm Stand Breakfast Tacos	Х		Х				Χ		Х	Х	Х	
Corn & Flour Blend Tortillas									Χ		Х	L
Chicken										Х		L
Chorizo Sausage												Ļ
Cheddar Jack Cheese			Х									Ļ
Eggs	Х		v				V					ł
Margarine Avocado			Х				Х					H
Black Beans	$\vdash$									$\vdash$		$\dagger$
Pico de Gallo												t
Biscuits & Turkey Sausage Gravy w/Eggs	Х		Х				Χ	Х	Х	Х	Х	t
Buttered Biscuits			Х				Χ		Χ		Х	ſ
Turkey Sausage Gravy			Χ				Χ	Χ	Χ	Χ	Χ	ſ
Eggs	Χ											ļ
Margarine	<u> </u>		Х				Χ					ļ
Chive and Parsley Herb Mix												Ļ
Fresh Seasoned Potatoes w/ Onions	V		V		v		V		V		v	ŀ
Farmhouse Skillet Hash Fresh Seasoned Potatoes w/ Onions	Х		X		Х		Х		Х		Х	f
Eggs	Х									$\vdash$		$\dagger$
Margarine	<u> </u>		Х				Х					t
Avocado			Ė									t
Bacon												T
Cheddar Jack Cheese			Χ									Γ
Onions												
Roasted Tomatoes												ļ
Chive and Parsley Herb Mix	<u> </u>											L
Whole Grain Artisan Toast	<u> </u>		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		Χ		.,		Х		Х	ļ
Whipped Butter	<u> </u>		Х				Х					H
Strawberry Preserves											i	1

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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard			Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Market Skillet Hash	Х		Х		Х		Х		Х		Х		i i	Morning Market Veg Omelet	Х		Х		Х		Х		Х			
Fresh Seasoned Potatoes w/ Onions													] [	Eggs	Х											_
Eggs	Х		X				Х						╁	Margarine Kale	-		Х				Х		$\dashv$	$\dashv$	-	
Margarine Goat Cheese			X				^						╁	Goat Cheese			Х									
Mozzarella Cheese			X										1	Crimini Mushrooms			Ĥ									
Crimini Mushrooms														Shallots												
Red Peppers			<u> </u>										┦├	Roasted Tomatoes										_		$\vdash$
Shallots			$\vdash$										╁	Zucchini Chive and Parsley Herb Mix						$\vdash$			_	-	-	
Spinach Zucchini													╁	Whole Grain Artisan Toast					Х				Х		х	
Chive and Parsley Herb Mix													1	Whipped Butter			Х				Χ		^			
Whole Grain Artisan Toast					Х				Х		Х			Strawberry Preserves												
Whipped Butter			Х				Χ						1	Organic Mixed Greens												$\blacksquare$
Strawberry Preserves													╢	Lemon White Balsamic Vinaigrette	V		V		v		V		V		V	X
Fresh Seasonal Fruit Parma Skillet Hash	Х		X		Х		Х		Х		Х		H	Inspired Italian Omelet Eggs	X		Х		Х		Х		Х		Х	Λ
Fresh Seasoned Potatoes w/ Onions	^		^		^		^		^		^		11	Margarine	^		Х			$\Box$	Χ					
Eggs	Х													Italian Sausage												
Margarine			Х				Χ						] [	Mozzarella Cheese			Х									
Mozzarella Cheese			X										╁	Parmesan Cheese			Х			Ш			_	_		<u> </u>
Parmesan Cheese Crimini Mushrooms			Х										╁	Red Peppers Roasted Tomatoes						$\vdash$			_	$\dashv$	-	
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Parmesan Cheese	$\dashv$		X				^					-
Kale	$\dashv$		^								$\Box$	-
Crimini Mushrooms	7											
Italian Sausage	$\rightarrow$											
Roasted Tomatoes											Ш	$\Box$
Chive and Parsley Herb Mix												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	
Pesto Chicken Quinoa Bowl	Х	_	Х		<b>0</b> ,	0,	X			Х		ł
Quinoa												I
Chicken Stock			Χ				Χ			Х		ļ
Chicken				-								ļ
Roasted Tomatoes Carrots												ł
Feta Cheese			Х									ł
Kale												t
Lemon												t
Lemon White Balsamic Vinaigrette												t
Basil Pesto Dressing	Χ		Х									Ī
Chive and Parsley Herb Mix												
Salads				_	_							
Super Food Kale Salad			Х				Х	Х	X	X	X	ļ
Kale												ł
Organic Mixed Greens Chicken Stock			Х	$\vdash$			Х			Х		ł
Chicken			^				^			_		t
Maple Carrots				H								t
Parmesan Cheese			Х	Н								t
Dried Cranberries												t
Almonds								Χ				t
Maple-Lemon Vinaigrette Dressing												I
Ciabatta									Χ		Χ	I
Whipped Butter			Χ				Χ					L
Chicken Avocado Chop Salad			Х				Х		Х		Х	ļ
Romaine				-								ļ
Arugula				-								╀
Chicken Avocado				-								ł
Black Beans												t
Feta Cheese			Х									t
Corn												t
Tomatoes												T
Tortilla Strips												I
Chive and Parsley Herb Mix												L
Citrus Chipotle Dressing												ļ
Ciabatta							.,		Х		Х	ļ
Whipped Butter	v		X				X		v		v	l
Cobb Salad Romaine	Х		Х				Х		Х		Х	H
Organic Mixed Greens												t
Turkey												t
Avocado												t
Bacon												T
Bleu Cheese			Χ									I
Hard Boiled Eggs	Х					Ш						Ĺ
Tomatoes		_										ļ
Ranch Dressing	Х		Х	Ш					.,	_	.,	ļ
Ciabatta			\ \				V		Х		Х	+
Whipped Butter			X				X X	Х	v		v	H
Sweet Honey Pecan Salad  Romaine			٨				٨	٨	Х		Х	f
Organic Mixed Greens				$\vdash$		$\vdash$						t
Chicken				Н								t
Bacon				П								t
Cheddar Jack Cheese			Х									T
Pecans								Χ				I
Tomatoes												ſ
Carrots												Ĺ
Avocado												1
Honey Dijon Dressing				Ш					.,		.,	ļ
Ciabatta			v	$\vdash\vdash$			v		Х		Х	+
Whipped Butter		1	X			1	Χ					П

FEBRUARY 2024

Chocolate Chip Muffin  K  Lemon Chia Muffin  K  K  K  K  K  K  K  K  K  K  K  K  K		This allergen guide appli		specii 						lease			lui a	
Chocolate Chip Muffin						nts	me	lish		nuts	#	ý	E	ard
Chocolate Chip Muffin			Egg	Fish	¥	Pean	Sesal	Shell	Soy	Tree	Whe	Celer	Gluten	Mustard
Drange Cranberry Muffin					_				Х				X	
Hardwood Smoked Bacon Smoked Ham Pork Sausage Links Savory Chicken Sausage Patties Turkey Sausage Links Lemon Dressed Organic Mixed Greens Lemo White Balsamic Vinaigrette Million Dollar Bacon Million Dollar Bacon Million Dollar Bacon Fresh Potatoes with Onions Parmesan Cream Sauce Herb Mix Beverages Honey Caramel Crunch Iced Coffee Honey Caramel Crunch Iced Coffee Money Coffee Iced Coffee Money Coffee Iced Coffee Iced Coffee Money Coffee Iced Coffee Iced Coffee Money Coffee Iced Coffee Iced Iced Coffee Iced Coffee Iced Coffee Iced Iced Iced Iced Iced Iced Iced Ic			_		_								X	
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Pork Sausage Links Savory Chicken Sausage Patties Turkey Sausage Links Lemon Dressed Organic Mixed Greens Organic Mixed Greens Lemon White Balsamic Vinalgrette Million Dollar Bacon Million Dollar Bacon Million Dollar Bacon Fresh Potatoes with Onions Parmesan Cream Sauce Herb Mix Beverages Honey Caramel Crunch Iced Coffee Heath Candy Pieces Honey Caramel Crunch Iced Coffee Heath Candy Pieces Salted Caramel Sauce Sweet Cream Topping Ax X X Mint Mocha Iced Coffee Dark Chocolate Chips Sweet Cream Topping Ax X X  Mint Mocha Iced Coffee Mint Chocolate Syrup Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Decaf Cold Brew Coffee Led Coffee Iced Coffee Iced Coffee Iced Coffee Resh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Seasonal Blackberry Milk Chocolate Syrup Milk Chocolate Syrup Milk Chocolate Syrup Milk X Milk Chocolate Gream Milk X Milk Chocolate Syrup Milk X Milk Chocolate Syrup Milk X Milk Chocolate Syrup Milk X Milk X Milk Chocolate Tea - Seasonal Blackberry Hot Chocolate Syrup Milk Chocolate Syrup Milk X Milk Coca-Cola Soft Drinks Milk X Milk X Milk Coca-Cola Soft Drinks Milk X Milk Coca-Cola Soft Drinks Milk X Milk Milk X Milk Milk X Milk Milk Milk Milk Milk Milk Milk Milk												Х		
Savory Chicken Sausage Patties   Turkey Sausage Links   Lemon Wrise Sausage Links   Lemon Wrise Salsamic Vinaigrette   Million Dollar Bacon   Million Dollar Bacon   Million Dollar Potatoes   Million Dollar Bacon   Million Dollar Potatoes   Million Dollar Bacon   Million Dollar Potatoes   Million Dollar Bacon   Fresh Potatoes with Onions   Parmesan Cream Sauce   X   X   X   X   X   X   X   X   X														
Lemon Dressed Organic Mixed Greens														
Organic Mixed Greens   Lemon White Balsamic Vinalgrette   Million Dollar Bacon   Million Dollar Potatoes   X	Turkey S	ausage Links												
Million Dollar Bacon   Million Dollar Bacon   Million Dollar Potatoes   X	Lemon D													Х
Million Dollar Potatoes	Lem	on White Balsamic Vinaigrette												Х
Million Dollar Bacon   Fresh Potatoes with Onions   Parmesan Cream Sauce   X														
Fresh Potatoes with Onions Parmesan Cream Sauce Herb Mix Beverages Honey Caramel Crunch Iced Coffee Heath Candy Pieces X X X X Honey Iced Coffee Concentrate Salted Caramel Sauce X Sweet Cream Topping X X X Mint Mocha Iced Coffee Dark Chocolate Chips Iced Coffee Concentrate  Dark Chocolate Chips Iced Coffee Concentrate  Mint Chocolate Syrup Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee Milk Herbal Tea Fresh-brewed Iced Tea - Sweetened Fresh Lea - Seasonal Blackberry Hot Chocolate Milk Chocolate Syrup Milk X X X X X X X X X X X X X X X X X X X	Million D				Х				Х		Х		Х	
Parmesan Cream Sauce					_									$\vdash\vdash$
Herb Mix					Y				Y		Y		Х	$\vdash$
Beverages					_				<u> </u>		^		^	$\vdash$
Honey Caramel Crunch Iced Coffee	Beverag													
Heath Candy Pieces Honey Honey Iced Coffee Concentrate Salted Caramel Sauce Swet Cream Topping Mint Mochal Ced Coffee Mint Dark Chocolate Chips Iced Coffee Concentrate Mint Chocolate Syrup Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Regular Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee Milk X Herbal Tea Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Seasonal Blackberry Hot Chocolate Milk Chocolate Syrup Chocolate Syrup Chocolate Syrup Chocolate Milk X Chocolate Syrup Chocolate Milk X Coa-Cola Soft Drinks Iced Coffee Milk X Coa-Cola Soft Drinks Iced Coffee Milk X Coa-Cola Soft Drinks Iced Coffee Milk Coa-Cola Soft Drinks Iced Coffee Morning Meditation Kale Tonic Purple Haze Add Immunity Boost Bar - Signature Cocktails Cinnamon Toast Cereal Milk Coa-Coffee Dat Milk Coa-Coffee Dat Milk Coa-Coffee Dat Milk Coanmon Pomegranate Sunrise Iced Coffee Ice					Χ				Х	Х				
Honey   Iced Coffee Concentrate   Salted Caramel Sauce   X   Sweet Cream Topping   X   X   X   X   Mint Mocha Iced Coffee   X   X   X   X   X   X   X   X   X										_				
Salted Caramel Sauce Sweet Cream Topping Mint Mocha Iced Coffee Dark Chocolate Chips Iced Coffee Concentrate Mint Chocolate Syrup Peppermint Syrup Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee Iced Coffee Iced Coffee Iced Coffee Iced Coffee Milk X Herbal Tea Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Unsweetened F		•												
Sweet Cream Topping														
Mint Mocha Iced Coffee  Dark Chocolate Chips  Iced Coffee Concentrate  Mint  Chocolate Syrup  Peppermint Syrup  Sweet Cream Topping  Project Sunrise Coffee - Regular  Project Sunrise Coffee - Decaf  Cold Brew Coffee  Iced Coffee  Iced Coffee  Iced Coffee  Milk  Herbal Tea  Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened  Fresh Iced Tea - Seasonal Blackberry  Hot Chocolate  Whipped Cream  Chocolate Syrup  Chocolate Syrup  Chocolate Syrup  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  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice Pomegranate Juice		Salted Caramel Sauce			_									
Dark Chocolate Chips  Iced Coffee Concentrate  Mint  Chocolate Syrup  Peppermint Syrup  Sweet Cream Topping  Project Sunrise Coffee - Regular  Project Sunrise Coffee - Decaf  Cold Brew Coffee  Iced Coffee  Iced Coffee  Iced Coffee  Milk  Herbal Tea  Fresh-brewed Iced Tea - Unsweetened  Fresh-brewed Iced Tea - Sweetened  Fresh-brewed Iced Tea - Sweetened  Fresh-brewed Iced Tea - Sweetened  Fresh Iced Tea - Seasonal Blackberry  Hot Chocolate  Whilk Chocolate Cocoa Mix  Whipped Cream  Chocolate Syrup  Chocolate Milk  Chocolate Syrup  Milk  Low-Fat Milk  Coca-Cola Soft Drinks  100% Cold Squeezed Orange Juice  Grapefruit, Apple, or Cranberry Juice  Julice Bar  Morning Meditation  Kale Tonic  Purple Haze  Add Immunity Boost  Bar - Signature Cocktails  Cinnamon Toast Cereal Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice														
Iced Coffee Concentrate   Mint	Mint Mo				_									
Mint Chocolate Syrup Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee Iced Coffee Iced Coffee  Milk K Herbal Tea Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Te					Х				Х					Ш
Chocolate Syrup Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee Iced Coffee Iced Coffee Iced Coffee  Milk X Herbal Tea Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened Fresh Led Tea - Seasonal Blackberry Hot Chocolate Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Milk Chocolate Syrup Milk Chocolate Syrup Milk 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 Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice Pomegranate Juice Pomegranate Juice Pomegranate Juice				_	_	_	_							Ш
Peppermint Syrup Sweet Cream Topping Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee Iced Coffee Iced Coffee Iced Coffee Iced Coffee Milk X Herbal Tea Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Seasonal Blackberry Hot Chocolate Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Milk X Chocolate Syrup Milk X Low-Fat Milk Coca-Cola Soft Drinks IO0% 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 Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice Ice Use Ice Ice Ice Ice Ice Ice Ice Ice Ice Ic														
Sweet Cream Topping Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee    Iced Coffee				_	_	_	_							$\vdash$
Project Sunrise Coffee - Regular Project Sunrise Coffee - Decaf Cold Brew Coffee Iced Coffee    Iced Coffee				_	_	_	_							$\vdash$
Project Sunrise Coffee - Decaf  Cold Brew Coffee  Iced Coffee  Iced Coffee  Milk  K  Herbal Tea  Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Unsweet	Droinet 9				^				^					
Cold Brew Coffee  Iced Coffee  Iced Coffee  Milk  K  Herbal Tea  Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Seasonal Blackberry  Hot Chocolate  X  Milk Chocolate Cocoa Mix  Whipped Cream  Chocolate Syrup  Chocolate Milk  Chocolate Syrup  Milk  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  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice Pomegranate Juice Pomegranate Juice Pomegranate Juice Pomegranate Juice Pomegranate Juice														
Iced Coffee														
Iced Coffee   Milk					х									
Herbal Tea Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Seasonal Blackberry Hot Chocolate  Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Milk  Chocolate Syrup Milk  Low-Fat Milk  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  Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice Pomegranate Juice														
Fresh-brewed Iced Tea - Unsweetened Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Seasonal Blackberry Hot Chocolate  Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Milk  Chocolate Syrup  Milk  Low-Fat Milk 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 Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice Pomegranate Juice		Milk			Χ									
Fresh-brewed Iced Tea - Sweetened Fresh Iced Tea - Seasonal Blackberry Hot Chocolate  Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Milk  Chocolate Syrup  Milk  Chocolate Syrup  Milk  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  Cinnamon  Pomegranate Sunrise  Tequila  Agave Lime Juice Pomegranate Juice  Fomegranate Juice  Fomegranate Juice														
Fresh Iced Tea - Seasonal Blackberry Hot Chocolate  Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Syrup  Chocolate Syrup Milk  Chocolate Syrup Milk  Low-Fat Milk  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 Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice														
Hot Chocolate  Milk Chocolate Cocoa Mix  Whipped Cream Chocolate Syrup  Chocolate Syrup  Chocolate Syrup  Milk  Low-Fat Milk  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  Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon  Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice														
Milk Chocolate Cocoa Mix Whipped Cream Chocolate Syrup Chocolate Milk  Chocolate Syrup Milk X  Low-Fat Milk 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 Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice  X  X  X  X  X  X  X  X  X  X  X  X  X														
Whipped Cream Chocolate Syrup Chocolate Milk  Chocolate Syrup Milk X  Low-Fat Milk 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 Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice	Hot Cho													
Chocolate Syrup Chocolate Milk  Chocolate Syrup  Milk  Low-Fat Milk  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  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice					-					^				$\vdash$
Chocolate Milk  Chocolate Syrup  Milk  Low-Fat Milk  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  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice														
Chocolate Syrup  Milk  Low-Fat Milk  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  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice	Chocolat				Х									
Milk X 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 Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice					Х									
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 Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise Tequila Agave Lime Juice Pomegranate Juice	Low-Fat	Milk			Х									
Grapefruit, Apple, or Cranberry Juice  Juice Bar  Morning Meditation  Kale Tonic  Purple Haze  Add Immunity Boost  Bar - Signature Cocktails  Cinnamon Toast Cereal Milk  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice														
Juice Bar  Morning Meditation  Kale Tonic  Purple Haze  Add Immunity Boost  Bar - Signature Cocktails  Cinnamon Toast Cereal Milk  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice														
Morning Meditation Kale Tonic Purple Haze Add Immunity Boost Bar - Signature Cocktails Cinnamon Toast Cereal Milk Coconut Rum Agave Cold Brew Coffee Oat Milk Cinnamon Pomegranate Sunrise Tequila Agave Lime Juice Pomegranate Juice														
Kale Tonic  Purple Haze  Add Immunity Boost  Bar - Signature Cocktails  Cinnamon Toast Cereal Milk  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice														
Purple Haze  Add Immunity Boost  Bar - Signature Cocktails  Cinnamon Toast Cereal Milk  Coconut Rum  Agave  Cold Brew Coffee  Oat Milk  Cinnamon  Pomegranate Sunrise  Tequila  Agave  Lime Juice  Pomegranate Juice														
Add Immunity Boost   Bar - Signature Cocktails														
Bar - Signature Cocktails   Cinnamon Toast Cereal Milk														
Cinnamon Toast Cereal Milk         X           Coconut Rum         X           Agave         X           Cold Brew Coffee         Cold Brew Coffee           Oat Milk         Cinnamon           Pomegranate Sunrise         Tequila           Agave         Lime Juice           Pomegranate Juice         Pomegranate Juice														
Coconut Rum										Х				
Agave										-				
Cold Brew Coffee														П
Cinnamon Pomegranate Sunrise Tequila Agave Lime Juice Pomegranate Juice														
Pomegranate Sunrise  Tequila Agave Lime Juice Pomegranate Juice		Oat Milk												
Tequila Agave Lime Juice Pomegranate Juice														
Agave Lime Juice Pomegranate Juice	Pomegra													
Lime Juice Pomegranate Juice			_	_	_	_	_			_	_			$\square$
Pomegranate Juice			-	_	_	_	_				_			Н
				_	_	_	_				_			$\vdash\vdash$
Lemon				_	_	_	_				-			Н
Bourbon Blackberry Palmer	Rourbon													
Bourbon Whiskey	Doar Doll													
Lemon Juice		•												
Lemon Peel														Н
Blackberry Syrup														П
Brewed Tea														
Blackberry Bramble Sangria	Blackber	rry Bramble Sangria												

ager or server before ordering to ensure you ar	e viev	wing	the c	orrec	t info	rma	ion.					
	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		Х					Х			Х		
Vodka				I								
	-	_								_		
Million Dollar Bacon												
Million Dollar Bacon Bloody Mary Mix		Х					X			X		
Million Dollar Bacon Bloody Mary Mix Mimosa		Х					X			X		
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine		X					X			X		
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice		X					X			X		
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine		X					X			X		
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs		X								X		
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs Good Morning 6-Pack or 12-Pack	X	X	X		X		X		X	X	X	
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs Good Morning 6-Pack or 12-Pack Bacon		X	X		X				X	X	X	
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs Good Morning 6-Pack or 12-Pack Bacon Eggs	X	X			X		X		X	X	X	
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs Good Morning 6-Pack or 12-Pack Bacon Eggs Margarine		X	x							X		
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs Good Morning 6-Pack or 12-Pack Bacon Eggs Margarine Whole Grain Artisan Toast		X	X		x		X		<b>X</b>	X	<b>x</b>	
Million Dollar Bacon Bloody Mary Mix Mimosa Sparkling Wine Orange Juice Sparkling Wine Good Morning Packs Good Morning 6-Pack or 12-Pack Bacon Eggs Margarine		X					X			X		

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

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.

# 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.











SOY



WHEAT



**CELERY** 

PEANUTS

SESAME

GLUTEN

MUSTARD

TREE NUTS

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

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.

	Calories (cal)	Calories from Fat (cal)	fotal Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	fotal Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Menu Item	Ca	ဒီ	Tot	Sai	Tra	ပ်	Š	Tot	۵	10 10	Ad	Pr
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		1	1			,	1		r			1
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	27	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												
	E20	250	29	10	0	120	950	53	2	16	10	10
	520	260	29	12	0	130	850			16	13	10
Plain Multigrain Pancake (1 Pancake, No Syrup)		450	E 1									
Plain Multigrain Pancake (1 Pancake, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup)	970	450	51	21	0	260	1630	105	3	32	26	20
Plain Multigrain Pancake (1 Pancake, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup) Chocolate Chip Pancake (1 Pancake, No Syrup)	970 640	320	36	16	0	130	850	66	3	28	24	11
Plain Multigrain Pancake (1 Pancake, No Syrup)  Plain Multigrain Pancakes (2 Pancakes, No Syrup)  Chocolate Chip Pancake (1 Pancake, No Syrup)  Chocolate Chip Pancakes (2 Pancakes, No Syrup)	970 640 1190	320 560	36 63	16 28	0	130 265	850 1630	66 131	3 5	28 55	24 49	11 22
Plain Multigrain Pancake (1 Pancake, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup) Chocolate Chip Pancake (1 Pancake, No Syrup)	970 640	320	36	16	0	130	850	66	3	28	24	

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	1220	460	52	21	0	260	1650	162	7	77	28	26
(2 Pancakes, No Syrup) Lemon Ricotta Pancakes	1100	470	53	24	0	335	1620	131	5	53	41	23
(2 Mid-Stack Pancakes, No Syrup) Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	57	2	16	15	23
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
	150	0	0	0	0	0	10	39	0	39	39	0
Regular Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Maple Syrup		0		0	0	0						
Sugar-Free Syrup	20	U	0	U	U	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												
							4.00			_		-
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	390	150	17	5	0	0	380	47	5	21	20	7
OMELETS AND FRITTATAS						-			-			
	740	F 40	C1	00		025	000	10		4		20
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)  Morning Market Vegetable Omelet	730	520	59	23	0	835	1040	13	5	5	1	36
(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) Smoked Salmon & Roasted Veggie Frittata	570	360	41	15	0	810	890	15	2	3	0	38
(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	40	4.5	0.5	0	0	65	5	2	2	0	1
	1	1			1	1	1		1		ı _	1

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Side of Fresh, Seasoned Potatoes w/ Onions



## FIRST WATCH CORE MENU **NUTRITION GUIDE & ALLERGEN QR CODE**

		Fat (ca		(g)		ng)		Irate (g	(g)	(g)	(g)	
	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)	(g)
Menu Item	Calori	Calorie	Total F	Satura	Trans	Chole	Sodiu	Total C	Dietar	Total S	Added	Protein (a)
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	4
Market Veggie (No Dressed Greens or Soup)	790	400	45	12	0	35	1220	69	12	14	10	2
Roast Beef & Havarti (No Dressed Greens or Soup)	1070	550	62	21	0	120	2800	68	4	11	5	4
Ham & Gruyère Melt (No Dressed Greens or Soup)	880	390	44	16	0	140	2540	77	5	12	9	4
Veggie Burger (No Dressed Greens or Soup)  Side of Lemon-Dressed Greens	700	290	33 4.5	7 0.5	0	15 0	1360 65	78 5	11 2	11 2	0	2
	70	40	4.5	0.5	U	U	00	5	2	2	U	1
SOUPS (BOWL)											ĺ	
Broccoli Cheddar (No Crackers)	240	170	19	11	0.5	60	990	10	0	4	1	6
Clam Chowder (No Crackers)  Market Vegetable (No Crackers)	100	130	2.0	8	0	50 0	980 910	22 17	3	2 6	0	3
Market Vegetable (No Crackers)  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
20Α ΙΔ2												
Super Food Kale Salad	460	150	17	4.0	0	65	900	54	12	22	10	2
(No Ciabatta Crisp or Dressing) Side of Maple-Lemon Vinaigrette Dressing	360	300	34	5	0	0	370	13	0	11	9	C
Chicken Avocado Chop Salad	490	230	26	5	0	70	910	44	9	4	0	24
(No Ciabatta Crisp or Dressing) Side of Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	(
Cobb Salad (No Ciabatta Crisp or Dressing)	460	280	31	11	0	265	940	22	11	8	0	2
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	3
Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	C
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	SAL	AD, (	OR C	:UP	OF S	OUF	P)				
Monterey Club Half Sandwich	510	260	30	8	0	65	1240	33	4	3	0	2
Ham & Gruyère Melt Half Sandwich	440	190	22	8	0	70	1270	38	3	6	5	2
Market Veggie Half Sandwich	400	200	23	6	0	20	610	35	6	7	5	1
Roast Beef & Havarti Half Sandwich	530	280	31	10	0	60	1390	34	2	5	3	2
Cobb Half Salad with Dressing	340	240	27	7	0	140	660	13	6	5	0	1.
Super Food Kale Half Salad with Dressing  Sweet Honey Pecan Half Salad with Dressing	410	230	26 25	4.5 5	0	30 40	640 580	34	6 7	17 24	10 20	1
Chicken Avocado Chop Half Salad with Dressing	400	240	27	4.5	0	35	460	28	5	24	0	1
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  English Muffin with Preserves & Butter	390	150	17	5 4.0	0	0	380	47 39	5 0	21 16	20 16	7
Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	39	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	e
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
	160	50	6	2.0	0	80	1060	3	0	3	3	2
Smoked Ham										l		
Pork Sausage Links	460	400	46	16	0	80	680	0	0	0	0	1
		400 110 140	46 12 16	16 4.0 4.0	0 0	70 80	560 780	0 4 0	0 0	0 2 0	0 2 0	1:

		<u>e</u>						(g)				
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)	Destrois (a)
KIDS' MEALS												
Kid's Bacon and Egg with Toast & Fruit	410	150	17	5	0	225	650	46	3	18	0	1
Kid's Grilled Cheese with Fresh Fruit	820	390	44	18	0	50	1250	73	4	18	0	2
Kid's Granola Bowl with Toast	530	110	13	1.5	0	5	430	80	7	31	14	1
Kid's Chocolate Chip Pancakes (No Meat or Syrup)	640	320	36	16	0	130	850	66	3	28	24	1
Kid's French Toast with Fresh Fruit (No Meat or Syrup)	390	140	16	6	0	160	460	49	3	16	6	:
Kid's Half Waffle with Fresh Fruit (No Meat or Syrup)	290	130	15	6	0	20	560	36	2	12	4	
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	
BEVERAGES												
Project Sunrise Regular Coffee (Single Serving)	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	$\vdash$
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	20	0	0	0	0	T
Decaf Coffee (Full Pot)	0	0	0	0	0	0	20	0	0	0	0	T
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	T
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	Т
Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	Т
Iced Coffee	160	20	2.5	1.5	0	10	120	26	0	25	12	T
Honey Caramel Crunch Iced Coffee	370	90	10	9	0	10	450	69	0	64	62	T
Mint Mocha Iced Coffee	280	80	10	8	0	5	300	50	2	44	43	
Herbal Tea	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	
Fresh-Brewed Iced - Sweetened	60	0	0	0	0	0	10	15	0	14	14	
Fresh-Brewed Iced - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	
Low-fat Milk - Large	190	40	4.5	3.0	0	25	200	23	0	24	0	
Low-fat Milk - Small	100	20	2.5	1.5	0	10	105	12	0	13	0	
Chocolate Milk - Large	260	35	4.0	2.5	0	20	180	45	2	44	23	
Chocolate Milk - Regular	180	20	2.5	1.5	0	10	95	36	2	34	23	
Hot Chocolate	250	50	5	5	0	15	310	51	0	46	42	
Coke	100	0	0	0	0	0	30	27	0	27	27	L
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	L
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	L
Dr Pepper	100	0	0	0	0	0	40	26	0	26	26	L
Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	H
Sprite	90	0	0	0	0	0	45	26	0	26	26	H
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	0	H
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	70	26 46	0	21 46	0	H
Grapefruit - Large Grapefruit - Small	100	0	0	0	0	0	35	25	0	25	0	H
·	210	0	0	0	0	0	65	53	0	53	0	H
Apple Juice - Large  Apple Juice - Small	110	0	0	0	0	0	35	28	0	28	0	+
Cranberry Juice - Large	210	0	0	0	0	0	30	53	0	53	0	+
Cranberry Juice - Large  Cranberry Juice - Small	110	0	0	0	0	0	15	28	0	28	0	$\vdash$
	110									~		
JUICE BAR												
Morning Meditation®	140	0	0	0	0	0	20	36	0	30	20	$\perp$
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	$\perp$
Purple Haze	230	0	0	0	0	0	10	61	1	54	53	$\vdash$
Add Immunity Boost	60	0	0	0	0	0	0	13	0	0	0	
SIGNATURE COCKTAILS & BI				1	1							
Cinnamon Toast Cereal Milk	230	10	1.0	0	0	0	20	37	0	33	32	$\vdash$
Spiked Lavender Lemonade	250	0	0	0	0	0	0	32	0	28	27	H
Pomegranate Sunrise	340	0	0	0	0	0	0	37	0	31	22	$\vdash$
Blackberry Bramble Sangria - Individual	310	0	0	0	0	0	10	32	1	24	16	$\vdash$
Blackberry Bramble Sangria - Pitcher	500	0	0	0	0	0	20	52	2	39	27	$\vdash$
Bourbon Blackberry Palmer (Select Locations)	200	0	0	0	0	0	5	13	0	12	12	$\vdash$
Million Dollar Bloody Mary Mimosa	220	35	3.5	1.5	0	5	860	11	0	7	12	$\vdash$
Mimosa Sparkling Wine	260 180	0	0	0	0	0	0	19	0	29	12	
Sparkling Wine	180	U	U	U	U	U	U	19	U	14	12	
GOOD MORNING PACKS												
		1		1	1	1		ì			1	1
First Watch Granola (Retail Bag)	1440	600	66	9	0	0	180	180	32	72	60	3

35

1310 3650 170

17

71

40 67

2040 1040 117

Good Morning 6-pack For 2

**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.