



## beverages & sides



### Sides

- Fruit bowl**  
Filled with fresh seasonal fruit 4.49
- First Watch Potatoes®** 1.99
- English muffin** 0.99
- Fresh baked muffin of the day** 1.79

- Ham, sausage or bacon** 2.99
- Turkey sausage** 2.99
- Seasoned turkey patty** 2.99
- Bagel with cream cheese or butter** 1.69

### Beverages

 **First Watch's premium, full-flavored coffee is served at your table.**  
Regular or Decaf 1.99

**A selection of hot herbal teas** 1.99

**Hot chocolate** 1.99

**Low-fat milk**  
Some 1.99  
A lot 2.69

**Tropicana® 100% Florida Pure Squeezed Orange and Grapefruit Juices, Cranberry, V8®, Apple**  
Some 1.99  
A lot 2.69

**Fresh-brewed iced tea (free refills)**  
Our iced tea is fresh-brewed throughout the day using only all-natural, long-leaf tea. 1.99

**Soft drinks (free refills)** 1.99



## "YOU FIRST™"

At First Watch, we believe in putting "YOU FIRST™."

That's why we begin each day at the crack of dawn, slicing fresh fruits and vegetables, baking muffins and whipping up our French toast batter from scratch. And why we're committed to freshness – using some of the finest ingredients available – never compromising quality. Never.

It's also why we prepare each of our unique Breakfast, Brunch and Lunch creations to order. And why when you arrive, we welcome you with a pot of freshly-brewed coffee, complimentary newspapers and Wi-Fi Internet access.

We strive to provide an unexpectedly extraordinary experience to our customers everyday. It's all part of our "YOU FIRST™" service philosophy – a commitment to doing whatever it takes to make your visit a memorable one.

We know the world doesn't revolve around you. But at least for your brief visit with us, we'll do what we can to make you feel like it does.

## If we can, we will.®

**We take pride in meeting the special needs of our guests whenever possible:**

- There's one word everyone wants to hear – FREE. Around here we use it a lot to describe refills on soft drinks, tea and Sunrise Select™ coffee; the daily newspaper; and WiFi Internet access.
- You wouldn't expect your 5-year-old to enjoy War And Peace. Children need their own literature. Here, that means their own menu, with fun activities to keep them busy.
- We don't charge for sharing. In fact, we encourage it. We'll even give you an extra plate if you need one. After all, we want to set a good example for the kids.
- Ours is a smoke-free environment, and has been since 1993. This takes us one step closer to our goal of having air as fresh as a daisy on the summit of Mt. McKinley.
- Artificial trans-fats have been barred from the premises. Sorry, guys. But we hear they're hiring at that fast-food joint down the street.
- Automatic gratuity for large parties? Who invented that idea? We don't do it. Bring in the whole office next time and you'll see.
- Are cholesterol worries keeping you from enjoying our delicious omelettes? Worry no more. Cholesterol-free eggs or egg whites may be substituted at any time for no additional charge.
- Frying has its place. Just someplace other than here. We're all obsessed with stuff like freshness and health.
- Ever wish you could share the gift of First Watch? We'd like to help. But, trust us, ribbons on food can be messy, so we have gift cards instead.

## SUNRISE SELECT™



It's our pleasure to welcome you to First Watch with a pot of our Sunrise Select Premium Blend™ coffee. We start with choice Panamanian beans delicately grown at remote farms and harvested with special care and personal attention. We then add 100% Colombian coffee, hand-selected for its rich flavors and pleasant aromas to ensure a sweet, worldly flavor. The result is a full-bodied blend with a subtle hint of spices that will bring you and your morning to life.

Visit us at [Firstwatch.com](http://Firstwatch.com) and join our **SUN☀️CLUB™**



Franchise opportunities now available. For more information visit us online at [firstwatchfranchise.com](http://firstwatchfranchise.com).



To place a to go order, please call ahead.



**breakfast** **brunch** **lunch**



# breakfast

## The Traditional

Two fresh eggs\* cooked any way you like with your choice of grilled ham steak, thick-sliced bacon, turkey sausage or sausage links. Served with an English muffin and First Watch Potatoes® 6.79

## Omelettes

Served with First Watch Potatoes®, an English muffin and Smucker's® Jam

### Acapulco Express™

Chorizo sausage, avocado, green chilies and onions, smothered with melted cheeses and topped with sour cream. Served with a side of freshly made salsa 7.89

### Killer Cajun®

Spicy Cajun chicken breast, mushrooms, Monterey Jack cheese and onions. Served with our special Santa Fe dressing 7.59

### Veg'd Out™

Onions, mushrooms, celery, zucchini and broccoli. Topped with melted cheeses and diced tomatoes 6.69

### Basic Omelettes

- ▣ Three cheese 6.39
- ▣ Ham, bacon, or sausage and cheese 6.69
- ▣ Mushrooms and cheese 6.59

### Bacado™

Bacon, avocado and melted Monterey Jack cheese, topped with sour cream. Served with a side of freshly made salsa 7.69

### Far West

Ham, bell peppers, onions, Cheddar and Monterey Jack cheeses 6.89

### The Works

Ham, bacon, sausage, mushrooms, onions, melted cheeses and diced tomatoes, topped with sour cream 7.89

### Greek Fetish®

Roasted red peppers, Feta cheese and spinach, topped with black olives and red onions 6.99

## Tri-fecta™

A light and airy, made-to-order Belgian waffle, with two eggs\* cooked any way you like and your choice of thick-sliced bacon, turkey sausage or sausage link. A winner! 6.79

\*Consuming raw or undercooked meats or eggs with less than well-done yolks may pose an increased risk of foodborne illness.

# brunch

## Egg-cetera

Served with First Watch Potatoes®

## Chickichanga®

Whipped eggs with spicy chicken, homemade chorizo sausage, green chilies, Monterey Jack and Cheddar cheese, onion and avocado rolled in a crispy flour tortilla and topped with Vera Cruz sauce and sour cream. Served with First Watch Potatoes® 7.59

## Burrito Vera Cruz®

Scrambled eggs, chorizo sausage, green chilies, onions, Cheddar and Monterey Jack cheeses fill a flour tortilla. Topped with our special Vera Cruz sauce, served with sour cream. Muy bueno! 7.29

## Breakfast Scramble

A flaky croissant topped with scrambled eggs loaded with spinach, ham and melted cheese, then topped with hollandaise and served with fruit 7.49

## Joaquin Yahoo™

An open-faced Mexican-style frittata with mushrooms, broccoli, celery, zucchini and onions. Topped with our homemade freshly made salsa, melted cheeses and sour cream. Served with an English muffin 6.99

## Caps Etc.®

Fresh mushroom caps seasoned and sautéed to perfection, topped with melted Monterey Jack and Cheddar cheeses. Served with two fresh eggs\* and an English muffin 7.29

## Eggs Benedict – Our Way!

Poached eggs\* and hollandaise. Served with fresh fruit and First Watch Potatoes® 7.89  
Top an English muffin with your choice from below:

- ▣ Ham and tomatoes
- ▣ Smoked turkey and avocado
- ▣ Florentine - fresh spinach, avocado and tomato

## Sensational Skillets

Choose your favorite combination from below to be added to steaming, seasoned potatoes and melted, bubbly cheese topped with two eggs\* cooked any way you like. Served with an English muffin and fresh fruit 6.99

- ▣ Ham and mushroom
- ▣ Bacon and onion
- ▣ Fresh, diced vegetables
- ▣ Avocado, bacon and tomato

## The Healthier Side

### Power Wrap™

Fluffy egg whites, smoked turkey, spinach and mushrooms wrapped tightly in a sundried tomato basil tortilla with Swiss cheese. Served with fresh fruit and freshly made salsa 7.29

### Cranberry Nut Oatmeal

Quaker® Oatmeal with sweet cranberries and Georgia pecans served with low-fat milk, sliced bananas, brown sugar and an English muffin 4.99

## Tri-Athlete Omelette®

Egg white omelette with sliced mushrooms, onions, tomato and green chilies. Served with freshly made salsa, a dry English muffin and fresh fruit 6.99



# lunch

## Salad Bowl

Served with toasted, garlic-buttered pita



## Pecan Dijon®

Seasoned chicken breast, bacon, avocados, Georgia pecans, tomatoes and shredded cheese atop fresh Romaine. Drizzled with warm Honey Dijon dressing 7.79

## Cobb Salad

Bacon, smoked turkey, egg, tomato, bleu cheese and avocado over fresh Romaine. Your choice of dressing 7.89

## Won's Oriental™

Teriyaki chicken breast, fresh veggies, water chestnuts and whole cashews, sautéed in our own sweet and sour dressing, piled atop fresh Romaine, crunchy oriental noodles and Mandarin oranges 7.79

## Bowl of Soup 3.59

## Santa Fe Salad

Fresh Romaine, mushrooms, tomatoes, cheeses and avocado all tossed in our own Santa Fe dressing, topped with Cajun chicken breast and croutons. Addictive. Beware! 7.79

## Fruity Chicken

A healthy scoop of our homemade chicken salad served atop baby spinach, sliced tomato, fresh seasonal fruit and our Poppyseed dressing. *Substitute tuna salad at no extra charge.* 7.29

## Wraps

Served with fresh seasonal fruit.

## Black 'n Blue

Warm, tender roast beef slices, blue cheese crumbles, lettuce, tomato and a light horseradish sauce wrapped tightly in a spinach herbed tortilla. 7.59

## Going Cold Turkey

Smoked turkey, jack cheese, lettuce, tomato and our Ranch Dressing wrapped snugly in a flour tortilla. 7.59

## Sandwiches

Served with your choice of either a *bowl of hot soup* OR First Watch Potatoes®, fresh fruit and our signature marinated salad.

## Monterey Club

Smoked turkey, bacon, avocado, lettuce, tomato, cheese and mayo piled high on whole grain bread 7.89

## Red Eye Sandwich

A spicy grilled Cajun chicken breast on a Kaiser roll with melted cheeses, lettuce, tomato and Santa Fe dressing 7.39

## Chicken Salad Melt

Homemade chicken salad with water chestnuts, chunks of Granny Smith apples, raisins, celery and all white meat chicken on grilled multigrain bread and topped with melted cheese and tomato. Served open face. *Substitute tuna salad at no extra charge.* 7.29

## Grilled Turkey

Smoked turkey, bacon, tomatoes, Monterey Jack cheese and Ranch dressing on grilled sourdough bread. Way cool! 7.59

## Teriyaki!

A grilled teriyaki chicken breast on a Kaiser roll with melted Monterey Jack cheese, mayo, tomato and lettuce 7.39

## Not Guilty Your Honor®

Flat bread, grilled and filled with hummus, cucumber, spinach leaves, mushrooms, roasted red peppers, tomato slices and feta cheese 6.79

## Al B. Core

The finest white Albacore tuna available combined with water chestnuts, celery and mayonnaise. Spread on whole grain bread with cheese, tomato and lettuce. *Substitute chicken salad at no extra charge.* 6.99

## Turkey Burger

Seasoned turkey patty, lettuce, tomato and red onion on a Kaiser roll. Served with a marinated salad, fresh fruit and our Santa Fe dressing on the side 7.29

## Beefeater

Thinly sliced rare roast beef, tomatoes, melted Cheddar and Monterey Jack cheeses on a grilled Parmesan-cruste sourdough bread. A sharp horseradish sauce served on the side 7.69

## Reuben

Your choice of corned beef or smoked turkey, piled high on rye with Thousand Island, sauerkraut and Swiss cheese 7.69

## BCB Burger

The classic Bacon Cheeseburger. A juicy half-pound Angus burger\* layered with bacon and melted Monterey Jack cheese. Served on a grilled Kaiser roll with lettuce, tomato and red onion 7.89

## Gauche Burger™

A juicy half-pound Angus burger\* topped with jalapenos and melted Monterey Jack cheese. Served on a grilled Kaiser roll with our spicy Santa Fe dressing, avocado, lettuce, tomato and red onion 7.89

## BLTE®

The classic BLT sandwich plus a fried egg, cheese and mayo on whole grain bread 6.79

## Daily Deli Double™

Our special half sandwich with a bowl of today's soup and a marinated salad. (Ask your server) 6.59

## Chicken Quesadilla

Grilled chicken breast, cheese and our own freshly made salsa fill a crisp flour tortilla. Topped with sour cream. Served with avocado and salsa on the side 6.99