

- WE PROUDLY FEATURE FRESH SEASONAL PRODUCE FROM LOCAL GROWERS WHENEVER POSSIBLE -

CLASSIC FAVORITES

THE TRADITIONAL BREAKFAST Two fresh cage-free eggs* any style with your choice of bacon, smoked ham, turkey sausage or pork sausage links. Served with whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. 9.49

TRI-FECTA Two fresh cage-free eggs* any style with either a light and airy Belgian waffle or a multigrain pancake. Plus your choice of bacon, turkey sausage or pork sausage link. 9.59

THE HEALTHIER SIDE

HEALTHY TURKEY Egg white omelet with turkey, house-roasted onions, tomatoes, spinach and Feta. Served with whole grain artisan toast and all-natural house preserves. 8.79

AVOCADO TOAST Our thick-cut whole grain toast topped with fresh smashed avocado, EVOO, lemon and Maldon sea salt. Served with two basted eggs*. 8.49

ENERGY BOWL Your choice of our housemade granola or Muesli cereal of oats, sliced almonds, pecans, dried cranberries, wheat germ and raisins. Topped with fresh fruit and a touch of cinnamon. Served with non-fat vanilla Greek yogurt. 5.99

SUNRISE GRANOLA BOWL Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit, nuts and our housemade granola. 7.99

STEEL-CUT OATMEAL Made-to-order topped with house-marinated berries, fresh sliced banana and pecans. Served with low-fat milk, brown sugar and a fresh baked muffin of the day. 6.99

TRI-ATHLETE Egg white omelet with house-roasted Crimini mushrooms, onions, tomatoes and green chilies. Served with housemade pico de gallo, whole grain artisan toast, all-natural house preserves and fresh fruit. 8.29

POWER WRAP Egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sun-dried tomato-basil tortilla. Served with fresh fruit and a side of housemade pico de gallo. 8.29

FROM THE GRIDDLE

MULTIGRAIN PANCAKES We've gotta warn you: These beauties are beyond big - they're humongous! Choose your stackage accordingly.

- Plain
- Banana Granola Crunch
- Carrot Cake
- Chocolate Chip
- Blueberry

One 4.59 Two 5.99 Three 7.99

LEMON RICOTTA PANCAKES We add fresh, whipped ricotta cheese to our multigrain batter. Served as a "mid-stack" of two pancakes topped with marinated berries and creamy lemon curd. 8.79

BELGIAN WAFFLE Our light and airy waffle with a side of warm, berry compote. 7.79

FRENCH TOAST Custard-dipped, thick-cut brioche bread topped with whipped butter and powdered cinnamon sugar. 8.59

FLORIDIAN FRENCH TOAST Thick-cut brioche with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and seasonal berries. 9.59

SUGAR-FREE SYRUP AVAILABLE UPON REQUEST
100% PURE MAPLE SYRUP AVAILABLE FOR 1.29



EGG-SCLUSIVES

CHICKICHANGA Whipped eggs* with spicy, all-natural chicken breast, chorizo, green chilies, Cheddar and Monterey Jack, onions and avocado rolled in a flour tortilla. Topped with Vera Cruz sauce and all-natural sour cream. Served with fresh fruit and fresh, seasoned potatoes. 9.79

EGGS BENEDICT Two poached cage-free eggs* atop toasted ciabatta piled high with your choice of combinations below and covered with hollandaise. Served with lightly dressed organic mixed greens. 9.99

- **Classic** - smoked ham and vine-ripened tomato
- **Florentine** - fresh baby spinach, avocado and vine-ripened tomato
- **BLT** - bacon, vine-ripened tomato, avocado and lemon-dressed arugula
- **Smoked salmon** - Wild Alaska Smoked Sockeye Salmon, red onion and vine-ripened tomato - Add 1.80

THE ELEVATED EGG SANDWICH Fresh, over-easy cage-free egg* with bacon, Gruyere cheese, fresh smashed avocado, mayo and lemon dressed arugula on a brioche bun. Served with fresh, seasoned potatoes. 8.99

FARM STAND BREAKFAST TACOS Three corn tortillas with scrambled eggs, Cajun chicken, chorizo and shredded Cheddar & Monterey Jack cheeses. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. 9.79

BISCUITS AND TURKEY SAUSAGE GRAVY WITH EGGS Freshly baked, housemade biscuits with savory turkey sausage gravy. Served with two fresh eggs* any style and fresh, seasoned potatoes. 9.49

SKILLET HASH Two cage-free eggs* any style atop fresh, seasoned potatoes. Choose one from below. 9.79

- **Farmhouse** - bacon, avocado, house-roasted onions and tomatoes with Cheddar and Monterey Jack
- **Parma** - Italian sausage, house-roasted Crimini mushrooms, onions and tomatoes with melted Parmesan, Mozzarella and fresh herbs
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese

POWER BOWLS

POWER BREAKFAST QUINOA BOWL Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan and EVOO. Topped with two basted cage-free eggs*. 8.99

PESTO CHICKEN QUINOA BOWL Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, Feta crumbles and fresh herbs. 9.89

OMELETS AND FRITTATAS

Served with lightly dressed organic mixed greens and whole grain artisan toast with all-natural house preserves. Substitute egg whites at no additional charge.

BACADO Bacon, avocado and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. 9.59

HAM & GRUYERE Smoked ham, Gruyere cheese and fresh herbs. 9.49

CHILE CHORIZO Chorizo, avocado, green chilies, roasted onions, Cheddar and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. 9.29

MORNING MARKET VEG House-roasted zucchini, Crimini mushrooms, shallots, broccoli and tomatoes with Goat cheese and fresh herbs. 8.99

INSPIRED ITALIAN Italian sausage, house-roasted tomatoes and red peppers with fresh herbs, Mozzarella and Parmesan. 9.79

THE WORKS Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. 9.99

FRITTATA RUSTICA A classic Italian-style omelet with kale, house-roasted Crimini mushrooms, onions and tomatoes topped with Mozzarella and Parmesan cheese. Served with ciabatta toast. 8.99

SMOKED SALMON & ROASTED VEGETABLE FRITTATA A classic frittata with Wild Alaska Smoked Sockeye Salmon, house-roasted shallots and tomatoes topped with Parmesan cheese, a chive cream drizzle and fresh herbs. Served with ciabatta toast. 10.49



SIDES AND SMALL PLATES

FRESH, SEASONAL FRUIT

Large 4.99 Small 3.99

FRESH, SEASONED POTATOES 2.99

BISCUITS & GRAVY 4.99

WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES 1.59

ENGLISH MUFFIN 1.59

FRESH BAKED MUFFIN OF THE DAY 2.49

HARDWOOD SMOKED BACON 4.29

SMOKED HAM, PORK SAUSAGE OR TURKEY SAUSAGE 3.49

LIGHTLY DRESSED ORGANIC MIXED GREENS 2.49

BOWL OF SOUP

Tomato Basil or Soup of the Day 4.29

SALADS

Served with artisan ciabatta toast.

SUPERFOOD KALE Vitamin-rich kale and organic mixed greens with housemade maple-roasted carrots, warm all-natural chicken breast, dried cranberries, slivered almonds and shredded Parmesan cheese tossed in our refreshing maple-lemon vinaigrette. 8.99

CHICKEN AVOCADO CHOP Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla chips with a citrus chipotle dressing. 9.39

COBB Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing. 9.49

SWEET HONEY PECAN Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. 9.29

SANDWICHES

Sandwiches served with lightly dressed organic mixed greens or a bowl of hot soup.

MONTEREY CLUB Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. 9.79

BLTE The classic BLT plus an over-hard cage-free egg, Monterey Jack and mayo on artisan whole grain. 8.99

BAJA TURKEY BURGER A lean white-meat turkey patty with avocado, organic mixed greens, housemade pico de gallo, mayo and Horseradish Havarti on a brioche bun. 8.79

MARKET VEGGIE House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain. 8.79

ROAST BEEF & HAVARTI Roast beef, Horseradish Havarti, house-roasted onions and tomato with lemon dressed arugula on grilled Parmesan-cruste sourdough. Horseradish sauce on the side. 9.29

HAM & GRUYERE MELT Smoked ham, tomato and melty Gruyere cheese with Dijonnaise on grilled artisan brioche. 8.79

VEGGIE BURGER A seasoned all-natural patty of brown rice, Peppadew peppers, onions, carrots and mushrooms. Served on a brioche bun with fresh smashed avocado, organic mixed greens, tomato, red onion and a side of Dijonnaise. 8.99

CHICKEN SALAD MELT All-natural white-meat chicken salad made with apples, raisins and celery served open-faced on grilled artisan whole grain. Topped with tomato and melted Monterey Jack. 8.79

2 FOR YOU

LUNCH SPECIALS THAT ARE TWICE AS NICE 7.79

CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

SANDWICHES

- Monterey Club
- Ham & Gruyere Melt
- Market Veggie
- Roast Beef & Havarti

SALADS

- Cobb
- Superfood Kale
- Sweet Honey Pecan
- Chicken Avocado Chop

SOUPS

- Soup of the Day
- Tomato Basil



COFFEE, TEA AND SODA

SUNRISE SELECT COFFEE

An entire pot of our premium, full-flavored coffee – freshly brewed just for you. Regular or Decaf

ICED COFFEE

Creamy, sweet, cold and refreshing.

HERBAL TEAS

A selection of hot organic herbal teas.

FRESH-BREWED ICED TEA

Fresh-brewed throughout the day using only all-natural, long-leaf tea. Regular or lightly sweetened Iced Green Tea (free refills)

HOT CHOCOLATE

LOW-FAT MILK

Small or Large

COCA-COLA SOFT DRINKS (free refills)

 (Sparkling)

FRESH JUICE BAR

Juiced daily using fresh, all-natural ingredients.

DAY GLOW

Carrot, orange, lemon and organic ginger. 3.99

KALE TONIC

Kale, Fuji apple, cucumber and lemon. 3.99

FRESH SQUEEZED ORANGE

Small or Large

GRAPEFRUIT

Small or Large

APPLE, CRANBERRY, TOMATO

Small or Large

Yeah, it's fresh.

Here at First Watch we begin each morning at the crack of dawn, slicing fresh fruits and vegetables, baking muffins and whipping up our French toast batter from scratch. Everything is made to order and freshness is never compromised. We don't use heat lamps or deep fryers – we use only the finest ingredients possible for the freshest taste around.

