

SUNRISE SELECT® It's our pleasure to welcome you to First Watch with your very own pot of our exclusive **Sunrise Select Premium Blend®** coffee, made with slow-roasted, hand-selected high-grown Panamanian, Colombian and Mexican coffee beans.

SUNRISE SELECT®
12 oz Ground Coffee bags

The same flavor you enjoy in our restaurants is now available in 12 oz. bags for brewing at your place. Think of it as your reward for getting out of bed.



Beverages

SUNRISE SELECT® COFFEE

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

A selection of hot organic herbal teas

HOT CHOCOLATE

LOW-FAT MILK
(Some or A Lot)

TROPICANA 100% NATURAL PURE PREMIUM ORANGE JUICE, GRAPEFRUIT, CRANBERRY, V8® AND APPLE JUICE
(Some or A Lot)

FRESH-BREWED ICED TEA
(free refills) Our iced tea is fresh-brewed throughout the day using only all-natural, long-leaf tea.

SOFT DRINKS (free refills)

Sides

FRUIT BOWL Filled with fresh seasonal fruit 4.29

FIRST WATCH POTATOES® 2.39

ENGLISH MUFFIN OR TOAST 1.79

BAGEL with cream cheese or butter 1.99

FRESH BAKED MUFFIN OF THE DAY 2.19

HAM, BACON, SAUSAGE, SEASONED TURKEY PATTY OR TURKEY SAUSAGE 3.59

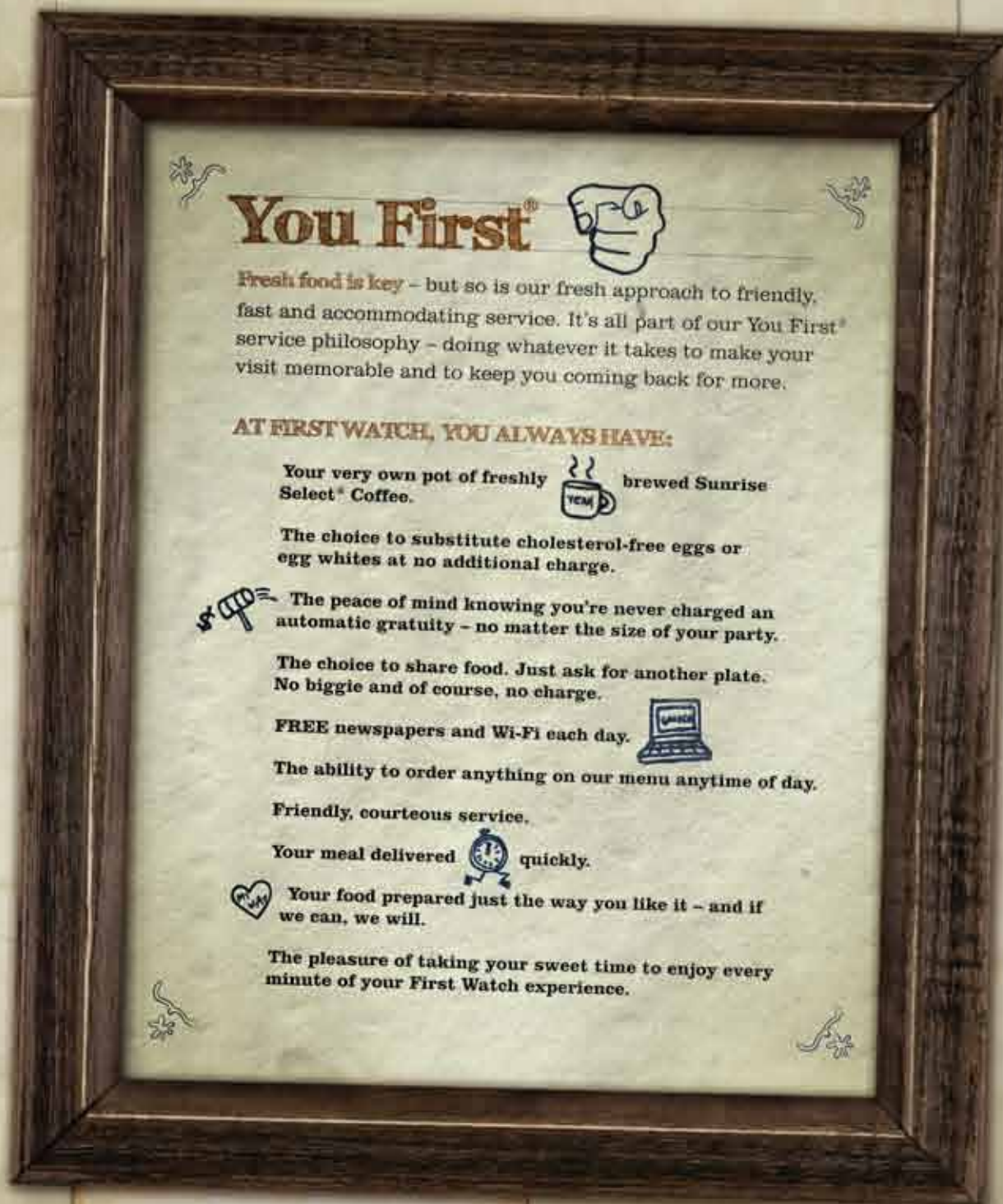
BISCUITS AND GRAVY 3.99

PURE MAPLE SYRUP 1.29



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.



You First®

Fresh food is key – but so is our fresh approach to friendly, fast and accommodating service. It's all part of our You First® service philosophy – doing whatever it takes to make your visit memorable and to keep you coming back for more.

AT FIRST WATCH, YOU ALWAYS HAVE:

- Your very own pot of freshly brewed Sunrise Select® Coffee.
- The choice to substitute cholesterol-free eggs or egg whites at no additional charge.
- The peace of mind knowing you're never charged an automatic gratuity – no matter the size of your party.
- The choice to share food. Just ask for another plate. No biggie and of course, no charge.
- FREE newspapers and Wi-Fi each day.
- The ability to order anything on our menu anytime of day.
- Friendly, courteous service.
- Your meal delivered quickly.
- Your food prepared just the way you like it – and if we can, we will.
- The pleasure of taking your sweet time to enjoy every minute of your First Watch experience.

Franchise opportunities now available. For more information, visit us online at firstwatchfranchise.com

Visit us at firstwatch.com and join our **sun@club**.
twitter.com/first_watch
facebook.com/firstwatch



Yeah, it's fresh.™

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Fresh Starts

THE TRADITIONAL BREAKFAST

Two eggs* cooked any way you like with your choice of grilled ham steak, thick-sliced bacon, turkey sausage, seasoned turkey patty or sausage links. Served with an English muffin and First Watch Potatoes*. 7.59

BISCUITS AND TURKEY SAUSAGE GRAVY WITH EGGS

Freshly baked biscuits with savory turkey sausage gravy. Served with two eggs* cooked any way you like and our First Watch Potatoes*. 6.59

I LOVE YOU MORE THAN BACON.

Omelettes

Made to order with fresh eggs, cholesterol-free eggs or egg whites - your choice, at no additional charge. Served with our First Watch Potatoes* and an English muffin.

BACADO* Bacon, avocado and melted Monterey Jack cheese, topped with sour cream. Served with a side of homemade salsa. 8.49

ACAPULCO EXPRESS™ Homemade chorizo sausage, avocado, green chilies and onions, smothered with melted cheeses and topped with sour cream. Served with a side of homemade salsa. 8.49

KILLER CAJUN* Spicy Cajun all-natural white-meat chicken breast, mushrooms, Monterey Jack cheese and onions. Served with our special Santa Fe dressing. 7.79

GREEK FETISH* Roasted red peppers, Feta cheese and spinach, topped with black olives and red onions. 7.39

VEG'D OUT™ Onions, mushrooms, celery, zucchini and broccoli. Topped with melted cheeses and diced tomatoes. 7.49

FAR WEST Ham, bell peppers, onions, Cheddar and Monterey Jack cheeses. 7.59

THE WORKS Ham, bacon, sausage, mushrooms, onions, melted cheeses and diced tomatoes, topped with sour cream. 8.79

BASIC OMELETTES

Three cheese 6.49

Ham, bacon, or sausage and cheese 7.29

Mushrooms and cheese 6.99



The Healthier Side

SIESTA KEY COCKTAIL* A healthy parfait consisting of granola, low-fat organic yogurt, fresh fruit and nuts. Served with a baked Muffin of the Day. 6.29

TRI-ATHLETE OMELETTE* Egg white omelette with sliced mushrooms, onions, tomato and green chilies. Served with salsa, a dry English muffin and fresh fruit. 7.39

POWER WRAP™ Fluffy egg whites, turkey, spinach and mushrooms wrapped tightly in a sun-dried tomato basil tortilla with Swiss cheese. Served with fresh fruit and homemade salsa. 7.59

FRESH FRUIT CREPES Two thin, sweet crepes wrapped around fresh fruit, topped with low-fat organic strawberry yogurt, cinnamon and sugar. Served with a baked Muffin of the Day and granola. 7.49

CRANBERRY NUT QUAKER* OATMEAL Quaker® Oatmeal with cranberries and Georgia pecans served with low-fat milk, sliced bananas, brown sugar and an English muffin. 4.99

LEAN MACHINE* Two cholesterol- and fat-free eggs, seasoned turkey patty, tomato slices and a dry English muffin. 7.29

HEALTHY TURKEY™ Egg white omelette with diced turkey, spinach, Feta cheese, diced onions and tomatoes. Served with a dry English Muffin. 7.59



You gotta try these! New

For our guests with food allergies, please inform your server prior to ordering. We will make every effort to accommodate your request.

*Consuming raw or undercooked items such as meats or cooked-to-order eggs with less than well-done yolks may pose an increased risk of food-borne illness.

First Watch Eggs-clusives

Fabulous firsts and favorites you'll only find here. Served with our First Watch Potatoes*.

CHICKICHANGA* Whipped eggs with spicy chicken, homemade chorizo sausage, green chilies, Monterey Jack and Cheddar cheeses, onion and avocado rolled in a flour tortilla and topped with Vera Cruz sauce and sour cream. Served with fresh fruit. 7.79

BURRITO VERA CRUZ* Scrambled eggs, homemade chorizo sausage, green chilies, onions, Cheddar and Monterey Jack cheeses fill a wheat tortilla. Topped with Vera Cruz sauce, served with sour cream and fresh fruit. 7.59

SENSATIONAL SKILLETS Choose your favorite 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. 7.99

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

KEY WEST CREPEGG* A thin, sweet crepe layered with fluffy whipped eggs, savory turkey, avocado, bacon, tomatoes and Monterey Jack cheese. Topped with sour cream and salsa on the side. Served with an English muffin. 7.89

BREAKFAST SCRAMBLE

A croissant topped with scrambled eggs with spinach, ham and melted cheese, then topped with hollandaise and served with fresh fruit. 7.89

EGGS BENEDICT Our twist on a classic! Two poached eggs* atop a toasted English muffin piled high with your choice of combinations below and covered with hollandaise sauce. 8.69

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

CAPS ETC.* Mushroom caps seasoned and sautéed to perfection, topped with melted Monterey Jack and Cheddar cheeses. Served with two fresh eggs* and an English muffin. 6.99

TURKEY DILL CREPEGG* A thin, sweet crepe layered with fluffy whipped eggs, savory turkey, mushrooms, spinach, onions and Monterey Jack cheese. Topped with diced tomatoes, hollandaise and dill. Served with an English muffin. 7.89

OVER LIGHTLY CREPEGG* A thin, sweet crepe layered with fluffy whipped eggs, sliced avocados, cheese, sliced mushrooms and Poppyseed dressing. Served with an English muffin. 7.89

JOAQUIN YAHOO™ An open-faced Mexican-style frittata made with eggs, mushrooms, broccoli, celery, zucchini and onions. Topped with salsa, melted cheeses and sour cream. Served with an English muffin. 7.29

BUBBA'S BENNY™ Our homemade biscuits sliced and covered with sausage and over-easy eggs*, then topped off with our own turkey sausage gravy. 6.79



The Middle Griddle*

PURE MAPLE SYRUP AVAILABLE FOR 1.29

MULTIGRAIN PANCAKES

We've gotta warn you: these beauties are beyond big - they're humongous! And dee-licious. Choose your stackage accordingly!
One 3.39 Two 4.79 Three 5.99

SPECIALTY PANCAKES

One 3.79 Two 5.29 Three 6.49
Wheat Germ • Blueberry
Cranberry Nut • Chocolate Chip
Banana Crunch with Granola
Carrot Cake • Pecan

FLORIDIAN FRENCH TOAST*

Sourdough French toast, with wheat germ and powdered cinnamon sugar, covered with fresh bananas, kiwi and berries. 7.19

See why our batter is better!

FRENCH TOAST

Your choice of sourdough or raisin bread dipped in an egg batter made with vanilla, cinnamon and brown sugar, then topped with creamy butter and powdered cinnamon sugar. 6.19

BELGIAN WAFFLE Our light and airy waffle with syrup, butter and a side of blueberry compote. Dusted with powdered cinnamon sugar. 5.49

TRI-FECTA* A light and airy, made-to-order Belgian waffle sprinkled with powdered cinnamon sugar, with two eggs* cooked any way you like and your choice of thick-sliced bacon, turkey sausage, seasoned turkey patty or sausage link. A winner! 7.99



SUGAR-FREE SYRUP AVAILABLE UPON REQUEST

Fresh Spring Mix Salads

Made to order using a variety of delicious toppings and served atop fresh spring mix, our salads are as glorious as spring itself! Served with a toasted, buttered pita.

PECAN DIJON* All-natural white-meat chicken breast, bacon, avocados, pecans, tomatoes, carrots and cheese. Drizzled with warm Honey Dijon dressing. 8.79

COBB Bacon, turkey, egg, tomato, Bleu cheese and avocado. Your choice of dressing. 8.39

NO. 5 An Asian salad with crispy wontons, cashews, all-natural white-meat chicken breast, fresh cilantro and carrots tossed with Ginger Sesame dressing. 8.59

CAESAR SALAD Seasoned croutons, all-natural white-meat chicken breast, Romaine lettuce, tossed in a creamy Caesar dressing and covered with freshly grated Parmesan cheese. 8.59

FRUITY CHICKEN A healthy scoop of our homemade chicken salad made with all-natural white-meat chicken breast, served atop baby spinach, sliced tomato, fresh seasonal fruit and our Poppyseed dressing. Substitute tuna salad at no additional charge. 7.99

SANTA FE Mushrooms, tomatoes, cheeses and avocado tossed in Santa Fe dressing, topped with Cajun all-natural white-meat chicken breast and croutons. 8.69

BERRY BLEU Roasted all-natural white-meat chicken breast, whole leaf spinach and strawberries topped with Bleu cheese, red onions and warm pecans. Served with Poppyseed dressing. 8.79

Bowl of Soup Lunch's favorite sidekick. Choose from Tomato Basil or Soup of the Day. 3.39

Sandwiches, Etc.

Made to order and served with seasoned potatoes, fresh fruit and our signature marinated salad. Or say "to heck with it - I just want a big bowl of soup with my sandwich." We'll do it.

MONTEREY CLUB Turkey, bacon, avocado, lettuce, tomato, cheese and mayo on multigrain bread. 8.29

SAN DIEGO CHICKEN A grilled all-natural white-meat chicken breast with bacon and melted Monterey Jack cheese on a wheat bun with mayo, lettuce and tomato. 8.29

CHICKEN SALAD MELT Chicken salad made with all-natural white-meat chicken, water chestnuts, apples, raisins and celery served open-faced on grilled multigrain bread and topped with melted cheese and tomato. Substitute tuna salad at no additional charge. 7.49

GRILLED TURKEY Turkey, bacon, tomatoes, Monterey Jack cheese and Ranch dressing on grilled sourdough bread. 7.69

TURKEY BURGER Turkey patty, lettuce, tomato and red onion on a wheat bun. Served with a side of Santa Fe dressing. 7.49

REUBEN Corned beef or turkey on rye with Thousand Island, sauerkraut and Swiss cheese. 8.29

CHICKEN QUESADILLA Grilled all-natural white-meat chicken breast, cheese and our own freshly made salsa fill a sun-dried tomato basil tortilla. Topped with sour cream. Served with avocado and salsa on the side. 7.49

CHEESE TO THE 5TH DEGREE Swiss, Havarti, Monterey Jack and Cheddar cheeses melted between grilled Parmesan-crusted sourdough bread. 6.79
Add ham 7.79

BEEFEATER Roast beef, tomatoes, Cheddar and Monterey Jack cheeses on grilled Parmesan-crusted sourdough bread. Horseradish sauce on the side. 7.79

BCB BURGER A half-pound Angus burger* with bacon and melted Monterey Jack cheese. Served on a wheat bun with lettuce, tomato and red onion. 8.49

BLTE* The classic BLT sandwich plus a fried egg, cheese and mayo on multigrain bread. 7.29

AL.B. CORE Albacore tuna with water chestnuts, celery and mayo. Spread on multigrain bread with cheese, tomato and lettuce. Substitute chicken salad at no additional charge. 7.59

NOT GUILTY YOUR HONOR* A wheat tortilla filled with cucumber, spinach leaves, mushrooms, roasted red peppers, tomato slices and Feta cheese. Served with a side of hummus. 7.29

HEARD OF BUFFALO CHICKEN WRAP Grilled all-natural white-meat chicken breast tossed in a spicy Buffalo sauce, with lettuce, tomato, Bleu cheese crumbles and Ranch dressing in a wheat tortilla. 7.99

100% Natural

