

**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. 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.

### HERBAL TEAS

A selection of hot **organic** herbal teas.

### HOT CHOCOLATE

### LOW-FAT MILK

(Small or Large)

### TROPICANA 100% NATURAL PURE PREMIUM ORANGE JUICE, GRAPEFRUIT, CRANBERRY, V8® AND APPLE JUICE

(Small or Large)

### FRESH-BREWED ICED TEA

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

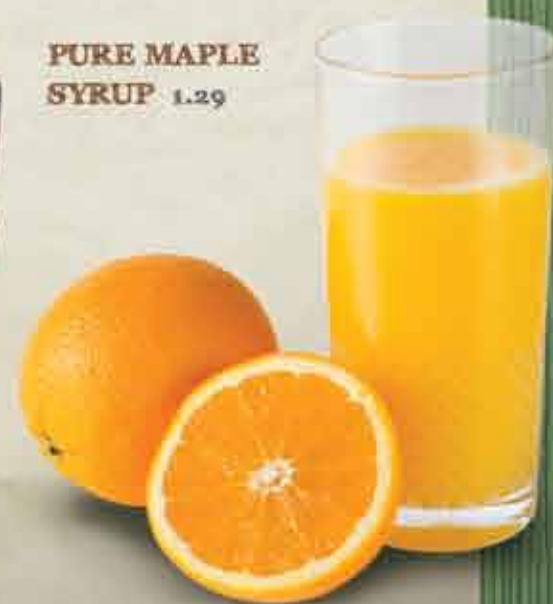
### SAN PELLEGRINO® SPARKLING WATER

### SOFT DRINKS (free refills)



### PURE MAPLE SYRUP

1.29



## Sides and Small Plates

### BISCUITS AND GRAVY 3.99

**FRUIT BOWL** Filled with fresh seasonal fruit.  
Large 4.79 Small 3.99

### FRESH, SEASONED POTATOES 2.79

### ENGLISH MUFFIN OR TOAST 1.29

### BAGEL With cream cheese or butter. 1.89

### FRESH BAKED MUFFIN OF THE DAY 2.19

### HAM, BACON, SAUSAGE OR TURKEY SAUSAGE 3.29

## 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](http://firstwatchfranchise.com).

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

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Yeah, it's fresh.™

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Breakfast | Brunch | Lunch

## Fresh Starts

I LOVE YOU MORE THAN BACON.

### THE TRADITIONAL BREAKFAST

Two fresh eggs\* any style with your choice of grilled ham steak, thick-sliced bacon, turkey sausage or sausage links. Served with an English muffin and fresh, seasoned potatoes. 6.99

### 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 fresh, seasoned potatoes. 5.79

**Omelets** Made with your choice of fresh eggs, cholesterol-free eggs or egg whites. Served with fresh, seasoned potatoes and an English muffin.

**BACADO\*** Bacon, avocado and Monterey Jack. Topped with sour cream and served with a side of housemade salsa. 7.89

**ACAPULCO EXPRESS™** Chorizo sausage, avocado, green chilies, onion with Cheddar and Monterey Jack. Topped with sour cream and served with a side of housemade salsa. 7.99

**KILLER CAJUN\*** Spicy Cajun all-natural white-meat chicken breast with mushrooms, onion and Monterey Jack. Served with a side of Santa Fe sauce. 7.99

**GRAVY TRAIN** Bacon, sausage, onion, and fresh, seasoned potatoes with Cheddar and Monterey Jack. Topped with turkey sausage gravy. 7.79

**GREEK FETISH\*** Roasted red peppers, spinach and onion with Feta and black olives. 7.79

**VEG'D OUT™** Mushrooms, onion, zucchini, tomato and broccoli with Cheddar and Monterey Jack. 7.49

**FAR WEST** Ham, peppers and onion with Cheddar and Monterey Jack. 7.59

**THE WORKS** Ham, bacon, sausage, mushrooms, onion and tomato with Cheddar and Monterey Jack. Topped with sour cream. 7.99



## The Healthier Side

**SIESTA KEY COCKTAIL\*** A healthy parfait of low-fat organic yogurt, fresh fruit, nuts and granola. Served with a fresh baked muffin of the day. 6.99

**TRI-ATHLETE OMELET\*** Egg white omelet with mushrooms, onion, tomato and green chilies. Served with housemade salsa, a dry English muffin and fresh fruit. 7.69

**POWER WRAP™** Fluffy egg whites, turkey, spinach, mushrooms and Swiss in a sun-dried tomato-basil tortilla. Served with fresh fruit and housemade salsa. 7.79

**FRESH FRUIT CREPES** Two thin, sweet crepes wrapped around fresh fruit, topped with low-fat organic strawberry yogurt, cinnamon and sugar. Served with a fresh baked muffin of the day and a side of granola. 7.29

**CRANBERRY NUT QUAKER\* OATMEAL** Made to order with cranberries, Georgia pecans and sliced banana. Served with low-fat milk, brown sugar and an English muffin. 4.99  
Plain Oatmeal 4.59

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

**MUESLI CEREAL** Our housemade recipe of oats, sliced almonds, pecans, Craisins, wheat germ and raisins. Topped with fresh fruit and a touch of cinnamon. Served with low-fat organic yogurt. 4.59

**HEALTHY TURKEY™** Egg white omelet with turkey, spinach, onion, tomato and Feta. Served with a dry English muffin. 7.79



**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 fresh, seasoned potatoes.

**CHICKICHANGA\*** Whipped eggs with spicy all-natural white-meat chicken, chorizo sausage, green chilies, Cheddar and Monterey Jack, onion and avocado rolled in a flour tortilla. Topped with Vera Cruz sauce and sour cream. Served with fresh fruit. 7.99

**BURRITO VERA CRUZ\*** Scrambled eggs, chorizo sausage, green chilies, onion, Cheddar and Monterey Jack in a wheat tortilla. Topped with Vera Cruz sauce and served with sour cream and fresh fruit. 7.79



**SENSATIONAL SKILLETTS** Choose your favorite from below to be added to fresh, seasoned potatoes and melted Cheddar and Monterey Jack. Topped with two eggs\* any style. Served with fresh fruit and an English muffin. 7.99

Ham and mushroom • Veggie • Bacon and onion • Avocado, bacon and tomato

**KEY WEST CREPEGG\*** A thin crepe layered with fluffy eggs, turkey, avocado, bacon, tomato and Monterey Jack. Topped with sour cream and housemade salsa on the side. Served with an English muffin. 7.99

**BREAKFAST SCRAMBLE** Scrambled eggs, spinach, ham and melted Cheddar and Monterey Jack on thick-sliced multigrain toast. Topped with hollandaise and served with fresh fruit. 7.89

**EGGS BENEDICT** Two poached eggs\* atop a toasted English muffin piled high with your choice of combinations below and covered with hollandaise. 7.99

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

**BUBBA'S BENNY™** Our homemade biscuits sliced and covered with sausage and over-easy eggs\* topped with savory turkey sausage gravy. 7.39

## 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! Choose your stackage accordingly.

- Plain
- Wheat Germ
- Blueberry
- Cranberry Nut
- Muesli
- Chocolate Chip
- Banana Crunch with Granola
- Carrot Cake
- Pecan
- Bacon and Cheddar

One 2.99 Two 4.59 Three 5.79



**TURKEY DILL CREPEGG\*** A thin crepe layered with eggs, turkey, mushrooms, spinach, tomato and onion with Monterey Jack. Topped with hollandaise and dill. Served with an English muffin. 7.99

**SONORAN FRITTATA** An open-faced Mexican-style omelet with chorizo sausage and onion. Topped with housemade salsa, Cheddar, Monterey Jack and sour cream. 7.39

**CAPS ETC.\*** Seasoned mushroom caps topped with melted Cheddar and Monterey Jack. Served with two fresh eggs\* any style and an English muffin. 7.69



**FLORIDIAN FRENCH TOAST\*** Sourdough French toast with wheat germ and powdered cinnamon sugar, covered with fresh banana, kiwi and berries. 7.59

**FRENCH TOAST** Your choice of sourdough or raisin bread. Topped with creamy butter and powdered cinnamon sugar. 6.29

**BELGIAN WAFFLE** Our light and airy waffle with a side of warm mixed berry compote. 6.29

**TRI-FECTA\*** A light and airy, made-to-order Belgian waffle sprinkled with powdered cinnamon sugar, with two eggs\* any style and your choice of thick-sliced bacon, turkey sausage or sausage link. 7.29

SUGAR-FREE SYRUP AVAILABLE UPON REQUEST.

## Fresh Spring Mix Salads

**PECAN DIJON\*** All-natural white-meat chicken breast, bacon, avocado, pecans, tomato, carrots with Cheddar and Monterey Jack. Drizzled with warm Honey Dijon dressing. 7.99

**COBB** Bacon, turkey, egg, tomato, avocado and Bleu cheese crumbles. Your choice of dressing. 7.99

**NO. 5 ASIAN** All-natural white-meat chicken breast, crispy wontons, cashews, fresh cilantro and carrots with Sesame Asian dressing. 7.59

**FRUITY CHICKEN** Our all-natural white-meat chicken salad served with baby spinach, tomato, seasonal fruit and Poppyseed dressing. 7.79

**THE HEALTH NUT™** All-natural white-meat chicken breast with Craisins, raisins, Granny Smith apples and granola with Fat-Free Raspberry Vinaigrette dressing. 7.99

**SANTA FE** Cajun all-natural white-meat chicken breast, mushrooms, tomato, avocado, Cheddar and Monterey Jack with Santa Fe dressing. 7.99

## Bowl of Soup

Lunch's favorite sidekick. Choose from Tomato-Basil or Soup of the Day. 3.99

**Sandwiches** Served with today's fresh sides or a bowl of hot soup.

**MONTEREY CLUB** Turkey, bacon, avocado, lettuce, tomato, Monterey Jack and mayo on multigrain. 7.99

**SAN DIEGO CHICKEN** A grilled all-natural white-meat chicken breast topped with bacon and melted Monterey Jack on a wheat bun with mayo, lettuce and tomato. 7.99

**CHICKEN SALAD MELT** All-natural white-meat chicken salad made with apples, raisins and celery served open-faced on grilled multigrain. Topped with tomato and melted Monterey Jack. 7.49

**GRILLED TURKEY** Turkey, bacon, tomato and Monterey Jack with Ranch dressing on grilled sourdough. 7.99

**VEGGIE BURGER** A seasoned all-natural patty of brown rice, Peppadew® sweet peppers, onions, carrots and mushrooms. Served on a wheat bun with avocado, lettuce, tomato, red onion and a side of Santa Fe sauce. 7.99

**TURKEY BURGER** Now even better! A lean white-meat turkey patty with lettuce, tomato and red onion on a wheat bun. Served with a side of Santa Fe sauce. 7.79

**CHEESE TO THE 5<sup>TH</sup> DEGREE** Melted Swiss, Havarti, Cheddar and Monterey Jack on grilled Parmesan-crusting sourdough. Add ham 6.99

**REUBEN** Corned beef or turkey on grilled rye with Thousand Island, sauerkraut and Swiss. 7.89

**BEEFEATER** Roast beef, tomato, Cheddar and Monterey Jack on grilled Parmesan-crusting sourdough. Horseradish sauce on the side. 7.89

**BCB BURGER** A half-pound Angus burger\* with bacon and Monterey Jack. Served on a wheat bun with lettuce, tomato and red onion. 7.89

**BLTE\*** The classic BLT plus a fried egg, Monterey Jack and mayo on multigrain. 6.99

**NOT GUILTY YOUR HONOR\*** A wheat tortilla filled with spinach, mushrooms, roasted red peppers, cucumber, tomato and Feta. Served with a side of hummus. 7.49

**AL B. CORE** Tuna salad with lettuce, tomato and Monterey Jack on multigrain. 7.29

## CHICKEN QUESADILLA

Grilled all-natural white-meat chicken breast, housemade salsa, Cheddar and Monterey Jack in a sun-dried tomato-basil tortilla. Topped with sour cream. Served with avocado and a side of more salsa. 7.59

