

First Watch Lunch Menu

Fresh • Wholesome • Made to Order

■ Sandwiches

Menu Item	Price	Calories
Monterey Club	\$12.49	1070 Kcal
Market Veggie	\$11.99	700 Kcal
Roast Beef & Havarti	\$13.99	1120 Kcal
Ham and Gruyere Melt	\$12.79	890 Kcal
BLTE	\$11.99	1070 Kcal
Veggie Burger	\$11.99	800 Kcal
Baja Turkey Burger	\$11.99	900 Kcal

■ Salads

Menu Item	Price	Calories
Kale & Berry Salad	\$12.49	940 Kcal
Cobb Salad	\$12.49	820 Kcal
Sweet Honey Pecan Salad	\$12.49	980 Kcal
Chicken Avocado Chop Salad	\$12.49	770 Kcal

■ Healthy Bowls

Menu Item	Price	Calories
Avocado Toast	\$12.99	580 Kcal
Sunrise Granola Bowl	\$10.29	930 Kcal

Steel-Cut Oatmeal	\$13.29	900 Kcal
A.M. Superfoods Bowl	\$13.29	900 Kcal
Power Wrap	\$11.29	500 Kcal
Healthy Turkey	\$13.29	480 Kcal
Tri-Athlete	\$13.29	450 Kcal

■ Power Bowls

Menu Item	Price	Calories
Power Breakfast Bowl	\$12.49	860 Kcal
Pesto Chicken Power Bowl	\$12.79	650 Kcal

■ Egg-Sclusives

Menu Item	Price	Calories
Chickichanga	\$13.99	1150 Kcal
Biscuits & Turkey Saus. Gravy with Eggs	\$12.79	950 Kcal
Farmhouse Hash	\$13.99	1250 Kcal
Farm Stand Breakfast Tacos	\$13.99	1150 Kcal
Elevated Egg Sandwich	\$13.29	1060 Kcal
Market Hash	\$13.99	1180 Kcal
BLT Benedict	£4.49	361 Kcal