

First Watch Allergen Menu PDF Update 2026

First Watch Common Allergens

Egg, Milk, Soy, Wheat, Gluten, Tree Nuts, Fish, Celery, Mustard

First Watch Seasonal Items Allergens

Seasonal Item	Allergens
The B.E.C.	Egg, Milk, Soy, Wheat, Gluten, Mustard
Chimichurri Steak & Eggs Hash	Egg, Milk, Soy, Mustard
Strawberry Tres Leches French Toast	Egg, Milk, Soy, Wheat, Gluten
Pineapple Express	N/A
Blueberry Lemon Cornbread	Egg, Milk, Soy, Wheat, Gluten
Million Dollar Bacon	N/A

First Watch The Classics Allergens

Classic Item	Allergens
The Traditional Breakfast	Egg, Milk, Soy, Wheat, Gluten
Tri-Fecta	Egg, Milk, Soy, Wheat, Gluten
Biscuits & Turkey Sausage Gravy with Eggs	Egg, Milk, Soy, Wheat, Celery, Gluten

First Watch The Hits Allergens

The Hits Item	Allergens
Chickichanga ®	Egg, Milk, Soy, Wheat, Celery, Gluten
Elevated Egg Sandwich	Egg, Milk, Soy, Wheat, Gluten, Mustard
Farm Stand Breakfast Tacos	Egg, Milk, Soy, Wheat, Celery, Gluten
Barbacoa Breakfast Tacos	Egg, Milk, Soy, Wheat, Gluten

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The Sweet Side

Menu Item	Allergens
Multigrain Pancake	Egg, Milk, Soy, Wheat, Gluten
Lemon Ricotta Pancakes	Egg, Milk, Soy, Wheat, Gluten
Belgian Waffle	Egg, Milk, Soy, Wheat, Gluten
French Toast	Egg, Milk, Soy, Wheat, Gluten
Floridian French Toast	Egg, Milk, Wheat, Gluten
Strawberry Tres Leches French Toast	Egg, Milk, Soy, Wheat, Gluten

The Healthier Side

Menu Item	Allergens
Avocado Toast	Egg, Milk, Soy, Wheat, Gluten
Healthy Turkey	Egg, Milk, Soy, Wheat, Gluten
A.M. Superfoods Bowl	Tree Nuts, Wheat, Gluten
Sunrise Granola Bowl	Egg, Milk, Tree Nuts, Wheat, Gluten
Steel-Cut Oatmeal	Egg, Milk, Tree Nuts, Wheat, Gluten
Tri-Athlete®	Egg, Soy, Wheat, Gluten
Power Wrap	Egg, Milk, Soy, Wheat, Gluten

Hashes

Menu Item	Allergens
Farmhouse Hash	Egg, Milk, Soy, Wheat, Gluten
Market Hash	Egg, Milk, Soy, Wheat, Gluten

Bowls

Menu Item	Allergens
Power Breakfast Bowl	Egg, Milk, Soy, Celery, Mustard
Pesto Chicken Power Bowl	Egg, Milk, Soy, Celery, Mustard
Barbacoa Chilaquiles Breakfast Bowl	Egg, Milk, Soy

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Omelets

Menu Item	Allergens
Bacado® Omelet	Egg, Milk, Soy, Wheat, Gluten, Mustard
Chile Chorizo Omelet	Egg, Milk, Soy, Wheat, Gluten, Mustard
The Works Omelet	Egg, Milk, Soy, Wheat, Celery, Gluten, Mustard

Frittatas

Menu Item	Allergens
Frittata Rustica	Egg, Milk, Soy, Wheat, Gluten, Mustard
Smoked Salmon & Roasted Vegetable Frittata	Egg, Fish, Milk, Soy, Wheat, Gluten, Mustard

Benedicts

Menu Item	Allergens
Classic Benedict	Egg, Milk, Soy, Wheat, Celery, Gluten, Mustard
BLT Benedict	Egg, Milk, Soy, Wheat, Gluten, Mustard
Smoked Salmon Benedict	Egg, Fish, Milk, Soy, Wheat, Gluten, Mustard

Shareables

Menu Item	Allergens
Million Dollar Bacon	N/A
Holey Donuts	Egg, Milk, Soy, Wheat, Gluten

Sandwiches

Menu Item	Allergens
Monterey Club	Egg, Milk, Wheat, Gluten, Mustard
BLTE	Egg, Milk, Soy, Wheat, Gluten, Mustard
Baja Turkey Burger	Egg, Milk, Soy, Wheat, Gluten, Mustard
Roast Beef & Havarti	Egg, Milk, Soy, Wheat, Gluten, Mustard
Ham and Gruyere Melt	Egg, Milk, Soy, Wheat, Celery, Gluten, Mustard

Veggie Burger	Egg, Milk, Soy, Wheat, Gluten, Mustard
Market Veggie	Egg, Milk, Soy, Wheat, Gluten, Mustard

Salads

Menu Item	Allergens
Sweet Honey Pecan Salad	Milk, Soy, Tree Nuts, Wheat, Gluten, Mustard
Kale & Berry Salad	Milk, Soy, Tree Nuts, Wheat, Gluten, Mustard
Cobb Salad	Egg, Milk, Soy, Wheat, Gluten, Mustard
Chicken Avocado Chop Salad	Milk, Soy, Wheat, Gluten, Mustard

Soups

Menu Item	Allergens
Chicken and Wild Rice Soup (Bowl/Cup)	Milk, Celery
Clam Chowder (Bowl/Cup)	Milk, Wheat, Celery, Gluten
Broccoli Cheddar (Bowl/Cup)	Milk, Soy, Wheat, Gluten, Mustard
Market Vegetable Soup (Bowl/Cup)	Soy, Celery, Mustard
Italian Wedding Soup (Bowl/Cup)	Egg, Milk, Soy, Wheat, Celery, Gluten
Crackers (Cup/Bowl)	Soy, Wheat, Gluten

Two For You Menu

Menu Item	Allergens
Monterey Club Sandwich (Half)	Egg, Milk, Wheat, Gluten, Mustard
Market Veggie Sandwich (Half)	Egg, Milk, Soy, Wheat, Gluten, Mustard
Roast Beef & Havarti (Half)	Egg, Milk, Soy, Wheat, Gluten, Mustard
Ham & Gruyere Melt (Half)	Egg, Milk, Soy, Wheat, Celery, Gluten, Mustard
Kale & Berry Salad (Half)	Milk, Tree Nuts, Mustard
Cobb Salad (Half)	Egg, Milk, Mustard
Sweet Honey Pecan Salad (Half)	Milk, Tree Nuts, Mustard
Chicken Avocado Chop Salad (Half)	Milk, Mustard

Kid's Menu Allergens

Menu Item	Allergens
Bacon & Egg	Egg, Milk, Soy, Wheat, Gluten
Chocolate Chip Pancake	Egg, Milk, Soy, Wheat, Gluten
Half Waffle	Egg, Milk, Soy, Wheat, Gluten
French Toast	Egg, Milk, Soy, Wheat, Gluten
Grilled Cheese	Milk, Soy, Wheat, Gluten
Steel-Cut Oatmeal	Wheat, Gluten
Granola Bowl	Milk, Tree Nuts, Wheat, Gluten

Juice & Drinks

Menu Item	Allergens
Morning Meditation Fresh Juice	N/A
Kale Tonic Fresh Juice	N/A
Purple Haze	N/A

Iced Coffee

Menu Item	Allergens
Iced Coffee	Milk
Mint Mocha Iced Coffee	Milk, Soy
Honey Caramel Crunch Iced Coffee	Milk, Soy, Tree Nuts

Sparklers

Menu Item	Allergens
Blood Orange Citrus Sparkler	N/A
Passion Fruit Mint Sparkler	N/A
Berry Lime Sparkler	N/A

Boozy Drinks

Menu Item	Allergens
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Mimosa / Classic Mimosa	N/A
Lavender Lemon Mimosa	N/A
Pomegranate Sunrise	N/A
Cold Brew Tini	Milk, Soy
Million Dollar Bloody Mary	Fish, Celery
Pitcher of Blackberry Sangria	N/A

Sides Allergens

Menu Item	Allergens
Bob's Red Mill Buttered Grits	Milk, Soy
Bob's Red Mill Cheesy Grits	Milk
Biscuits & Gravy	Milk, Soy, Wheat, Celery, Gluten
Blueberry Muffin	Egg, Milk, Wheat, Gluten
Lemon-Dressed Mixed Greens	Mustard
Tomato Basil Soup	Milk, Soy, Wheat, Celery, Gluten
Turkey Sausage	Soy, Mustard
Smoked Ham	Celery
Eggs (All Cage-Free Eggs)	Egg, Milk, Soy
Whole Grain Toast	Milk, Soy, Wheat, Gluten
English Muffin	Milk, Soy, Wheat, Gluten