

Breakfast Hours: First Watch serves breakfast from 7:00 AM to 2:30 PM daily.

First Watch Breakfast Menu 2026

Fresh breakfast favorites, healthy bowls, pancakes, waffles, kids meals, sides and refreshing drinks — all in one colorful updated menu.

Breakfast Favorites

Menu Item	Price	Calories
The Traditional Breakfast	\$13.29	1000 Kcal
Biscuits & Turkey Sausage Gravy with Eggs	\$12.79	950 Kcal
Farmhouse Hash	\$13.99	1250 Kcal
Ham and Gruyere Melt	\$12.79	890 Kcal
Healthy Turkey	\$13.29	480 Kcal
Multigrain Pancake	\$7.79	670 Kcal
Belgian Waffle	\$10.79	590 Kcal
Farm Stand Breakfast Tacos	\$13.99	1150 Kcal
Power Breakfast Bowl	\$12.49	860 Kcal
Avocado Toast	\$12.99	580 Kcal
Hardwood Smoked Bacon	\$5.49	160 Kcal

Kids Breakfast Menu

Menu Item	Price	Calories
Bacon & Egg	\$7.59	400 Kcal
Chocolate Chip Pancake	\$7.59	870 Kcal
Half Waffle	\$7.59	520 Kcal
French Toast	\$7.59	590 Kcal
Grilled Cheese	\$7.59	810 Kcal
Steel-Cut Oatmeal	\$7.59	400 Kcal
Granola Bowl	\$7.59	520 Kcal

Breakfast Side Dishes

Menu Item	Price	Calories
Million Dollar Bacon	\$5.99	250 Kcal
Million Dollar Potatoes	\$5.99	460 Kcal

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Bob's Red Mill Buttered Grits	\$3.49	180 Kcal
Bob's Red Mill Cheesy Grits	\$3.49	180 Kcal
Fresh Seasonal Fruit	\$4.69	80 Kcal
Pork Sausage	\$4.89	460 Kcal
Turkey Sausage	\$4.89	460 Kcal
Chicken Apple Sausage	\$4.59	180 Kcal
Smoked Ham	\$4.89	160 Kcal
Biscuits & Gravy	\$5.69	440 Kcal
English Muffin	\$2.49	330 Kcal
Gluten-Free Toast	\$3.19	150 Kcal
Blueberry Muffin	\$3.29	460 Kcal
Organic Mixed Greens	\$3.59	70 Kcal

Fresh Drinks & Juices

Menu Item	Price	Calories
Morning Meditation	\$5.79	140 Kcal
Kale Tonic	\$5.79	130 Kcal
Purple Haze	\$5.79	230 Kcal

Fresh. Colorful. Made-to-Order.
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