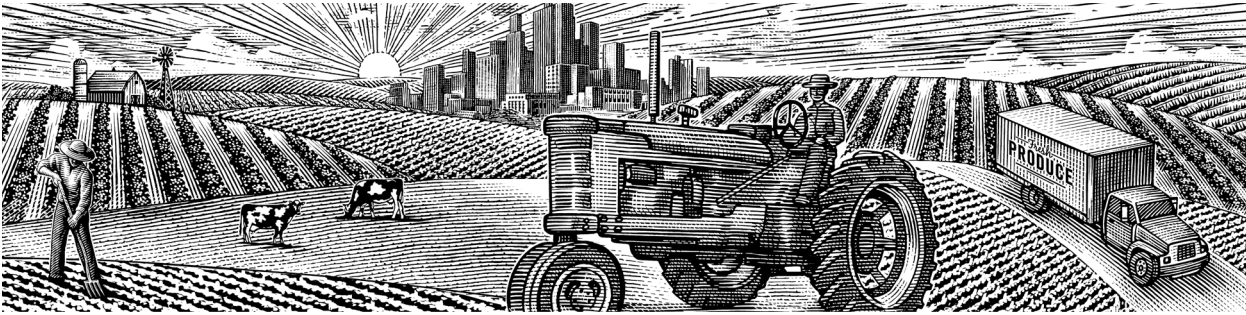


# FIRST WATCH®

BREAKFAST • BRUNCH • LUNCH



OUR PHILOSOPHY FOR SERVING FRESH, IN-SEASON PRODUCE IS SIMPLE, REALLY...  
WE “FOLLOW THE SUN” AND PARTNER WITH THE BEST GROWERS POSSIBLE.

## CLASSIC FAVORITES

**THE TRADITIONAL BREAKFAST** Two cage-free eggs any style with your choice of bacon, smoked ham, chicken apple sausage patties, turkey or pork sausage links. Served with our whole grain artisan toast and fresh, seasoned potatoes. Substitute gluten-free toast<sup>▲</sup> (subtract 180 Cal) at no additional charge. (870-1330 Cal) 14.29

**TRI-FECTA** Two cage-free eggs any style with either a light and airy Belgian waffle or a multigrain pancake. Plus your choice of bacon, smoked ham, chicken apple sausage patties, turkey or pork sausage links. (660-1210 Cal) 14.49

## THE HEALTHIER SIDE

**AVOCADO TOAST** Our thick-cut whole grain artisan toast, fresh smashed avocado, EVOO, lemon and Maldon sea salt with two basted cage-free eggs. (580 Cal) 13.99

**HEALTHY TURKEY** Turkey, house-roasted onions, tomatoes, spinach and Feta cheese in a cage-free egg white omelet. Served with sliced tomatoes and our whole grain artisan toast. (460 Cal) 13.99

**A.M. SUPERFOODS BOWL** Coconut milk chia seed pudding, fresh bananas and berries, mixed berry compote, housemade granola with almonds and our whole grain artisan toast with almond butter and Maldon sea salt. (900 Cal) 13.99

**STEEL-CUT OATMEAL** Made to order with berries, fresh sliced banana, pecans, reduced-fat milk, brown sugar and a freshly baked muffin of the day. (990-1130 Cal) 10.29

**POWER WRAP** Cage-free egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sun-dried tomato-basil tortilla. Served with fresh fruit and a side of housemade pico de gallo. (500 Cal) 11.99

## FROM THE GRIDDLE

**MULTIGRAIN PANCAKES** We’ve gotta warn you: These beauties are beyond big – they’re humongous! Choose your stackage accordingly.

- Plain (520/970 Cal)
- Chocolate Chip (640/1190 Cal)
- Banana Granola Almond Crunch (670/1260 Cal)
- Blueberry (580/1080 Cal)
- Carrot Cake & Pecan (630/1160 Cal)

One 8.49 Two 10.49

**LEMON RICOTTA PANCAKES** We add fresh, whipped ricotta cheese to our multigrain batter. Served as a “mid-stack” of two pancakes topped with seasonal berries, creamy lemon curd and powdered cinnamon sugar. (1100 Cal) 13.49

**BELGIAN WAFFLE** Our light and airy waffle with a side of warm mixed berry compote and powdered cinnamon sugar. (440 Cal) 11.49

**FRENCH TOAST** Thick-cut artisan baked challah bread with whipped butter, powdered cinnamon sugar and warm mixed berry compote. (590 Cal) 12.29

**FLORIDIAN FRENCH TOAST** Thick-cut artisan baked challah bread with fresh banana, kiwi, seasonal berries and powdered cinnamon sugar. (670 Cal) 14.29

## EGG-SCLUSIVES

**CHICKICHANGA** Whipped cage-free eggs with spicy, all-natural chicken breast, chorizo, green chiles, Cheddar and Monterey Jack, onions and avocado rolled in a flour tortilla. Topped with Vera Cruz sauce and all-natural sour cream. Served with fresh, seasoned potatoes. (1180 Cal) 14.49

**EGGS BENEDICT** Two poached cage-free eggs atop toasted ciabatta with your choice of combinations below and topped with hollandaise. Served with lemon-dressed organic mixed greens (70 Cal). Fresh, seasoned potatoes (320 Cal) available upon request.

- **Classic** - smoked ham and vine-ripened tomato (590 Cal) 14.99
- **BLT** - bacon, vine-ripened tomato, avocado and lemon-dressed arugula (570 Cal) 14.79
- **Smoked Salmon** - Wild Alaska Smoked Sockeye Salmon,\* red onion and vine-ripened tomato (500 Cal) 16.49

**THE ELEVATED EGG SANDWICH** Bacon, an over-easy cage-free egg, Gruyère cheese, fresh smashed avocado, mayo and lemon-dressed arugula on a brioche bun with a side of fresh, seasoned potatoes. (1060 Cal) 13.99

**FARM STAND BREAKFAST TACOS** Three wheat-corn tortillas with scrambled cage-free eggs, Cajun chicken, chorizo, Cheddar and Monterey Jack. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. (1000 Cal) 13.99

**BISCUITS & TURKEY SAUSAGE GRAVY WITH EGGS** One large house-baked buttermilk biscuit split in two with homestyle turkey sausage gravy, two cage-free eggs any style and a side of fresh, seasoned potatoes. (950 Cal) 13.49

**SKILLET HASH** Two cage-free eggs any style atop fresh, seasoned potatoes. Served with our whole grain artisan toast. Choose one from below.

- **Farmhouse** - bacon, avocado, house-roasted onions and tomatoes with Cheddar and Monterey Jack (1120-1280 Cal) 14.49
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (1110-1270 Cal) 14.49



### UPGRADE YOUR POTATOES!

Million Dollar Bacon, Parmesan cream sauce and fresh herbs  
Upgrade (Add 140 Cal) 1.99 Side (460 Cal) 5.89

REGULAR SYRUP (150 Cal)  
SUGAR-FREE SYRUP (20 Cal) AVAILABLE UPON REQUEST  
100% PURE MAPLE SYRUP (190 Cal) AVAILABLE FOR 1.79

## OMELETS AND FRITTATAS

Our omelets are prepared using cage-free eggs and served with lemon-dressed organic mixed greens (70 Cal) and our whole grain artisan toast (330 Cal). **Substitute cage-free egg whites** (subtract 160 Cal), **gluten-free toast**<sup>▲</sup> (150 Cal) **or fresh, seasoned potatoes** (320 Cal) **at no additional charge.**

**BACADO** Bacon, avocado and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (740 Cal) 14.49

**CHILE CHORIZO** Chorizo, avocado, green chiles, house-roasted onions, Cheddar and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (730 Cal) 13.79

**THE WORKS** Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. (720 Cal) 14.49

**FRITTATA RUSTICA** A classic Italian-style omelet with kale, house-roasted Crimini mushrooms, onions and tomatoes topped with Mozzarella and Parmesan. Served with ciabatta toast and lemon-dressed organic mixed greens. (750 Cal) 13.79

**SMOKED SALMON & ROASTED VEGETABLE FRITTATA** A classic frittata with Wild Alaska Smoked Sockeye Salmon,\* house-roasted shallots and tomatoes topped with Parmesan, a chive cream drizzle and fresh herbs. Served with ciabatta toast and lemon-dressed organic mixed greens. (700 Cal) 14.79

## POWER BOWLS®

Power Bowls are gluten free.<sup>▲</sup>

**POWER BREAKFAST QUINOA BOWL** Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan, lemon white balsamic dressing and EVOO. Topped with two basted cage-free eggs. (860 Cal) 12.99

**PESTO CHICKEN QUINOA BOWL** Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, lemon white balsamic dressing, Feta cheese and fresh herbs. (650 Cal) 12.99

<sup>▲</sup> Before placing your order, please inform your server if a person in your party has a food allergy. Additional info on back of menu.  
2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.  
\*SALMON SERVED RAW. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY POSE AN INCREASED RISK OF FOODBORNE ILLNESS.

SIDES AND SMALL PLATES

**BOB’S RED MILL GRITS**  
Buttered (180 Cal) 3.79 Cheesy (180 Cal) 3.79

**FRESH, SEASONAL FRUIT**  
Small (80 Cal) 4.79 Large (160 Cal) 5.99

**FRESH, SEASONED POTATOES** (320 Cal) 3.79

**MILLION DOLLAR POTATOES**  
Million Dollar Bacon, Parmesan cream sauce and fresh herbs (460 Cal) 5.89

**BISCUITS & GRAVY** One large buttermilk biscuit (440 Cal) 6.29

**OUR WHOLE GRAIN ARTISAN TOAST** (330 Cal) 2.59

**ENGLISH MUFFIN** (330 Cal) 2.59

**GLUTEN-FREE TOAST^** (150 Cal) 2.59

**FRESHLY BAKED MUFFIN OF THE DAY**  
(460-590 Cal) 3.79

**HARDWOOD SMOKED BACON** (160 Cal) 5.79

**SMOKED HAM** (160 Cal), **PORK SAUSAGE** (460 Cal), **CHICKEN APPLE SAUSAGE PATTY** (180 Cal) **OR TURKEY SAUSAGE** (220 Cal) 4.99

**LEMON-DRESSED ORGANIC MIXED GREENS** (70 Cal) 3.79

**BOWL OF SOUP**  
Tomato Basil or Soup of the Day (200-420 Cal) 5.99

SALADS

Salads served with artisan ciabatta toast. (120 Cal)

**SUPERFOOD KALE** Vitamin-rich kale and organic mixed greens with housemade maple-roasted carrots, warm all-natural chicken breast, dried cranberries, slivered almonds and shredded Parmesan tossed in our refreshing maple-lemon vinaigrette. (820 Cal) 12.99

**CHICKEN AVOCADO CHOP** Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla strips with citrus chipotle dressing. (730 Cal) 12.99

**COBB** Organic mixed greens, romaine, bacon, turkey breast, a hard-boiled cage-free egg, tomatoes, avocado and Bleu cheese crumbles with buttermilk ranch dressing. (680 Cal) 12.99

**SWEET HONEY PECAN** Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. (860 Cal) 12.99

SANDWICHES

Sandwiches served with lemon-dressed organic mixed greens (70 Cal) or a bowl of soup. (200-420 Cal)

**MONTEREY CLUB** Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1000 Cal) 13.79

**BLTE** The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on our artisan whole grain. (1000 Cal) 12.99

**MARKET VEGGIE** House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella on our grilled artisan whole grain. (670 Cal) 12.99

**ROAST BEEF & HAVARTI** Roast beef, Horseradish Havarti cheese, house-roasted onions and tomato with lemon-dressed arugula on grilled Parmesan-crusted sourdough. Horseradish sauce on the side. (1050 Cal) 14.99

**HAM & GRUYÈRE MELT** Smoked ham, tomato and melted Gruyère cheese with Dijonnaise on grilled challah bread. (820 Cal) 13.99



LUNCH SPECIALS  
THAT ARE TWICE  
AS NICE **11.99**

CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

SANDWICHES

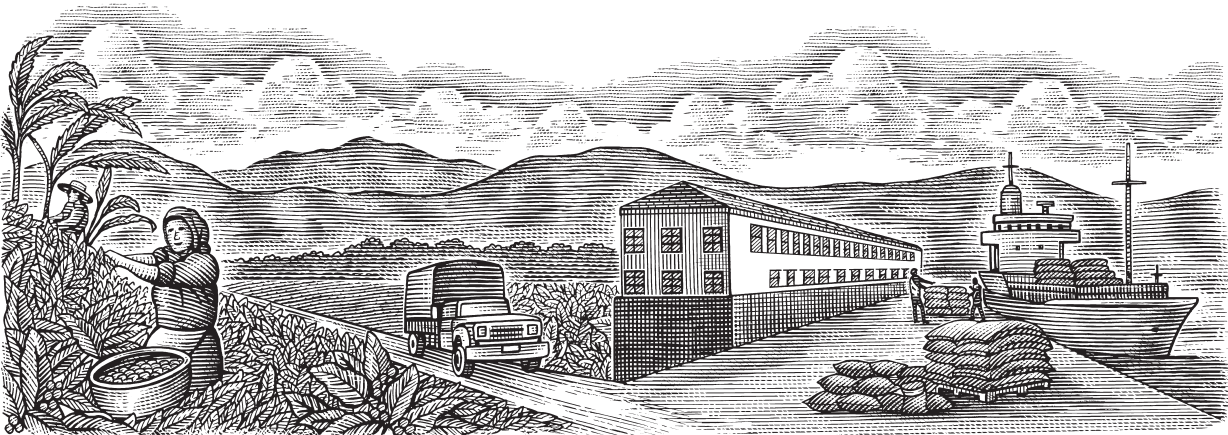
- Monterey Club (500 Cal)
- Ham & Gruyère Melt (410 Cal)
- Market Veggie (340 Cal)
- Roast Beef & Havarti (530 Cal)

SALADS

- Cobb (340 Cal)
- Superfood Kale (410 Cal)
- Sweet Honey Pecan (430 Cal)
- Chicken Avocado Chop (370 Cal)

SOUPS

- Soup of the Day (100-210 Cal)
- Tomato Basil (140 Cal)



PROJECT  
SUNRISE

Better Coffee.  
Better World.

Every cup of our Project Sunrise coffee tells a story. It’s about empowering the Mujeres en Café™, or women coffee farmers, who grow and handpick each bean, supporting families and strengthening communities throughout South America. And that’s only the first sip. Because we believe better coffee cultivates a better world.

FOOD ALLERGIES?  
SCAN HERE.



▲ Before placing your order, please inform your server if a person in your party has a food allergy. Our gluten-free items are often prepared with shared equipment (including a shared toaster) and cross contact is very likely. If you have an allergy or sensitivity, please ask that your order be prepared using our allergen handling procedures. We cannot guarantee that cross contact with foods containing allergens will not occur but will make a reasonable effort to avoid it. 2000 calories a day is used for general nutrition advice, but calorie needs vary.



We juice  
daily using  
all-natural  
ingredients.

TURMERIC, BEET, KALE, FUJI APPLE AND ENGLISH CUCUMBER JUICED IN-HOUSE.

**MORNING MEDITATION®**  
Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal)

**KALE TONIC**  
Kale, Fuji apple, English cucumber and lemon. (130 Cal)

**PURPLE HAZE**  
Lemon, cane sugar, butterfly pea flower tea and a hint of lavender. (230 Cal)

**SEASONAL JUICE**

BEVERAGES

**PROJECT SUNRISE COFFEE**  
A pot of our premium, full-flavored coffee. (free refills) (10 Cal/pot)

**DECAF COFFEE** (0 Cal)

**COLD BREW COFFEE** (15 Cal)

**ICED COFFEE**  
Creamy, sweet, cold and refreshing. (180 Cal)

**HERBAL TEA**  
A selection of hot organic herbal teas. (0 Cal)

**FRESH-BREWED ICED TEA**  
Unsweetened Black or Blackberry (free refills) (0/80 Cal)

**HOT CHOCOLATE** (250 Cal)

**REDUCED-FAT MILK**  
Small or Large (120/230 Cal)

**OAT MILK**  
Small or Large (150/280 Cal)

**COCA-COLA SOFT DRINKS** (free refills) (0-100 Cal)

**S.PELLEGRINO**  
Sparkling Natural Mineral Water (0 Cal)

**100% COLD SQUEEZED ORANGE JUICE**  
Small or Large (110/210 Cal)

**APPLE OR CRANBERRY JUICE**  
Small or Large (110/210 Cal)

**GRAPEFRUIT JUICE**  
Small or Large (100/190 Cal)

