



First Watch

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Classic Favorites						
Traditional Breakfast (with egg whites, chicken sausage, fruit & toast)	710	9	1140	73	9	37
The Healthier Side						
Avocado Toast -No sea salt	636	7	764	45	13	20
Power Wrap	500	3	950	63	5	37
Steel-Cut Oatmeal -Sub for Artisan Toast for Blueberry Muffin & omit brown sugar	582	0	149	104	11	12
Sunrise Granola Bowl -No Muffin	472	1	101	67	6	23
Tri-Athlete Omelet- Request whole grain toast	510	1	890	77	8	30
Egg-Sclusives and Omelets & Frittatas						
Market Hash with egg whites -sub fruit for toast and omit goat cheese	696	7	3038	73	6	25
Morning Market Veg Omelet - No goat cheese. Replace toast with fruit cup	571	10	663	32	4	24
Ham and Gruyere Omelet - Request egg whites and replace toast with fruit	579	12	1279	30	4	43
Frittata Rustica -Sub egg white and omit parmesan cheese	512	8	1125	32	4	32
Smoked Salmon and Roasted Vegetable Frittata -Sub egg white and replace toast with fruit	509	8	1181	36	4	33
From the Griddle						
Belgian Waffle (no butter) Sub sugar-free syrup	373	6	1069	64	1	2
Multigrain Pancake (no butter) Sub sugar-free syrup	461	8	931	60	1	9
French Toast (no butter) Sub sugar-free syrup	594	7	919	95	5	22
Regular Syrup (150 calories and 39 grams carbohydrate)						



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Power Bowls						
Pesto Chicken Quinoa Bowl – No feta	629	3	1264	49	5	29
Power Breakfast Quinoa Bowl- Omit Italian sausage and parmesan. Add fruit	712	7	741	58	5	20
Salads (No dressing)						
Chicken Avocado Chop -No feta	502	2	848	52	6	20
Superfood Kale-Omit Parmesan	492	1	1022	65	12	25
Sweet Honey Pecan Salad- Omit Bacon	649	8	903	41	11	28
Sandwiches						
Market Veggie – Omit mayo	756	8	1204	73	12	20
Baja Turkey Burger-Omit Cheese and Mayo	694	7	999	56	8	40
Veggie Burger	770	8	1425	83	13	26
Soups						
Tomato Basil Soup (bowl)	180	5	840	15	3	3
Sides						
Lemon Dressed Greens	70	0.5	65	5	2	1
Fresh Seasoned Potatoes	320	1	1740	42	4	3
Fresh Seasonal Fruit	80	0	0	21	2	1
Chicken Sausage Patty	180	4	560	4	0	16
Whole Grain Artisan Toast with Natural Preserves – No butter	270	1	280	47	5	7
English Muffin	330	4	360	39	0	4
Honey Dijon Dressing	240	0	410	42	0	0
Citrus Chipotle Dressing	300	4	10	12	0	0
Sugar Free Syrup	20	0	150	8	0	0

Summer 2024