

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)	790	9	1140	93	9	38
The Healthier Side						
Avocado Toast -No sea salt	634	7	715	45	15	21
Power Wrap	590	5	1370	78	5	39
Steel-Cut Oatmeal -Sub Artisan Toast for Blueberry Muffin & omit brown sugar	700	1	300	119		19
Sunrise Granola Bowl -No Muffin	470	1.5	100	69	6	23
Tri-Athlete Omelet- Request whole grain toast w/ Preserves-no butter	510	1	860	77	8	30
Egg-Sclusives						
Market Hash with egg whites - No toast or goat cheese	657	7	2559	7	5	22
Morning Market Veg Omelet - No goat cheese. Replace toast with fruit cup	490	10	630	11	1	23
Ham and Gruyere Omelet - Request egg whites and replace toast with fruit	600	13	1249	29	0	44
Frittata Rustica -Sub egg white and omit parmesan cheese	515	8	1079	33	3	32
Smoked Salmon and Roasted Vegetable Frittata -Sub egg white and replace toast with fruit	510	8	1147	37	1	33
From the Griddle						
Belgian Waffle (no butter) Sub sugar-free syrup	523	6	1079	6	2	2
Multigrain Pancake (no butter) Sub sugar-free syrup	460	8	930	60	2	9
French Toast (no butter) Sub sugar-free syrup	535	5	910	91	5	17
Regular Syrup (150 calories and 39 grams carbohydrate)						

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Power Bowls						
Pesto Chicken Quinoa Bowl – No feta	625	3	1264	49	8	29
Power Breakfast Quinoa Bowl- Omit Italian sausage and parmesan. Add fruit	712	7	731	59	5	2
Salads (No dressing)						
Chicken Avocado Chop -No feta	500	2	828	52	10	20
Superfood Kale-Omit Parmesan	490	1	860	65	12	25
Sweet Honey Pecan Salad Omit Bacon	650	8	880	41	14	28
Sandwiches						
Chicken Salad Melt	670	8	615	98	9	18
Market Veggie – Omit mayo	755	8	1158	73	8	20
Baja Turkey Burger-Omit Cheese and Mayo	695	7	990	56	8	40
Veggie Burger	610	5	1310	77	11	24
Soups						
Tomato Basil Soup (bowl)	140	3	860	18	3	3
Sides						
Lemon Dressed Greens	70	1	66	5	2	1
Fresh Seasoned Potatoes	320	1	1440	42	4	3
Fresh Seasonal Fruit	80	0	0	21	2	1
Chicken Apple 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

Fall 2022