



First Watch

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Classic Favorites						
The Traditional - scrambled egg whites, chicken apple sausage, fruit, and toast	650	8	1100	64	6	38
The Healthier Side						
Avocado Toast - No Sea Salt	580	9	723	38	14	24
Power Wrap	500	3	950	63	5	37
Steel-Cut Oatmeal - Sub toast for Blueberry Muffin and omit Brown Sugar	649	2	266	112	16	22
Sunrise Granola Bowl - No Muffin	473	2	101	69	6	23
Tri-Athele - Request Whole Grain Toast	450	0	840	67	7	31
Egg-Scleusives and Omelets & Frittatas						
Market Hash with egg whites - sub fruit for toast and omit goat cheese	797	14	3117	73	6	25
Morning Market Veg Omelet - No goat cheese and replace toast with fruit cup	575	12	663	33	4	27
Ham and Gruyere Omelet - Request egg whites and replace toast with fruit	581	14	1282	30	4	43
Smoked Salmon and Roasted Vegetable Frittata - Sub egg white and replace toast with fruit	511	10	1288	37	6	36
Frittata Rustica - Sub egg white and omit parmesan cheese	547	10	1210	37	4	34
From the Griddle						
Belgian Waffle (no butter) Sub sugar-free syrup	374	7	1071	65	2	2
Multigrain Pancake (no butter) Sub sugar-free syrup	461	9	931	61	2	10
French Toast (no butter) Sub sugar-free syrup	530	7	720	71	3	19
Regular Syrup (150 calories and 39 grams carbohydrate)						

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Power Bowls						
Pesto Chicken Quinoa Bowl - No feta	637	6	1268	52	7	29
Power Breakfast Quinoa Bowl - Omit Italian sausage and parmesan. Add fruit	639	10	745	39	5	22
Salads (No dressing)						
Chicken Avocado Chop - No feta	538	3	933	61	10	22
Superfood Kale - Omit parmesan	527	3	1103	71	13	27
Sweet Honey Pecan Salad - Omit Bacon	685	10	987	48	15	31
Sandwiches						
Market Veggie - Omit mayo	641	9	1125	56	12	27
Baja Turkey Burger - Omit Cheese and Mayo	722	11	1059	60	10	42
Veggie Burger	800	9	1485	85	13	27
Soups						
Tomato Basil Soup (bowl)	180	5	840	15	3	3
Sides						
Lemon Dressed Greens	70	1	65	5	2	1
Fresh Seasoned Potatoes	320	1	1720	42	4	3
Cup of 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	0	7
English Muffin	330	4	280	45	1	5
Honey Dijon Dressing	240	0	410	42	0	0
Citrus Chipotle Dressing	240	3	20	14	0	0
Sugar Free Syrup	20	0	150	8	0	0

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