

First Watch

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Classic Favorites					
Traditional Breakfast: eggs, toast/preserves, fresh fruit	620	6	560	89	25
The Healthier Side					
Power Wrap	600	3	755	84	37
Steel Cut Oatmeal	520	0	30	98	13
Sunrise Granola Bowl	440	1	165	78	21
Tri-Athlete Omelet	550	1	675	97	33
Egg-Sclusives					
Elevated Egg Sandwich (no mayo, cheese, butter)	530	8	1060	58	20
Farmhouse Hash (no bacon, cheese)	760	6	1135	115	29
Market Hash (no cheese, sub salad for potatoes)	740	8	1150	90	30
From The Griddle*					
Belgian Waffle (no butter)	540	0	1210	110	6
Multigrain Pancake (no butter)	640	8	320	105	0
Banana Granola Crunch Pancake (no butter)	780	8	380	131	13
Blueberry Pancake (no butter)	670	8	410	113	10
*Omit syrup for a savings of 200 calories and 54 grams carbs					
Power Bowls					
Pesto Chicken Quinoa Bowl (no Lemon Balsamic dressing)	550	4	945	51	41
Power Breakfast Quinoa Bowl (no sausage)	670	8	790	50	25

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Salads (includes dressing)					
Chicken Avocado Chop (no feta, no toast)	680	5	505	46	29
Superfood Kale (no cheese, toast)	590	5	895	45	28
Sandwiches					
Chicken Salad Melt (no cheese, butter)	670	7	950	65	31
Market Veggie (no butter, mayo; Sub fruit for mixed greens)	710	5	1040	118	28
Baja Turkey Burger (no cheese, butter; Sub fruit for mixed greens)	660	7	1035	66	39
Veggie Burger (no butter, mayo)	510	4	1075	74	16
Sides					
Lemmon Dressed Greens	110	2	230	5	3
Potatoes	140	0	530	33	4
Fresh Fruit	200	0	15	50	3
Chicken Sausage Patty	50	1	230	0	6
Whole Grain Artisan Toast + Preserves	410	1	95	63	10
Kids					
Bacon + Egg	370	4	510	53	15
Turkeywich	580	8	1100	82	

*Omit syrup: subtract 200 calories and 54g carbohydrates

*Omit pico de gallo: lower sodium 150 mg