

First Watch Allergen Menu 2026

Allergen information extracted from the uploaded source. Please confirm ingredients, preparation methods, and cross-contact precautions with the restaurant before ordering.

Seasonal Special Allergens

Seasonal Special Allergen Information	
The B.E.C.	Egg, Milk, Soy, Wheat, Gluten, Mustard
SoCal Breakfast Hash	Egg, Milk, Soy, Wheat, Gluten
Wild Berry Lavender French Toast	Egg, Milk, Soy, Wheat, Gluten
Pineapple Express	Tree Nuts
Bacon Cheddar Cornbread	Egg, Milk, Soy, Wheat, Gluten
Million Dollar Bacon	No Allergens

Juice Bar Allergens

Juice Bar Item Allergen Information	
Morning Meditation Fresh Juice	No Allergens
Kale Tonic Fresh Juice	No Allergens
Purple Haze	No Allergens

Iced Coffee Allergens

Iced Coffee Item Allergen Information	
Mint Mocha Iced Coffee	Milk, Soy
Honey Caramel Crunch Iced Coffee	Milk, Soy, Tree Nuts
Iced Coffee	Milk
Cold Brew Coffee	No Allergens

Healthier Side Allergens

Healthier Side Item Allergen Information	
Avocado Toast	Egg, Milk, Sesame, Soy, Wheat, Gluten
Healthy Turkey	Egg, Milk, Sesame, Soy, Wheat, Gluten
A.M. Superfoods Bowl	Sesame, Tree Nuts, Wheat, Gluten
Sunrise Granola Bowl	Egg, Milk, Tree Nuts, Wheat, Gluten
Steel-Cut Oatmeal	Egg, Milk, Tree Nuts, Wheat, Gluten
Tri-Athlete	Egg, Sesame, Soy, Wheat, Gluten
Power Wrap	Egg, Milk, Soy, Wheat, Gluten

Omelets & Frittatas Allergens

Omelet & Frittata Allergen Information	
Bacado Omelet	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
Ham and Gruyere Omelet	Egg, Milk, Sesame, Soy, Wheat, Celery, Gluten, Mustard
Chile Chorizo Omelet	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
Morning Market Veg Omelet	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
Inspired Italian Omelet	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
The Works Omelet	Egg, Milk, Sesame, Soy, Wheat, Celery, Gluten, Mustard
Frittata Rustica	Egg, Milk, Soy, Wheat, Gluten, Mustard

Omelet & Frittata Allergen Information	
Smoked Salmon and Roasted Vegetable Frittata	Egg, Fish, Milk, Soy, Wheat, Gluten, Mustard

Griddle Items: Allergen Information

Griddle Item Allergen Information	
Multigrain Pancake	Egg, Milk, Soy, Wheat, Gluten
Two Multigrain Pancakes	Egg, Milk, Soy, Wheat, Gluten
Lemon Ricotta Pancakes	Egg, Milk, Soy, Wheat, Gluten
Belgian Waffle	Egg, Milk, Soy, Wheat, Gluten
French Toast	Egg, Milk, Sesame, Soy, Wheat, Gluten
Floridian French Toast	Egg, Milk, Sesame, Soy, Wheat, Gluten

Power Bowls: Allergen Information

Power Bowl Item Allergen Information	
Power Breakfast Quinoa Bowl	Egg, Milk, Soy, Celery, Mustard
Pesto Chicken Quinoa Bowl	Egg, Milk, Soy, Celery, Mustard

Cocktails: Allergen Information

Cocktail Menu Item Allergen Information	
Spiked Watermelon Wake Up	No Allergens
Million Dollar Bloody Mary	Fish, Celery
Mimosa	No Allergens
Spiked Lavender Lemonade	No Allergens
Pomegranate Sunrise	Tree Nuts
Cinnamon Toast Cereal Milk	No Allergens

Classic Favorites: Allergen Information

Classic Favorite Allergen Information	
The Traditional	Egg, Milk, Sesame, Soy, Wheat, Gluten
Tri-Fecta	Egg, Milk, Sesame, Soy, Wheat, Gluten

Egg-sclusives: Allergen Information

Egg-sclusives Menu Item Allergen Information	
Chickichanga	Egg, Milk, Soy, Wheat, Celery, Gluten
Classic Benedict	Egg, Milk, Soy, Wheat, Celery, Gluten, Mustard
Florentine Benedict	Egg, Milk, Soy, Wheat, Gluten, Mustard
BLT Benedict	Egg, Milk, Soy, Wheat, Gluten, Mustard
Smoked Salmon Benedict	Egg, Fish, Milk, Soy, Wheat, Gluten, Mustard
Elevated Egg Sandwich	Egg, Milk, Soy, Wheat, Gluten, Mustard
Farm Stand Breakfast Tacos	Egg, Milk, Soy, Wheat, Celery, Gluten
Biscuits & Turkey Sausage Gravy with Eggs	Egg, Milk, Soy, Tree Nuts, Wheat, Celery, Gluten
Farmhouse Hash	Egg, Milk, Sesame, Soy, Wheat, Gluten
Parma Hash	Egg, Milk, Sesame, Soy, Wheat, Gluten
Market Hash	Egg, Milk, Sesame, Soy, Wheat, Gluten

Sandwiches: Allergen Information

Sandwich Menu Item Allergen Information	
Monterey Club	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
BLTE	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
Baja Turkey Burger	Egg, Milk, Soy, Wheat, Gluten, Mustard
Market Veggie	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
Roast Beef & Havarti	Egg, Milk, Sesame, Soy, Wheat, Gluten, Mustard
Ham and Gruyere Melt	Egg, Milk, Sesame, Soy, Wheat, Celery, Gluten, Mustard
Veggie Burger	Egg, Milk, Soy, Wheat, Gluten, Mustard

Salads: Allergen Information

Salad Menu Item Allergen Information	
Superfood Kale Salad	Milk, Soy, Tree Nuts, Wheat, Celery, Gluten, Mustard
Chicken Avocado Chop Salad	Milk, Soy, Wheat, Gluten, Mustard
Sweet Honey Pecan Salad	Milk, Soy, Tree Nuts, Wheat, Gluten, Mustard
Cobb Salad	Egg, Milk, Soy, Wheat, Gluten, Mustard

Beverages: Allergen Information

Beverage Item Allergen Information	
Project Sunrise Coffee	No Allergens
Iced Coffee	Milk
Cold Brew Coffee	No Allergens
Herbal Teas	No Allergens
Fresh-Brewed Iced Tea (Unsweetened)	No Allergens
Fresh-Brewed Iced Tea (Sweetened)	No Allergens
Fresh-Brewed Iced Tea (Blackberry)	No Allergens
Hot Chocolate	Milk, Soy, Tree Nuts
Low-Fat Milk (Small)	Milk
100 Cold Squeezed Orange Juice (Small)	No Allergens
Grapefruit Juice (Small)	No Allergens
Apple Juice (Small)	No Allergens
Cranberry Juice (Small)	No Allergens
San Pellegrino (Sparkling)	No Allergens
Coke	No Allergens
Diet Coke	No Allergens
Sprite	No Allergens
Coke Zero	No Allergens
Minute Maid Lemonade	No Allergens
Dr. Pepper	No Allergens

Sides: Allergen Information

Side Menu Item Allergen Information	
Million Dollar Bacon	No Allergens
Million Dollar Potatoes	Milk, Soy, Wheat, Gluten
Bob's Red Mill Buttered Grits	Milk, Soy
Bob's Red Mill Cheesy Grits	Milk
Fresh, Seasonal Fruit	No Allergens

Side Menu Item Allergen Information	
Fresh, Seasoned Potatoes	No Allergens
Biscuits & Gravy	Milk, Soy, Tree Nuts, Wheat, Celery, Gluten
Whole Grain Artisan Toast with All-Natural House Preserves & Whipped Butter	Milk, Sesame, Soy, Wheat, Gluten
English Muffin	Milk, Soy, Wheat, Gluten
Gluten-Free Toast with All-Natural House Preserves	No Allergens
Blueberry Muffin	Egg, Milk, Wheat, Gluten
Hardwood Smoked Bacon	No Allergens
Pork Sausage	No Allergens
Turkey Sausage	No Allergens
Chicken Sausage Patties	No Allergens
Smoked Ham	Celery
Lemon-Dressed Organic Mixed Greens	Mustard
Tomato Basil Soup	Milk, Soy, Wheat, Celery, Gluten
Biscuit with Butter, Honey and Preserves	Milk, Soy, Wheat, Gluten

Safety note: The source states that ingredients and preparation methods may vary by location and recommends confirming allergy requirements with a server or manager. Cross-contact remains possible even with fresh preparation.