

First Watch Breakfast Menu Prices 2026

Prices and calorie information extracted from the provided First Watch Breakfast Menu content.

Popular Breakfast Items

Item	Price	Calories
Million Dollar Bacon	\$7.30	250
Avocado Toast	\$12.99	640
Power Breakfast Quinoa Bowl	\$12.49	860
Floridian French Toast	\$13.49	880
A.M. Superfoods Bowl	\$12.99	960
The Traditional	\$12.99	1,060
Lemon Ricotta Pancakes	\$12.49	1,250

Egg Breakfast Favorites

Item	Category	Price	Calories
Classic Benedict	Egg Dish	\$13.79	620
BLT Benedict	Egg Dish	\$16.99	590
Elevated Egg Sandwich	Egg Dish	\$12.99	1,040
Farm Stand Breakfast Tacos	Egg Dish	\$12.79	1,000
Market Hash	Egg Dish	\$13.79	1,200
Bacado Omelet	Omelet	\$13.79	740
Chile Chorizo Omelet	Omelet	\$12.29	1,090
Ham & Gruyere Omelet	Omelet	\$12.29	1,050
The Works Omelet	Omelet	\$13.79	1,080
Chikichanga	Egg Dish	\$13.99	1,080

Breakfast Sandwiches & Hash

Item	Price	Calories
Deluxe Egg Sandwich	\$12.99	1,040
Fresh Breakfast Tacos	\$12.99	100
Chicken Breakfast Wrap	\$13.99	1,160
Traditional Benedict	\$6.20	620
BLT-Style Eggs Benedict	\$16.99	580
Homestyle Breakfast Hash	\$12.59	1,190

Item	Price	Calories
Hearty Parma Hash	\$3.79	1,260
Turkey Sausage & Eggs	\$12.49	940

Omelets & Frittatas

Item	Price	Calories
Chile Chorizo Omelet	\$13.29	730
Bacado Omelet	\$13.79	740
Inspired Italian Omelet	\$12.49	760
The Works Omelet	\$13.29	710
Frittata Rustica	\$12.79	740
Market Vegetable Omelet	\$12.99	500

Breakfast Sandwiches

Item	Price	Calories
Vegetable Burger	\$11.99	700
Monterey Sandwich	\$12.79	1,220
Traditional BLTE	\$11.99	1,010
Gruyere Ham Melt	\$12.79	880
Turkey Baja Burger	\$11.99	810
Roast Beef Havarti	\$14.29	1,100

Power Bowls

Item	Price	Calories
Pesto Chicken Quinoa Bowl	\$12.49	650
Power Breakfast Quinoa Bowl	\$11.07	860

Seasonal Breakfast Menu 2026

Item	Price	Calories
Million Dollar Breakfast Sandwich	\$14.99–\$16.49	860
Chipotle Steak & Queso Hash	\$15.99–\$17.49	1,470
Banana Brittle French Toast	\$13.99–\$15.49	1,010
Honey Butter Biscuit Bites	\$6.99–\$8.49	790
Watermelon Wake-Up	\$5.99–\$6.99	120

Item	Price	Calories
Spiked Watermelon Wake-Up	\$9.99–\$11.99	200

Breakfast Salads

Item	Price	Calories
Honey Pecan Salad	\$12.29	850
Power Kale Salad	\$12.29	820
Chicken Avocado Salad	\$12.29	790
Protein Cobb Salad	\$12.29	680

Traditional Breakfast Dishes

Item	Price	Calories
Classic Style	\$12.99	1,390
Triple Breakfast	\$12.99	980

Kids Breakfast Menu

Item	Price	Calories
Kids Bacon & Egg	\$7.59	410
Kids Chocolate Chip Pancake	\$7.59	850
Kids French Toast	\$7.29	490
Kids Half Waffle	\$7.68	830
Grilled Cheese	\$7.59	850
Steel-Cut Oatmeal	\$7.29	300

Breakfast Sides

Item	Price	Calories
Million Dollar Bacon	\$5.98	250
Million Dollar Potatoes	\$7.19	460
Chicken Apple Sausage	\$7.29	180
Fresh Seasonal Fruit	\$7.89	160
Turkey Sausage	\$4.89	230
Pork Sausage	\$7.19	460
Lemon Mixed Greens	\$7.59	520
Turkey Sausage Side	\$4.89	520

Item	Price	Calories
Smoked Bacon	\$5.59	160
Cheesy Grits	\$3.49	180
Two Eggs Side	\$5.79	220
Breakfast Muffin	\$2.49	330

Drinks

Item	Price	Calories
Apple Juice	\$3.89	210
Grapefruit Juice	\$4.89	190
Fresh Brewed Iced Tea	\$3.79	180
Low-Fat Milk	\$3.89	100
Sunrise Coffee	\$3.89	10
Chocolate Cocoa	\$4.99	250
Botanical Tea	\$3.89	240
Light Cola	\$1.99	0

Note: This PDF reproduces the prices and calorie figures contained in the provided source. Prices and menu availability may vary by location.