

First Watch Columbia Menu 2026 — Price & Calorie Tables

Tables extracted from the uploaded source. Prices and calorie figures are preserved as supplied in the source content and are not independently verified.

Columbia Sides & Small Plates

Menu Item	Price	Calories
Million Dollar Bacon	\$5.89	250 Cal.
Fresh Seasonal Fruit	\$5.89	160 Cal.
Bob's Red Mill Cheese Grits	\$3.89	180 Cal.
Hardwood Smoked Bacon	\$5.87	160 Cal.
Chicken Apple Sausage Patty	\$4.89	180 Cal.
Pork Sausage	\$6.26	460 Cal.
Grab N Go GF Brownie	\$3.49	340 Cal.
Side Toast	\$2.79	280 Cal.
Gluten Free Toast	\$2.89	150 Cal.
Smoked Ham	\$4.87	160 Cal.
Side One Egg	\$3.24	70–110 Cal.
Million Dollar Potatoes	\$5.18	460 Cal.
Biscuits & Gravy	\$5.83	840 Cal.
Fresh Seasoned Potatoes	\$3.68	320 Cal.
Side Two Eggs	\$5.59	220 Cal.
English Muffin	\$2.49	330 Cal.
Turkey Sausage	\$4.90	220 Cal.
Grab N Go GF Marshmallow Treat	\$3.49	250 Cal.
Lemon Dressed Organic Mixed Greens	\$3.60	70 Cal.
Side of Sliced Avocado	\$3.49	640 Cal.

Menu Item	Price	Calories
Bowl of Soup	\$5.80	180 Cal.
Grab N Go Salted Caramel Cookie	\$3.37	350 Cal.
Bob's Red Mill Grits	\$4.07	180 Cal.
Freshly Baked Muffin of the Day	\$4.07	590 Cal.

Seasonal & Featured Choices

Menu Item	Price	Calories
Elote Breakfast Burrito	\$16.53	1,570 Cal.
Million Dollar Bacon	\$6.30	250 Cal.
Strawberry Tres Leches French Toast	\$17.16	840 Cal.
Shrimp & Grits	\$16.97	710 Cal.
Blueberry Lemon Cornbread	\$6.53	1,040 Cal.
Watermelon Wakeup	\$6.72	120 Cal.

Fresh & Better-Balanced Picks

Menu Item	Price	Calories
Power Wrap	\$10.29	500 Cal.
Avocado Toast	\$11.99	640 Cal.
Healthy Turkey	\$11.99	540 Cal.
AM Super Foods Bowl	\$11.99	960 Cal.
Tri-Athlete	\$12.29	500 Cal.
Sunrise Granola Bowl	\$10.99	1,070 Cal.
Steel Cut Oatmeal	\$10.39	995 Cal.

Classic Favorites

Menu Item	Price	Calories
Traditional	\$13.99	1,390 Cal.
Tri-Fecta	\$13.99	980 Cal.

Griddle Favorites

Menu Item	Price	Calories
Belgian Waffle	\$11.79	440 Cal.
French Toast	\$12.49	660 Cal.
Multigrain Pancake	\$7.47	660 Cal.
Two Multigrain Pancakes	\$9.50	1,260 Cal.
Lemon Ricotta Pancakes	\$11.47	1,100 Cal.
Floridian French Toast	\$11.49	730 Cal.

Omelets & Frittatas

Menu Item	Price	Calories
The Works Omelet	\$12.78	720 Cal.
Chili Chorizo	\$12.25	730 Cal.
First Watch Smoked Salmon & Roasted Vegetable Frittata	\$12.73	680 Cal.
Bacado Omelet	\$13.78	740 Cal.
Frittata Rustica	\$12.99	720 Cal.

Beverages

Menu Item	Price	Calories
Apple Juice	\$3.88	210 Cal.
Fresh Brewed Iced Tea	\$3.88	190 Cal.
Decaf Coffee	\$3.98	10 Cal.
Chocolate Milk	\$4.89	190 Cal.
Project Sunrise Coffee	\$3.87	10 Cal.
Grapefruit Juice	\$3.89	190 Cal.
Fountain Beverage	\$3.89	0–100 Cal.
Cold Brew Coffee	\$4.65	—

Power Bowl Favorites

Menu Item	Price	Calories
Power Breakfast Quinoa Bowl	\$11.49	860 Cal.
Pesto Chicken Quinoa Bowl	\$14.07	650 Cal.

Sandwich Favorites

Menu Item	Price	Calories
Monterey Club	\$12.79	1,020 Cal.
Ham & Gruyere Melt	\$11.79	880 Cal.
Market Veggie Sandwich	\$12.89	790 Cal.
Roast Beef & Havarti Sandwich	\$12.29	1,100 Cal.
Classic BLTE	\$12.89	1,110 Cal.

Fresh Salad Favorites

Menu Item	Price	Calories
Cobb Salad	\$11.29	860 Cal.
Chicken Avocado Chop Salad	\$11.29	790 Cal.
Sweet Honey Pecan Salad	\$11.29	860 Cal.
Superfood Kale Salad	\$11.29	820 Cal.

Juice Bar Favorites

Menu Item	Price	Calories
Morning Meditation	\$3.98	160 Cal.
Watermelon Wakeup	\$6.78	120 Cal.
Purple Haze	\$5.20	230 Cal.
Kale Tonic	\$5.20	130 Cal.

Iced Coffee Favorites

Menu Item	Price	Calories
Honey Caramel Crunch	\$5.58	620 Cal.
Iced Coffee	\$3.98	160 Cal.
Cold Brew Coffee	\$4.48	0 Cal.
Mint Mocha	\$5.49	230 Cal.