

First Watch Fayetteville Menu 2026

Prices, Calories, Locations & Hours

The First Watch Fayetteville menu provides fresh breakfast, brunch, and lunch choices at locations in Fayetteville, NC, and Fayetteville, AR. The menu includes omelets, frittatas, seasonal favorites, lighter choices, breakfast classics, hash dishes, bowls, coffee, juices, and beverages.

First Watch Locations Across Fayetteville

Location	Address	Contact	Hours
Freedom Town Center, Fayetteville, NC	2701 Freedom Parkway Drive, Fayetteville, NC 28811	(919) 325-4054	7:00 AM–2:30 PM
North Fayetteville, AR	3251 N College Ave, Fayetteville, AR 72703	(479) 668-0683	7:00 AM–2:30 PM

First Watch Fayetteville Hours

Day	Opening Time	Closing Time
Monday	7:00 AM	2:30 PM
Tuesday	7:00 AM	2:30 PM
Wednesday	7:00 AM	2:30 PM
Thursday	7:00 AM	2:30 PM
Friday	7:00 AM	2:30 PM
Saturday	7:00 AM	3:00 PM
Sunday	7:00 AM	3:00 PM

First Watch Fayetteville Menu Categories & Prices

First Watch Fayetteville 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.

First Watch Fayetteville Seasonal Favorites

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.

First Watch Fayetteville Healthier Menu Choices

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.

First Watch Fayetteville 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.

First Watch Fayetteville Fresh Juice Bar

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.

First Watch Fayetteville Classic Breakfast Favorites

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

First Watch Fayetteville Egg-Sclusives Breakfast Menu

Menu Item	Price	Calories
Farmhouse Hash	\$13.58	1,310 Cal.
Market Hash	\$16.48	1,200 Cal.
Chickichanga	\$13.88	1,180 Cal.
Farm Stand Breakfast Tacos	\$12.88	970 Cal.
Elevated Egg Sandwich	\$12.49	1,050 Cal.
Biscuits & Turkey Sausage Gravy With Eggs	\$12.49	950 Cal.

First Watch Fayetteville Drinks & 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	—

First Watch Fayetteville Power Bowls

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

FAQs

Can I Order Online from First Watch Fayetteville?

The supplied content indicates that online ordering is available through the app.

Where Is First Watch Located in Fayetteville?

The supplied locations include Freedom Town Center in Fayetteville, NC, and North College Avenue in Fayetteville, AR.

What Meals Are Available on the First Watch Fayetteville Menu?

Options include omelets, frittatas, seasonal favorites, breakfast classics, hashes, tacos, sandwiches, bowls, juices, coffee, and other beverages.

Does the First Watch Fayetteville Menu Offer Gluten-Free or Vegetarian Options?

The supplied content states that gluten-free, vegetarian, vegan, and lighter choices are available.

What Are the Signature Dishes on the First Watch Fayetteville Menu?

Examples listed include Million Dollar Bacon, Avocado Toast, Bacado Omelet, and signature juices.

Final Thoughts

The First Watch Fayetteville Menu 2026 includes a wide selection of breakfast and brunch choices, from omelets and seasonal dishes to lighter meals, bowls, coffee, and fresh juices. The tables in this PDF organize the supplied prices and calorie information for quick reference. Prices and hours can change, so checking the restaurant before visiting is recommended.