

# First Watch Germantown Menu & Prices 2026

## Power Bowls

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

## Seasonal Menu Picks

| Seasonal 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.   |

## Healthy Menu Choices

| Healthy 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 Breakfast Favorites

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

## Griddle Favorites

| Griddle 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. |

## Drinks & Beverages

| Beverage               | 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. |

## Sandwiches

| Sandwich                      | 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 Juice Bar

| Juice              | 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 Selection

| Iced Coffee 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. |

## Egg-Sclusives

| Egg-Sclusives 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 and Turkey Sausage Gravy With Eggs | \$12.49 | 950 Cal.   |

## Kids Menu Favorites

| Kids Menu Item      | Price  | Calories |
|---------------------|--------|----------|
| Kids Granola Bowl   | \$7.59 | 520 Cal. |
| Kids Half Waffle    | \$7.60 | 530 Cal. |
| Kids Grilled Cheese | \$7.59 | 820 Cal. |
| Kids French Toast   | \$7.80 | 620 Cal. |
| Kids Bacon & Egg    | \$7.70 | 530 Cal. |
| Kids Pancake        | \$7.70 | 870 Cal. |

## Family & Group Options

| Family & Grocery Item               | Price   |
|-------------------------------------|---------|
| Project Sunrise Coffee Tote (96 oz) | \$23.29 |
| House-Made Granola                  | \$6.34  |
| Project Sunrise Retail Coffee       | \$9.52  |
| The "Good Morning" Pack (for two)   | \$28.97 |
| The "Good Morning" Pack (for four)  | \$52.29 |
| First Watch Cookbook                | \$32.39 |

## Two For You

| Combination          | Price   |
|----------------------|---------|
| 1/2 Sandwich & Salad | \$13.58 |
| 1/2 Salad & Soup     | \$13.58 |
| 1/2 Sandwich & Soup  | \$13.58 |

## Sides & Small Plates

| Side or Small Plate         | 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 or Small Plate                | Price  | Calories |
|------------------------------------|--------|----------|
| Side Toast                         | \$2.79 | 280 Cal. |
| Gluten Free Toast                  | \$2.89 | 150 Cal. |
| Smoked Ham                         | \$4.87 | 160 Cal. |
| Side One Egg                       | \$3.24 | 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. |
| 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. |

## Salads

| Salad                      | 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. |