

First Watch Gluten-Free Menu 2026 — Price Tables

Prices and calorie figures extracted from the supplied content. This PDF is a formatted extraction and does not independently verify current restaurant pricing.

Main Gluten-Free Menu Price Table

Menu Item	Price	Calories
Lemon-Dressed Organic Mixed Greens	\$7.59	520
Avocado Toast	\$12.99	640
Sweet Honey Pecan Salad	\$12.29	860
Tri-Athlete	\$13.99	500
Elevated Egg Sandwich	\$12.99	1050
BLTE	\$11.99	1110
Parma Hash	\$13.79	1360
Power Breakfast Quinoa Bowl	\$12.49	860
Pesto Chicken Quinoa Bowl	\$12.49	650
Superfood Kale Salad	\$12.29	820
Healthy Turkey	\$12.99	540
Cobb Salad	\$12.29	680
Chicken Avocado Chop Salad	\$12.29	790
Monterey Club Sandwich	\$12.79	1020
Farmhouse Hash	\$13.79	1310
Baja Turkey Burger	\$11.99	810
Market Veggie Sandwich	\$11.99	790
Roast Beef & Havarti Sandwich	\$14.29	1100
Ham & Gruyere Melt	\$12.79	880

Menu Item	Price	Calories
Kids Bacon and Egg	\$7.59	410
Kids Grilled Cheese	\$7.59	820
Million Dollar Bacon	\$5.99	250
Bob's Red Mill Grits	\$3.49	180
Fresh Seasonal Potatoes	\$3.69	320
Fresh Seasonal Fruit	\$4.69	160
Hardwood Smoked Bacon	\$5.49	160
Smoked Ham	\$4.89	160
Turkey Sausage	\$4.89	220
Gluten Free Toast	\$2.49	200
Trifecta	\$12.49	980
Market Hash	\$16.59	1200
Pork Sausage	\$6.16	460
The Traditional	\$12.99	1060

First Watch Healthier Side / Breakfast — Price Table

Menu Item	Price	Calories
Triathlon Athlete	\$13.29	500
Fresh Avocado Toast	\$12.99	640
Green Vitality Juice	\$12.99	540

First Watch Salads — Price Table

Menu Item	Price	Calories
Fresh Kale Salad	\$12.29	820
Honey Pecan Salad	\$12.29	860
Fresh Cobb Salad	\$12.39	870
Chicken Avocado Salad	\$12.29	790

First Watch Gluten-Free Sandwiches — Price Table

Menu Item	Price	Calories
Classic BLT with Egg	\$11.29	110
Turkey & Bacon Club	\$12.69	1020
Fresh Cobb Salad	\$11.99	810
Fresh Veggie Sandwich	\$11.99	780
Roast Beef & Havarti Melt	\$14.29	1100
Grilled Ham & Gruyere	\$12.79	880

First Watch Kids Menu — Price Table

Menu Item	Price	Calories
Kids Bacon & Eggs	\$7.59	410
Kids Cheese Melt	\$7.59	820

First Watch Power Bowls — Price Table

Menu Item	Price	Calories
Pesto Chicken Grain Bowl	\$12.49	650
Quinoa Protein Bowl	\$7.59	860

First Watch Classic Favorites — Price Table

Menu Item	Price	Calories
Classic Breakfast	\$12.99	1390
Triple Breakfast	\$12.49	980

First Watch Gluten-Free Sides — Price Table

Menu Item	Price	Calories
Gluten-Free Bread	\$2.49	200
Lean Turkey Sausage	\$4.49	220
Fresh Lemon Greens	\$11.99	810
Candied Bacon	\$5.99	250
Classic Pork Sausage	\$6.19	460
Fresh Potato Side	\$6.16	460
Fresh Fruit Medley	\$7.89	160
Smoked Bacon	\$5.49	160

Menu Item	Price	Calories
Smoked Ham Slices	\$4.86	160

Healthy Gluten-Free Choices — Modification & Risk Table

Menu Item	Gluten-Free	Modification	Risk Level
Eggs	Yes	No toast	Low
Bacon	Yes	Confirm no shared grill	Low
Avocado Toast	Yes	Use gluten-free bread	Medium
Power Bowl	Yes	Remove sauces if unsure	Medium
Fresh Fruit	Yes	No change	Very Low

Note: The supplied article states that preparation practices and cross-contact risks can vary by location. Guests with celiac disease or serious gluten sensitivity should communicate their requirements to restaurant staff before ordering.