

First Watch Greenville Menu 2026 — Price Tables

Prices and calorie figures are extracted exactly from the supplied content and are not independently verified.

Sandwich Menu

Menu Item	Price	
Monterey Club	\$12.79	
Ham & Gruyère Melt	\$16.00	
Market Veggie Sandwich	\$11.99	
Roast Beef & Havarti Sandwich	\$14.29	
BLTE Sandwich	\$11.99	

Juice Bar Menu

Menu Item	Price	
Morning Meditation	\$3.99	
Watermelon Wakeup	\$6.74	
Purple Haze	\$5.29	
Kale Tonic	\$5.29	

Egg-Sclusives Menu

Menu Item	Price	
Farmhouse Hash	\$13.79	
Market Hash	\$16.68	
Chickichanga	\$13.99	
Farm Stand Breakfast Tacos	\$12.99	
Elevated Egg Sandwich	\$12.29	

Menu Item	Price	
Biscuits and Turkey Sausage Gravy With Eggs	\$12.49	

Salads Menu

Menu Item	Price	
Cobb Salad	\$12.29	
Chicken Avocado Chop Salad	\$12.29	
Sweet Honey Pecan Salad	\$12.29	
Superfood Kale Salad	\$12.29	

Kids Menu

Menu Item	Price	
Kids Granola Bowl	\$7.59	
Kids Half Waffle	\$7.59	
Kids Grilled Cheese	\$8.82	
Kids French Toast	\$7.79	
Kids Bacon & Egg	\$7.69	
Kids Pancake	\$7.59	

Beverages Menu

Menu Item	Price	
100% Cold Squeezed Orange Juice	\$4.63	
Iced Coffee	\$4.62	
Morning Meditation	\$6.74	
Apple Juice	\$3.89	
Hot Chocolate	\$4.63	
Watermelon Wakeup	\$4.64	

Menu Item	Price	
Fresh Brewed Iced Tea	\$3.89	
Decaf Coffee	\$3.89	
Chocolate Milk	\$3.89	
Kale Tonic	\$6.72	
Project Sunrise Coffee	\$3.89	
Purple Haze	\$6.74	
Grapefruit Juice	\$3.89	
Fountain Beverage	\$3.89	
Milk	\$4.63	
Cold Brew Coffee	\$4.63	

Healthier Side Menu

Menu Item	Price	Calories
Morning Superfood Bowl	\$12.99	960 Cal.
Sunrise Breakfast Bowl	\$10.99	1070 Cal.
Hearty Oatmeal Bowl	\$9.39	990 Cal.
Fit Breakfast Plate	\$13.99	500 Cal.
Turkey Power Plate	\$12.99	540 Cal.
Morning Power Wrap	\$11.99	500 Cal.

Omelets & Frittatas

Menu Item	Price	Calories
Loaded Bacon Omelet	\$13.99	740 Cal.
Spicy Sausage Omelet	\$13.49	730 Cal.
Classic Italian Omelet	\$12.39	780 Cal.
Gruyère Ham Omelet	\$12.99	610 Cal.
Cheesy Ham Omelet	\$12.99	610 Cal.
Classic Italian Omelet	\$13.39	720 Cal.

Classic Favorites

Menu Item	Price	Calories
Hearty Morning Plate	\$12.99	1390 Cal.
Morning Trio	\$13.99	980 Cal.

Power Bowls Menu

Menu Item	Price	Calories
Savory Pesto Protein Bowl	\$12.59	650 Cal.
Quinoa Energy Breakfast	\$15.09	860 Cal.