

First Watch Healthier Side Menu 2026

Prices, calories, keto-friendly notes, and nutrition information compiled from the supplied content.

Healthier Side Menu — Prices & Calories

Menu Item	Price	Calories	Description
Power Wrap	\$11.29	500 Cal.	Egg whites, turkey, vegetables, and mozzarella in a sun-dried tomato tortilla, served with fresh fruit.
Avocado Toast	\$12.99	640 Cal.	Artisan-cut toast topped with cage-free eggs, avocado, lemon, and sea salt.
Healthy Turkey	\$12.99	540 Cal.	Egg-white omelet with turkey and Feta, served with spinach and whole grain toast.
AM Super Food Bowl	\$12.99	960 Cal.	Coconut chia pudding, fruit compote, granola, and almond butter toast.
Tri-Athlete	\$13.29	500 Cal.	Egg-white vegetable omelet with whole grain toast, green chilies, tomatoes, onions, and fruit.
Sunrise Granola Bowl	\$10.99	1070 Cal.	Greek yogurt, seasonal fruit, granola, almonds, and a muffin.
Steel Cut Oatmeal	\$9.39	995 Cal.	Steel-cut oats with fruit, pecans, brown sugar, and milk, served with a muffin.

Keto-Friendly Options

Item	Net Carbs	Why It Works for Keto
Egg White Veggie Scramble	~3g	24g protein, no bread, and a filling combination of eggs and vegetables.
Healthy Turkey Omelet	~3g	Lean turkey, mushrooms, green chilies, and cage-free eggs provide a protein-focused meal.
Tri-Athlete Omelet	~4g	Three egg whites, turkey, and fresh vegetables offer protein without a heavy carb load.
Avocado Toast	Skip the toast	Order the avocado separately for a source of healthy fats without the bread.
Power Wrap	~5g	Request it without the wrap and keep the egg whites, turkey, and vegetables.
Fresh Greens Side	0g	A low-carb side that can complement a variety of keto-friendly meals.
Avocado Add-on	~2g	Adds healthy fats and can be paired with many lower-carb menu choices.

Healthier Side Menu — Nutrition Information

Item	Calories	From Fat	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Added Sugars	Protein
Power Wrap	500	100	11	3	0	25	950	63	5	19	0	37
Steel Cut Oatmeal	990	310	35	6	0	82	405	155	11	73	57	20
A.M Superfoods Bowl	960	470	54	23	0	0	1125	104	19	49	32	21
Healthy Turkey	540	125	14	5	0	50	1630	66	5	25	20	48
Avocado Toast	640	370	41	9	0	425	1310	47	15	8	5	23

Source note: The supplied content contains some differing values for the same items (for example, Avocado Toast and Steel Cut Oatmeal). Those values have been preserved in their respective tables rather than silently reconciled.