

First Watch Lunch Menu Prices 2026

Complete price list extracted from the supplied content

Egg Favorites: Prices & Calories

Menu Item	Price	Calories
Farmhouse-Style Hash	\$16.58	1,310 Cal
Fresh Market Hash	\$16.58	1,310 Cal
Chicken & Egg Chickichanga	\$16.23	1,180 Cal
Farm-Style Breakfast Tacos	\$16.00	970 Cal
Elevated Egg Breakfast Sandwich	\$16.00	1,050 Cal
Biscuits, Turkey Sausage & Eggs	\$15.42	950 Cal

Sandwich Prices & Calories

Menu Item	Price	Calories
Monterey Club Sandwich	\$16.00	1,020 Cal
Ham & Gruyere Cheese Melt	\$16.00	880 Cal
Fresh Market Veggie Sandwich	\$15.07	790 Cal
Roast Beef & Havarti Sandwich	\$17.17	1,100 Cal
BLTE Sandwich	\$15.42	1,120 Cal

Healthier Choices: Calories & Nutrition

Menu Item	Price	Calories
Power Breakfast Wrap	\$13.91	500 Cal
Fresh Avocado Toast	\$15.65	640 Cal
Healthy Turkey Sandwich	\$16.00	540 Cal
AM Superfoods Breakfast Bowl	\$12.99	960 Cal
Classic Cobb Salad	\$15.07	680 Cal

Salad Prices & Calories

Menu Item	Price	Calories
Chicken & Avocado Chopped Salad	\$15.07	730 Cal
Sweet Honey Pecan Salad	\$15.07	860 Cal

Menu Item	Price	Calories
Superfood Kale Salad	\$15.07	820 Cal

Note: This PDF contains all items and prices appearing in the four price tables supplied in the content. Prices may vary by location or menu update.