

First Watch — 2026 Nutrition & Calorie Data

Compiled from the uploaded source. The source contains nutrition/calorie values rather than monetary menu prices; no prices were invented or added.

Summer Menu 2026

Menu Item	Calories (cal)	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
■ Million Dollar Breakfast Sandwich	860	530	60	24	0	285	1280	51	3	17	13	26
■ Chipotle Steak & Queso Hash	1470	800	91	33	0	545	3920	95	14	8	0	57
■ Banana Brittle French Toast	1010	460	52	21	0	420	2130	111	6	57	41	26
■ Honey Butter Biscuit Bites	790	340	39	21	0	25	2290	97	3	30	25	12
■ Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2

Juice Bar Nutrition Information

Juice Item	Calories (cal)	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
■ Kale Tonic Fresh Juice	130	0	0	0	0	0	30	32	2	20	0	4
■ Morning Meditation Fresh Juice	140	0	0	0	0	0	20	36	0	30	20	1
■ Purple Haze	230	0	0	0	0	0	10	61	1	54	53	0

Power Bowls

Menu Item	Calories (cal)	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
■ Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1340	42	5	4	1	33
■ Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	7	3	0	31

Iced Coffee

Iced Coffee Item	Calories (cal)	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
■ Honey Caramel Crunch Iced Coffee	430	110	12	10	0	20	530	74	0	70	57	8
■ Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	1
■ Iced Coffee	180	25	3	2	0	15	125	30	0	28	14	9
■ Mint Mocha Iced Coffee	350	100	12	10	0	15	380	55	2	50	38	8

Classic Favorites

Classic Favorite Calories (cal) Calories from Fat Fat (g) Sat. Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Added Sugars (g) Protein (g)												
■ Tri-Fecta	940	370	42	18	0	475	1390	97	2	56	54	18
■ The Traditional	1000	550	61	17	0	455	2690	90	9	24	20	29

Healthier Side

Healthier Side Calories (cal) Calories from Fat Fat (g) Sat. Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Added Sugars (g) Protein (g)												
■ 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	390	370	41	9	0	425	1310	47	15	8	5	23

Griddle Menu

Griddle Item Calories (cal) Calories from Fat Fat (g) Sat. Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Added Sugars (g) Protein (g)												
■ Floridian French Toast	880	140	15	7	0	315	820	166	11	85	57	24
■ French Toast	810	200	23	10	0	315	880	126	5	63	57	22
■ Belgian Waffle	590	170	20	9	0	35	1000	96	2	55	54	2
■ Lemon Ricotta Pancakes	1100	470	53	24	0	335	1630	170	5	92	80	23
■ Multigrain Pancake	670	260	29	12	0	130	860	92	2	55	52	10

Omelets & Frittatas

Omelet & Frittata Item Calories (cal) Calories from Fat Fat (g) Sat. Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Added Sugars (g) Protein (g)												
■ Smoked Salmon & Roasted Vegetable Frittata	680	380	43	16	0	810	1405	30	4	5	0	40
■ Frittata Rustica	570	420	48	17	0	810	1225	34	5	5	0	42
■ The Works Omelet	720	700	80	30	0	855	1505	59	7	27	20	47
■ Chile Chorizo Omelet	1190	710	81	29	0	835	1485	65	12	28	21	44
■ Bacado Omelet	740	730	83	29	0	835	1325	62	11	27	20	44

Sandwiches

Sandwich Item Calories (cal) Calories from Fat Fat (g) Sat. Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Added Sugars (g) Protein (g)												
■ Monterey Club	1090	570	65	17	0	125	2545	70	10	8	0	49
■ BLTE	1190	680	78	23	0	505	1525	76	15	18	10	44

Sandwich Item	Calories (cal)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
■ Market Veggie	860	440	50	13	0	35	1285	74	14	16	10	24
■ Roast Beef & Havarti	1140	590	67	22	0	120	2865	73	6	13	5	46
■ Ham & Gruyere Melt	950	430	49	17	0	140	2605	82	7	14	9	47

Egg-Sclusives

Egg-Sclusive Item	Calories (cal)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
■ Chickichanga	1190	650	73	27	0	365	3330	91	11	15	1	39
■ Classic Benedict	620	280	32	12	0	530	1915	36	4	9	3	41
■ BLT Benedict	590	350	40	13	0	455	945	36	6	6	0	23
■ Smoked Salmon Benedict	520	230	27	9	0	455	1375	38	6	7	0	31
■ Elevated Egg Sandwich	1040	580	65	17	0	260	2750	87	9	9	4	26
■ Farmstand Breakfast Tacos	1000	470	54	19	0	605	2290	70	13	5	1	52
■ Biscuits & Turkey Sausage Gravy with Eggs	950	440	49	19	0	435	3280	99	6	8	4	25
■ Farmhouse Hash	1250	730	82	24	0	470	2950	101	14	26	20	36
■ Market Hash	1200	620	70	23	0	475	3490	99	10	26	20	35

Salads

Salad Item	Calories (cal)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
■ Superfood Kale Salad	910	470	53	10	0	65	1540	81	13	33	19	32
■ Chicken Avocado Chop Salad	880	500	56	10	0	70	1190	70	10	4	0	27
■ Sweet Honey Pecan Salad	950	470	53	11	0	85	1440	87	15	48	39	33
■ Cobb Salad	770	490	55	16	0	285	1590	40	12	10	0	31

Kids Menu

Kids Menu Item	Calories (cal)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
■ Bacon & Egg	410	150	17	5	0	225	650	46	3	18	0	15
■ Chocolate Chip Pancake	870	380	43	19	0	145	1050	105	3	67	63	14
■ Half Waffle	520	190	22	9	0	35	760	75	2	51	43	5
■ French Toast	590	190	21	9	0	120	640	87	3	54	44	13
■ Grilled Cheese	820	390	44	18	0	50	1250	73	4	18	0	21
■ Steel Cut Oats	300	80	9	3	0	35	290	45	6	11	1	14
■ Granola Bowl	530	110	13	2	0	5	430	80	7	31	14	19

Soups

Soup Item	Calories (cal)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
■ Chicken & Wild Rice Soup – Bowl	160	45	5	2	0	25	750	22	0	2	1	6
■ Chicken & Wild Rice Soup – Cup	120	35	4	2	0	20	560	17	0	1	1	5
■ Clam Chowder – Bowl	240	130	14	8	0	50	980	22	2	2	0	7
■ Clam Chowder – Cup	180	90	11	6	0	40	730	16	2	2	0	5
■ Broccoli Cheddar – Bowl	240	170	19	11	1	60	990	10	0	4	1	6
■ Broccoli Cheddar – Cup	180	130	14	8	0	45	740	8	0	3	1	5
■ Market Vegetable Soup – Bowl	100	20	2	0	0	0	910	17	3	6	0	3
■ Market Vegetable Soup – Cup	80	15	2	0	0	0	680	13	2	5	0	2
■ Italian Wedding Soup – Bowl	130	40	5	2	0	10	1100	12	1	2	1	5
■ Italian Wedding Soup – Cup	100	30	4	2	0	10	830	9	0	1	1	4
■ Crackers – Cup	25	0	1	0	0	0	90	5	0	0	0	1
■ Crackers – Bowl	50	10	1	0	0	0	180	10	0	0	0	2

Beverages

Beverage Item	Calories (cal)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
■ Project Sunrise Coffee	0	0	0	0	0	0	0	0	0	0	0	
■ Iced Coffee	180	25	3	2	0	15	125	30	0	28	14	9
■ Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	1
■ Herbal Teas	0	0	0	0	0	0	0	0	0	0	0	0
■ Fresh-Brewed Iced Tea (Unsweetened)	0	0	0	0	0	0	5	1	0	0	0	0
■ Fresh-Brewed Iced Tea (Sweetened)	60	0	0	0	0	0	10	15	0	14	14	0
■ Fresh-Brewed Iced Tea (Blackberry)	80	0	0	0	0	0	10	19	0	17	17	0
■ Hot Chocolate	250	50	5	5	0	15	310	23	0	46	42	1
■ Low-Fat Milk (Small)	100	20	3	2	0	10	105	12	0	13	0	8
■ 100% Cold Squeezed Orange Juice (Small)	110	0	0	0	0	0	0	26	0	21	0	2
■ Grapefruit Juice (Small)	100	0	0	0	0	0	35	25	0	25	0	0
■ Apple Juice (Small)	110	0	0	0	0	0	35	28	0	28	0	0
■ Cranberry Juice (Small)	110	0	0	0	0	0	15	28	0	28	0	0
■ San Pellegrino (Sparkling)	0	0	0	0	0	0	0	0	0	0	0	0
■ Coke	100	0	0	0	0	0	30	27	0	27	27	0
■ Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
■ Sprite	90	0	0	0	0	0	45	26	0	26	26	0
■ Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
■ Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	0
■ Dr. Pepper	100	0	0	0	0	0	40	26	0	26	26	0

Sides

Side Item	Calories (cal)	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
■ Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
■ Million Dollar Potatoes	460	220	25	6	0	20	2150	49	4	6	3	7
■ Bob's Red Mill Buttered Grits	180	80	9	3	0	0	790	21	1	0	0	2
■ Bob's Red Mill Cheesy Grits	180	60	7	4	0	20	910	22	1	0	0	8
■ Fresh, Seasonal Fruit (Small)	80	0	0	0	0	0	0	21	2	16	0	1
■ Fresh, Seasoned Potatoes	320	130	14	1	0	0	1740	42	4	2	0	3
■ Biscuits & Gravy	440	170	20	12	0	10	1340	56	2	5	4	9
■ Whole Grain Artisan Toast with All-Natural House Preserves & Whipped Butter	390	150	17	5	0	0	380	47	5	21	20	7
■ English Muffin	330	120	14	4	0	0	360	39	0	16	16	4
■ Gluten-Free Toast with All-Natural House Preserves	150	15	2	0	0	0	125	32	2	17	17	0
■ Blueberry Muffin	460	210	24	4	0	80	360	54	0	32	30	6
■ Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	0	6
■ Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
■ Turkey Sausage	220	140	16	4	0	80	780	0	0	0	0	18
■ Chicken Apple Sausage	180	110	12	4	0	70	560	4	0	2	2	16
■ Smoked Ham	160	50	6	2	0	80	1060	3	0	3	3	20
■ Lemon-Dressed Organic Mixed Greens	70	40	5	1	0	0	65	5	2	2	0	1
■ Tomato Basil Soup	180	110	12	5	0	20	840	15	3	9	1	3
■ Biscuit with Butter, Honey and Preserves	630	260	30	16	0	0	1300	82	2	32	31	6

Note: Nutrition values may vary by location and preparation. The uploaded source recommends checking First Watch for the most accurate current information.