

First Watch Omelets & Frittatas Menu 2026

Complete price list — all priced items found in the supplied content

Menu Item	Price	Details
The Works Omelet	\$13.79	Bacon, ham, sausage, roasted crimini mushrooms, tomatoes, onions, Cheddar, Monterey Jack, sour cream.
Chili Chorizo Omelet	\$13.29	Chorizo, roasted onions, Cheddar, avocado, green chilies, Monterey Jack, pico de gallo.
Smoked Salmon Vegetable Frittata	\$13.79	Smoked salmon, tomatoes, roasted shallots, Parmesan, herbs, chive cream drizzle.
Bacon Omelet	\$13.79	Bacon, avocado, Monterey Jack, creamy filling, fresh pico de gallo.
Rustic Italian Frittata	\$12.99	Roasted cremini mushrooms, kale, tomatoes, onions, Parmesan, Mozzarella.
Ham & Gruyere Omelet	\$12.99	Smoked ham, Gruyere cheese, cage-free eggs, leafy greens, whole-grain toast.
Italian-Style Omelet	\$12.99	Italian sausage, Mozzarella, eggs, tomatoes, red peppers, fresh greens and toast.
Morning Market Veggie Omelet	\$12.99	Crimini mushrooms, cage-free eggs, kale, roasted zucchini, tomatoes, goat cheese.
Classic Loaded Omelet	\$13.79	Calories: 720
Zesty Chorizo Omelet	\$13.29	Calories: 730
Savory Italian Omelet	\$12.49	Calories: 780
Bacon & Avocado Omelet	\$13.79	Calories: 740
Herb & Vegetable Frittata	\$13.99	Calories: 710
Hearty Ham Gruyere Omelet	\$12.99	Calories: 610
Herbed Salmon Frittata	\$13.69	Calories: 680
Fresh Veggie Omelet	\$11.99	Calories: 490

Note: The PDF includes every item with a price appearing in the supplied text. Prices may vary by location or menu update.