

First Watch Salads Menu – Prices 2026

Salads Menu Prices & Ingredients

Menu Item	Price	Ingredients & Description
Cobb Salad	\$12.29	Tender meat, hard-boiled eggs, creamy avocado, cheese, crisp lettuce, fresh tomatoes, onions, and your choice of dressing.
Chicken Avocado Chop Salad	\$12.29	Grilled chicken, avocado, crispy bacon, fresh parsley, lettuce, ripe tomatoes, sweet corn, and lemon vinaigrette.
Sweet Honey Pecan Salad	\$12.29	Grilled chicken, honey-roasted pecans, cheese, and fresh seasonal vegetables with a naturally sweet and savory flavor.
Superfoods Kale Salad	\$12.29	Fresh kale, grilled chicken breast, maple-roasted carrots, mixed greens, dried cranberries, almonds, and shredded Parmesan.

Prices & Calories

Menu Item	Price	Calories
Cobb Salad	\$12.29	790
Avocado Chicken Fresh Salad	\$12.29	790
Honey Nut Chicken Salad	\$11.29	860
Fresh Kale Power Bowl	\$12.49	820

Note: This PDF extracts the table information provided in the supplied content. The source content contains some naming inconsistencies between the two tables, so item names and prices are preserved as provided.