

First Watch Towson Menu 2026 — Price & Calorie Tables

Tables extracted from the uploaded content. Prices and calorie values are preserved as supplied and are not independently verified.

Seasonal Menu

Menu Item	Price	Calories
Double Bacon Parmesan Hash	\$15.29	1,310
Carne Asada Breakfast Tacos	\$13.79	1,000
Cinnamon Chip Pancake Breakfast	\$12.99	830
Cheesecake Holey Donuts with Nutella	\$6.29	1,080
Million Dollar Bacon	\$5.99	250
Tangerine Dream	\$5.49	200

Juice Bar Menu

Menu Item	Price	Calories
Blazing Dragon	\$5.49	130
Purple Haze	\$5.29	230
Morning Meditation	\$5.29	140
Kale Tonic	\$5.29	130

Classic Favorites

Menu Item	Price	Calories
The Traditional	\$12.49	930–1,390
Tri-Fecta	\$12.49	580–980

Healthier Menu

Menu Item	Price	Calories
Avocado Toast	\$12.49	640
Healthy Turkey	\$12.49	540
A.M. Superfoods Bowl	\$12.49	960
Power Wrap	\$10.99	500
Tri-Athlete	\$13.29	510

Griddle Menu

Menu Item	Price	Calories
Multigrain Pancake (1)	\$7.29	520
Two Multigrain Pancakes	\$9.29	1,040
Lemon Ricotta Pancakes	\$12.29	1,100
Belgian Waffle	\$10.29	440
French Toast	\$10.99	660
Floridian French Toast	\$12.99	730

Iced Coffee Menu

Menu Item	Price	Calories
Mint Mocha	\$5.59	230
Honey Caramel Crunch	\$5.59	320
Iced Coffee	\$3.99	180
Cold Brew Coffee	\$4.49	15

Egg-Sclusives Menu

Menu Item	Price	Calories
Chickichanga	\$13.29	1,180
Elevated Egg Sandwich	\$12.79	1,050
Farm Stand Breakfast Tacos	\$12.79	970
Biscuits & Turkey Sausage Gravy	\$12.29	950
Farmhouse Hash	\$13.79	1,310
Market Hash	\$13.79	1,200

Menu Item	Price	Calories
Classic Benedict	\$13.79	620
Florentine Benedict	\$13.99	540

Omelets & Frittatas

Menu Item	Price	Calories
Bacado Omelet	\$12.99	740
Chili Chorizo	\$12.49	730
Ham and Gruyere Omelet	\$12.99	1,050
The Works Omelet	\$12.99	720
Frittata Rustica	\$12.49	720
Smoked Salmon Frittata	\$13.29	680

Power Bowls

Menu Item	Price	Calories
Power Breakfast Quinoa Bowl	\$11.99	860
Pesto Chicken Quinoa Bowl	\$11.99	650

Salads

Menu Item	Price	Calories
Superfood Kale Salad	\$11.99	820
Chicken Avocado Chop Salad	\$11.99	790
Cobb Salad	\$11.99	680
Sweet Honey Pecan Salad	\$11.99	860

Sandwiches

Menu Item	Price	Calories
Monterey Club	\$11.99	1,020
BLTE	\$11.29	1,120
Market Veggie Sandwich	\$11.29	790
Roast Beef & Havarti	\$13.79	1,100
Ham & Gruyere Melt	\$11.99	880

Sides

Menu Item	Price	Calories
Million Dollar Bacon	\$5.99	250
Side Two Eggs	\$4.59	140–220
Side One Egg	\$2.59	70–110
Fresh Seasoned Potatoes	\$3.69	320
Million Dollar Potatoes	\$5.69	460
Fresh Seasonal Fruit	\$4.69	80
Hardwood Smoked Bacon	\$5.49	160
Pork Sausage	\$4.89	460
Turkey Sausage	\$4.89	220
Side Toast	\$2.49	280

Beverages

Menu Item	Price	Calories
Project Sunrise Coffee	\$3.99	10

Menu Item	Price	Calories
Decaf Coffee	\$3.99	10
Grapefruit Juice	\$3.89	190
Apple Juice	\$3.89	210
Chocolate Milk	\$4.89	190
Fountain Beverage	\$3.89	0–100

Kids Menu

Menu Item	Price	Calories
Kids Pancake	\$7.59	—
Kids Bacon and Egg	\$7.59	—
Kids French Toast	\$7.59	—
Kids Waffle	\$7.59	—
Kids Grilled Cheese	\$7.59	—

Family & Group Options

Menu Item	Price	Calories
Good Morning Pack (for two)	\$24.99	—
Good Morning Pack (for four)	\$44.99	—
Coffee Tote (96 oz)	\$19.99	—