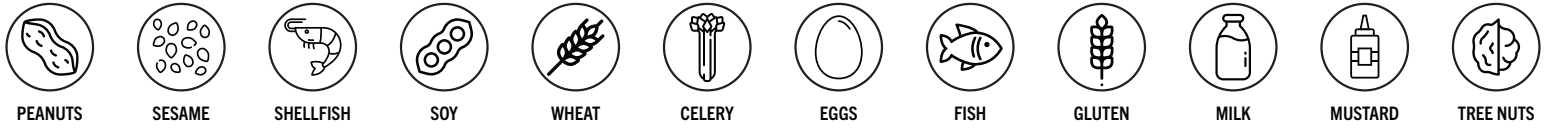


ALLERGEN GUIDE

2022 SUMMER LTO MENU

The allergens & intolerances identified in this guide are:



Please inform your server or manager before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Watermelon Wake-Up												
Watermelon Juice												
Pineapple Juice												
Lime Juice												
Simple Syrup												
Mint												
Barbacoa Quesadilla Benedict	X		X				X		X		X	
Barbacoa Beef												
Cheddar Jack Cheese			X									
Corn & Wheat Blend Tortillas									X		X	
Cage Free Eggs	X											
Margarine			X				X					
Scallions												
Vera Cruz Hollandaise			X									
Ranchero Sauce												
Black Beans												
Pico de Gallo												
Hacienda Hash	X		X				X					
Potatoes w/ Onions												
Chorizo Sausage												
Cage Free Eggs	X											
Margarine			X				X					
Cheddar Jack Cheese			X									
Red Bell Peppers												
Smashed Avocado												
Spicy Ketchup												
Sour Cream			X									
Scallions												
Blueberry Muffin Top Griddle Cakes	X		X				X	X	X		X	
Muffin Batter	X		X						X		X	
Streusel			X						X		X	
Vegetable Oil Spray							X					
Blackberries												
Blueberries												
Strawberries												
Granola								X	X		X	
Mixed Berry Compote												
Whipped Butter			X				X					
Powdered Cinnamon Sugar												

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

NUTRITION GUIDE & ALLERGEN QR CODE

2022 SUMMER LTO MENU

To access real-time allergen information, please scan the code with your mobile device's camera.



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2
Barbacoa Quesadilla Benedict	810	330	38	15	0	485	3390	73	9	13	7	37
Hacienda Hash	930	550	62	21	0	490	2650	60	8	12	5	29
Blueberry Muffin Top Griddle Cakes	1160	560	63	14	0.5	140	800	131	6	79	68	14

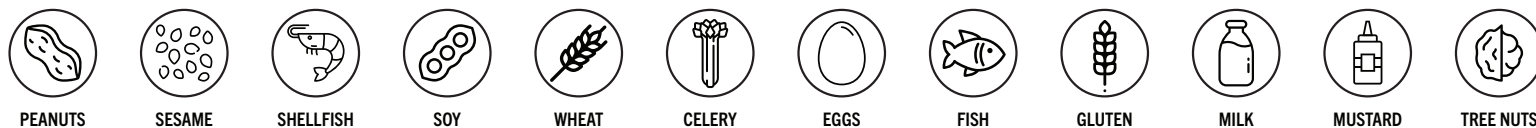
2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

ALLERGEN GUIDE

2023 SUMMER LTO TEST MENU

The allergens & intolerances identified in this guide are:



Please inform your server or manager before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Watermelon Wake-Up												
Watermelon Juice												
Pineapple Juice												
Lime Juice												
Simple Syrup												
Mint												
Bacon Cheddar Cornbread	X		X				X		X		X	
Cornbread Batter	X		X				X		X		X	
Bacon												
Cheddar Jack Cheese			X									
Whipped Butter			X				X					
Honey												
Scallions												
Vegetable Oil Spray							X					
Strawberry Tres Leches French Toast	X		X						X		X	
Challah Bread	X								X		X	
French Toast Batter	X		X									
Strawberries												
Dulce De Leche			X									
Sweetened Condensed Milk			X									
Whipped Cream			X									
Cinnamon Streusel			X						X		X	
Powdered Sugar												
Queso Blanco Benedict	X		X									
Corn Tostadas												
Pork Carnitas												
Black Beans												
Cheddar Jack Cheese			X									
Cage Free Eggs	X											
White Queso Sauce			X									
Avocado												
Organic Mixed Greens												
Roasted Corn Salsa												
Pickled Red Onions												
Cilantro												
Lime												
Pineapple												
Grapes												
Strawberries												
Tajin Seasoning												
Lone Star Brisket Hash	X		X		X		X		X	X	X	X
Beef Brisket												
Seasoned Potatoes w/ Onions												
Cage Free Eggs	X											
Margarine			X				X					
Cheddar Jack Cheese			X									
Avocado												
Pico de Gallo												
Pickled Sweet Peppers												
Chipotle Aioli	X				X					X		X
Scallions												
Wheat / Corn Tortillas									X		X	

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PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2
Bacon Cheddar Cornbread	1140	580	65	19	0	175	1360	115	2	57	50	26
Strawberry Tres Leches French Toast	960	250	29	11	0	180	710	149	3	94	52	23
Queso Blanco Benedict	890	410	46	21	0	530	2760	65	11	23	0	55
Lone Star Brisket Hash	1380	870	98	28	0	510	3400	82	10	7	2	40

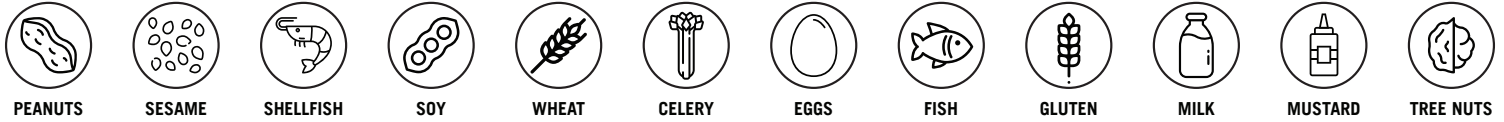
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CORE MENU ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the right information.

The allergens & intolerances identified in this guide are:



Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Classic Favorites												
The Traditional Breakfast: Cage-Free Whole Eggs	X		X			X						
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Bacon												
The Traditional Breakfast: Chicken Sausage												
The Traditional Breakfast: Smoked Ham									X			
The Traditional Breakfast: Pork Sausage												
The Traditional Breakfast: Turkey Sausage												
The Traditional Breakfast: Fresh, Seasoned Potatoes w/ Onions												
The Traditional Breakfast: Whole Grain Toast w/ Preserves			X			X		X				X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Whipped Butter			X			X						

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Tri-fecta: Belgian Waffle												
Waffle Batter	X		X			X		X				X
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	X		X			X						
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
The Healthier Side												
Avocado Toast	X		X			X		X				X
Whole Grain Artisan Toast								X				X
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Power Wrap	X	X				X		X				X
Tomato Basil Tortilla						X		X				X
Egg Whites	X											
Vegetable Oil Spray						X						
Turkey												
Crimini Mushrooms												
Spinach												
Mozzarella Cheese			X									
Pico de Gallo												
Fresh , Seasonal Fruit												
Healthy Turkey	X	X				X		X				X
Turkey												
Feta Cheese			X									
Egg Whites	X											
Vegetable Oil Spray						X						
Onions												
Spinach												
Tomatoes												
Whole Grain Artisan Toast								X				X
Strawberry Preserves												
Tri-Athlete	X					X		X				X
Egg Whites	X											
Vegetable Oil Spray						X						
Green Chiles												
Crimini Mushrooms												
Tomatoes												
Onions												
Pico de Gallo												
Whole Grain Artisan Toast								X				X
Strawberry Preserves												
A.M. Superfoods Bowl							X	X				X
Coconut Milk Chia Seed Pudding							X					
Mixed Berry Compote												
Bananas												
Blueberries												
Strawberries												
Granola							X	X				X
Whole Grain Artisan Toast								X				X
Almond Butter							X					
Maldon Sea Salt												
Steel-cut Oatmeal with Pecans (No Muffin)			X				X	X				X
Steel-cut Oats								X				X
Pecans							X					
Bananas												
Strawberries												
Brown Sugar												
Milk			X									
Sunrise Granola Bowl (No Muffin)			X				X	X				X
Greek Vanilla Yogurt			X									
Fresh, Seasonal Fruit												
Granola							X	X				X
Powdered Cinnamon Sugar												
Banana Nut Muffin	X		X				X	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin	X		X				X	X				X
Chocolate Chip Muffin	X		X			X		X				X
Lemon Chia Muffin	X		X					X				X
Orange Cranberry Muffin	X		X					X				X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Egg-sclusives												
Chickichanga	X	X				X		X	X			X
Flour Tortilla								X				X
Chicken									X			
Chorizo Sausage												
Eggs	X											
Margarine			X			X						
Avocado					X							
Cheddar Jack Cheese			X									
Green Chilies												
Onions												
Vera Cruz Sauce			X									
Sour Cream			X									
Fresh Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Classic Benedict	X	X				X		X	X	X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Ham									X			
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Florentine Benedict	X	X				X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Spinach												
Tomatoes												
Avocado												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
BLT Benedict	X	X				X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Arugula												
Lemon White Balsamic Vinaigrette										X		
Avocado												
Bacon												
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Smoked Salmon Benedict	X	X	X			X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Smoked Salmon		X										
Onions												
Hollandaise			X									
Tomatoes												
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Elevated Egg Sandwich	X	X			X		X		X		X	
Brioche Bun	X		X		X		X				X	
Whipped Butter		X			X							
Mayonnaise	X								X			
Egg	X											
Margarine		X			X							
Bacon												
Avocado												
Gruyere Cheese			X									
Arugula												
Lemon White Balsamic Vinaigrette									X			
Fresh, Seasoned Potatoes w/ Onions												
Farm Stand Breakfast Tacos	X	X			X		X	X				X
Corn & Flour Blend Tortillas							X					X
Chicken								X				
Chorizo Sausage									X			
Cheddar Jack Cheese			X									
Eggs	X											
Margarine		X			X							
Avocado												
Black Beans												
Pico de Gallo												
Biscuits And Turkey Sausage Gravy with Eggs	X	X			X	X	X	X				X
Buttered Biscuits			X		X		X					X
Turkey Sausage Gravy			X		X	X	X	X				X
Eggs	X											
Margarine		X			X							
Chive and Parsley Herb Mix												
Fresh, Seasoned Potatoes w/ Onions												
Farmhouse Skillet Hash	X	X			X		X					X
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Avocado												
Bacon												
Cheddar Jack Cheese			X									
Margarine			X		X							
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Fresh, Seasonal Fruit												
Market Skillet Hash	X	X			X		X					X
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Goat Cheese			X									
Mozzarella Cheese			X									
Margarine			X		X							
Crimini Mushrooms												
Red Peppers												
Shallots												
Spinach												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Fresh, Seasonal Fruit												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Parma Skillet Hash	X	X			X		X					X
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Mozzarella Cheese			X									
Parmesan Cheese			X									
Margarine			X		X							
Crimini Mushrooms												
Onions												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Fresh, Seasonal Fruit												
Omelets And Frittatas												
Bacado Omelet	X	X			X		X		X	X		X
Eggs	X											
Margarine			X		X							
Cheddar Jack Cheese			X									
Bacon												
Avocado												
Pico de Gallo												
Sour Cream			X									
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Ham & Gruyere Omelet	X	X			X		X	X	X	X		X
Eggs	X											
Margarine			X		X							
Ham									X			
Gruyere Cheese			X									
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Chile Chorizo Omelet	X	X			X		X		X	X		X
Eggs	X											
Margarine			X		X							
Chorizo Sausage												
Cheddar Jack Cheese			X									
Green Chilies												
Onions												
Pico de Gallo												
Avocado												
Sour Cream			X									
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Morning Market Veg Omelet	X	X			X		X		X			X
Eggs	X											
Margarine			X		X							
Kale												
Goat Cheese			X									
Crimini Mushrooms												
Shallots												
Roasted Tomatoes												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			
Inspired Italian Omelet	X	X			X		X		X			X
Eggs	X											
Margarine			X		X							
Italian Sausage												
Mozzarella Cheese			X									
Parmesan Cheese			X									
Red Peppers												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			
The Works Omelet	X	X			X		X	X	X			X
Eggs	X											
Margarine			X		X							
Bacon												
Ham								X				
Cheddar Jack Cheese			X									
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			X									
Tomatoes												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			
Frittata Rustica	X	X			X		X		X			X
Eggs	X											
Margarine			X		X							
Mozzarella Cheese			X									
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta							X					X
Whipped Butter			X		X							
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Smoked Salmon & Roasted Veggie Frittata	X	X	X			X		X		X		X
Eggs	X											
Margarine			X		X							
Smoked Salmon		X										
Parmesan Cheese			X									
Chive Cream			X									
Shallots												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta							X					X
Whipped Butter			X		X							
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette									X			
Udi's Gluten-Free Toast with Preserves (No Butter)	X											
Udi's Gluten-Free Bread	X											
Strawberry Preserves												
From The Griddle												
Plain Multigrain Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Whipped Butter			X			X						
Banana Crunch Pancakes	X		X			X	X	X				X
Pancake Batter	X		X			X		X				X
Granola							X	X				X
Bananas												
Whipped Butter			X			X						
Carrot Cake & Pecan Pancakes	X		X			X	X	X				X
Pancake Batter	X		X			X		X				X
Wheat Germ								X				X
Carrots												
Pecans							X					
Raisins												
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Chocolate Chip Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Blueberry Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Blueberries												
Whipped Butter			X			X						
Berry Compote												
Lemon Ricotta Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Ricotta Cheese			X									
Lemon Curd	X		X									
Powdered Cinnamon Sugar												
Strawberries												
Belgian Waffle	X		X			X		X				X
Waffle Mix	X		X			X		X				X
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	X		X			X		X				X
Brioche Bread	X		X			X		X				X
French Toast Batter	X		X									
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Floridian French Toast	X		X			X		X				X
Brioche Bread	X		X			X		X				X
French Toast Batter	X		X									
Wheat Germ								X				X
Bananas												
Strawberries												
Kiwi												
Berry Compote												
Powdered Cinnamon Sugar												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup												X
Power Bowls												
Power Breakfast Quinoa Bowl	X		X			X			X	X		
Quinoa												
Chicken Stock			X			X			X			
Lemon White Balsamic Vinaigrette										X		
Eggs	X											
Margarine			X			X						
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Pesto Chicken Quinoa Bowl	X		X			X			X	X		
Quinoa												
Chicken Stock			X			X			X			
Chicken												
Roasted Tomatoes												
Carrots												
Feta Cheese			X									
Kale												
Lemon												
Lemon White Balsamic Vinaigrette										X		
Basil Pesto Dressing	X		X							X		
Chive and Parsley Herb Mix												
Salads												
Super Food Kale Salad			X			X	X	X	X	X		X
Kale												
Organic Mixed Greens												
Chicken Stock			X			X			X			
Chicken												
Maple Carrots												
Parmesan Cheese			X									
Dried Cranberries												
Almonds							X					
Maple-Lemon Vinaigrette Dressing										X		
Ciabatta								X				X
Whipped Butter			X			X						

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Chicken Avocado Chop Salad			X			X		X		X		X
Romaine												
Arugula												
Chicken												
Avocado												
Black Beans												
Feta Cheese			X									
Corn												
Tomatoes												
Tortilla Strips												
Chive and Parsley Herb Mix												
Citrus Chipotle Dressing										X		
Ciabatta								X				X
Whipped Butter			X			X						
Cobb Salad	X		X			X		X		X		X
Romaine												
Organic Mixed Greens												
Turkey												
Avocado												
Bacon												
Bleu Cheese			X									
Hard Boiled Eggs	X											
Tomatoes												
Ranch Dressing	X		X							X		
Ciabatta								X				X
Whipped Butter			X			X						
Sweet Honey Pecan Salad			X				X	X		X		X
Romaine												
Organic Mixed Greens												
Chicken												
Bacon												
Cheddar Jack Cheese			X									
Pecans							X					
Tomatoes												
Carrots												
Avocado												
Honey Dijon Dressing										X		
Ciabatta								X				X
Whipped Butter			X			X						
Sandwiches												
Monterey Club Sandwich (No Dressed Greens Or Soup)	X		X			X		X		X		X
Sourdough Bread						X		X				X
Mayonnaise	X									X		
Turkey												
Avocado												
Bacon												
Monterey Jack Cheese			X									
Organic Mixed Greens												
Tomatoes												
Romaine												
Parsley, Italian												
Tomatoes												
BLTE (No Dressed Greens Or Soup)	X		X			X		X		X		X
Whole Grain Artisan Toast								X				X
Mayonnaise	X									X		
Bacon												
Eggs	X											
Margarine			X			X						
Monterey Jack Cheese			X									
Tomatoes												
Organic Mixed Greens												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Baja Turkey Burger (No Dressed Greens Or Soup)	X		X			X		X		X		X
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						
Turkey Burger												
Avocado												
Havarti Horseradish Cheese			X									
Organic Mixed Greens												
Mayonnaise	X									X		
Pico de Gallo												
Tomatoes												
Market Veggie (No Dressed Greens Or Soup)	X		X			X		X		X		X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Mozzarella Cheese			X									
Mayonnaise	X									X		
Crimini Mushrooms												
Basil Pesto			X									
Spinach												
Zucchini												
Roast Beef & Havarti (No Dressed Greens Or Soup)	X		X			X		X		X		X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Roast Beef												
Roasted Tomatoes												
Havarti Horseradish Cheese			X									
Parmesan Cheese			X									
Onions												
Arugula												
Lemon White Balsamic Vinaigrette										X		
Horseradish Sauce	X									X		
Ham & Gruyere Melt (No Dressed Greens Or Soup)	X		X			X		X	X	X		X
Brioche	X		X			X		X				X
Whipped Butter			X			X						
Gruyere Cheese			X									
Dijonnaise	X									X		
Ham									X			
Tomatoes												
Veggie Burger (No Dressed Greens Or Soup)	X		X			X		X		X		X
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						
Veggie Patty						X		X				X
Dijonnaise	X									X		
Avocado												
Organic Mixed Greens												
Onions												
Tomatoes												
Chicken Salad Melt (No Dressed Greens Or Soup)	X		X			X		X	X	X		X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Chicken Salad	X								X	X		
Monterey Jack Cheese			X									
Tomatoes												
Chive and Parsley Herb Mix												
Lemon Dressed Greens										X		
Lemon White Balsamic Vinaigrette										X		
Organic Mixed Greens												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Soups												
Broccoli Cheddar (No Crackers)			X			X		X		X		X
Clam Chowder (No Crackers)		X	X		X			X	X			X
Market Vegetable Soup (No Crackers)									X			
Italian Wedding Soup (No Crackers)	X		X			X		X				X
Tomato Basil Soup (No Crackers)			X			X		X	X			X
White Bean Chicken Chili (No Crackers)			X									
Crackers						X		X				X
Kids Meals												
Kid's Bacon And Egg with Toast & Fresh Fruit	X		X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Bacon												
Eggs	X											
Margarine			X			X						
Fresh Seasonal Fruit												
Kid's Fruit Crepe with Granola & Toast	X		X			X	X	X				X
Crepe Batter	X		X					X				X
Greek Strawberry Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Kid's Grilled Cheese with Fresh Fruit			X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Cheddar Jack Cheese			X									
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Kid's French Toast (No Meat)	X		X			X		X				X
Brioche Bread	X		X			X		X				X
French Toast Batter	X		X									
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X		X			X		X				X
Waffle Mix	X		X			X		X				X
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Sunrise Granola Bowl with Toast			X			X	X	X				X
Greek Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough						X		X				X
Whipped Butter			X			X						
Bacon												
Pork Sausage												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Sides And Small Plates												
Buttered Grits			X			X						
Grits												
Whipped Butter			X			X						
Cheesy Grits			X									
Grits												
Cheddar Jack Cheese			X									
Parmesan Cheese			X									
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Biscuit & Gravy			X			X	X	X	X			X
Biscuits			X			X		X				X
Turkey Sausage Gravy			X			X	X	X	X			X
Biscuit with Butter, Honey And Preserves			X			X		X				X
Biscuits			X			X		X				X
Whipped Butter			X			X						
Fruit Spread, Strawberry												
Honey												
Whole Grain Toast with Butter & Preserves			X			X		X				X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
English Muffin with Butter & Preserves			X			X		X				X
English Muffin			X			X		X				X
Whipped Butter			X			X						
Strawberry Preserves												
Gluten-Free Toast with Preserves (No Butter)	X											
Gluten-Free Bread	X											
Strawberry Preserves												
Banana Nut Muffin	X		X				X	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin	X		X				X	X				X
Chocolate Chip Muffin	X		X			X		X				X
Lemon Chia Muffin	X		X					X				X
Orange Cranberry Muffin	X		X					X				X
Hardwood Smoked Bacon												
Smoked Ham									X			
Pork Sausage Links												
Savory Chicken Sausage Patties												
Turkey Sausage Links												
Lemon Dressed Organic Mixed Greens										X		
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Million Dollar Bacon												
Beverages												
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee			X									
Iced Coffee												
Milk			X									

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Herbal Tea												
Fresh-brewed Iced Tea - Unsweetened												
Fresh-brewed Iced Tea - Sweetened												
Fresh-brewed Iced Tea - Seasonal Blackberry												
Hot Chocolate			X				X					
Milk Chocolate Cocoa Mix			X				X					
Whipped Cream			X									
Chocolate Syrup												
Low-fat Milk			X									
Coca-Cola Soft Drinks												
100% Cold Squeezed Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Add Immunity Boost												
Bar - Signature Cocktails												
Cinnamon Toast Cereal Milk							X					
Coconut Rum							X					
Agave												
Cold Brew Coffee												
Coconut Milk							X					
Cinnamon												
Morning Glory												
Vodka												
Agave												
Ginger Juice												
Lemon Juice												
Orange Juice												
Turmeric Juice												
Lemon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Vodka Kale Tonic												
Vodka												
Cucumber												
Fresh Apple Juice												
Kale Juice												
Lemon Juice												
Bourbon Blackberry Palmer												
Bourbon Whiskey												
Lemon Juice												
Lemon Peel												
Blackberry Syrup												
Brewed Tea												
Bar - Brunch Classics												
Million Dollar Bloody Mary		X				X		X	X	X		X
Vodka												
Million Dollar Bacon												
Bloody Mary Mix		X				X		X	X			X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Mimosa												
Sparkling Wine												
Orange Juice												
Sparkling												
Bakery Treats												
Brown Butter & Sea Salt Chewy Marshmallow Bar			X									
Gluten-Free Honduran Chocolate Brownie	X		X			X						
Salted Caramel Cookie	X		X			X	X	X				X
Good Morning Packs												
Good Morning 6-Pack or 12-Pack	X		X			X		X				X
Bacon												
Eggs	X											
Margarine			X			X						
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Chive and Parsley Herb Mix												

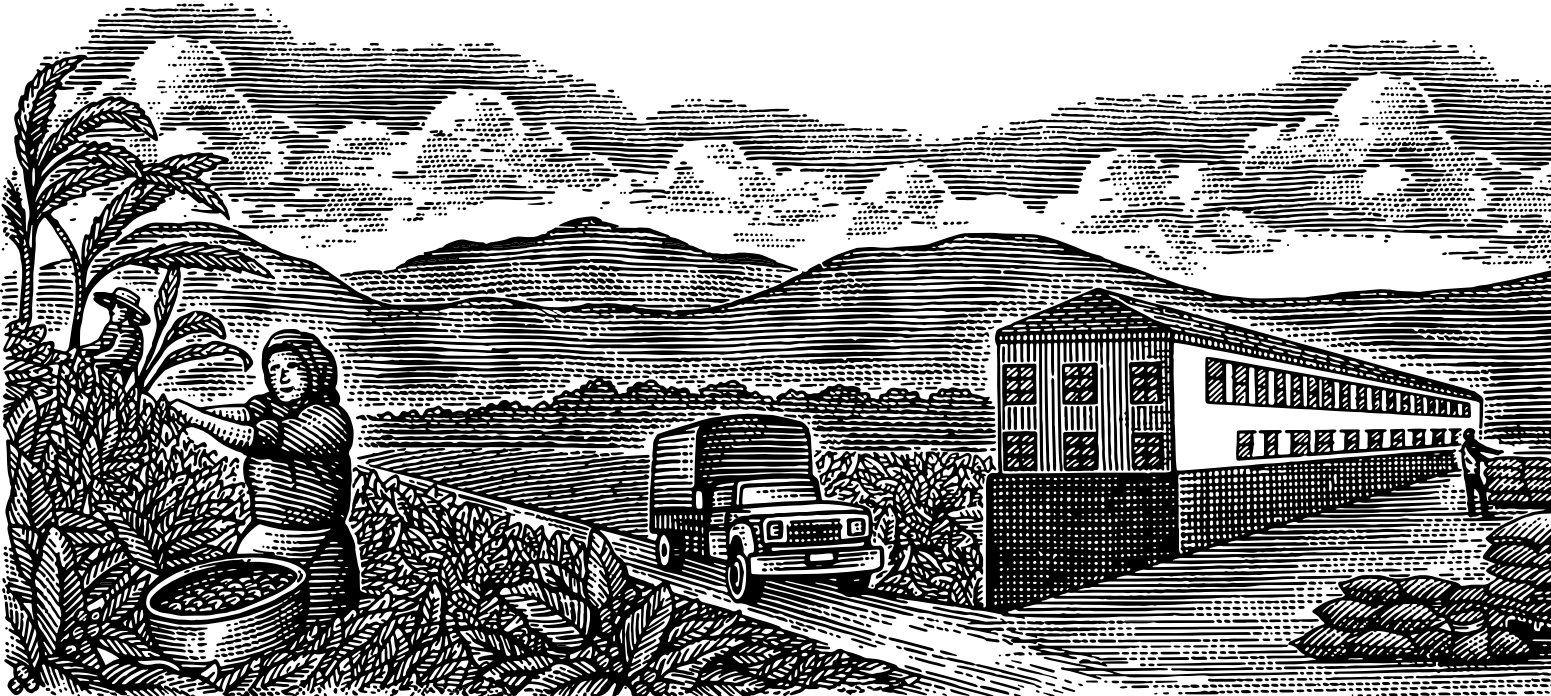
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Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

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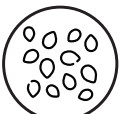


NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device’s camera.



PEANUTS



SESAME



SHELLFISH



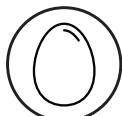
SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
CLASSIC FAVORITES												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	180	60	7	2.5	0	90	1190	3	0	3	3	23
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
TRI-FECTA												
Multigrain Pancake (No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	400	170	20	9	0	35	970	49	1	9	9	2
Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Chicken Sausage Patty	90	50	6	2.0	0	35	280	2	0	1	1	8
Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	0	9
Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
HEALTHIER SIDE												
Avocado Toast (No Eggs)	450	230	26	4.0	0	0	1080	46	15	7	5	10
Cage-Free Basted Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Healthy Turkey (No Toast or Tomatoes)	270	80	9	3.5	0	65	1070	4	2	2	0	43
Tomatoes	10	0	0	0	0	0	0	2	0	2	0	1
Whole Grain Toast w/ Preserves (No Butter)	270	45	5	1.0	0	0	280	47	5	21	20	7
A.M. Superfoods Bowl (No Toast Or Granola)	430	220	25	18	0	0	160	51	9	36	22	5
Add Granola w/ Almonds	120	50	6	0.5	0	0	15	15	2	6	5	3
Side of Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13
Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar)	420	100	11	1.5	0	0	15	72	11	12	0	12
Side of Brown Sugar	100	0	0	0	0	0	10	27	0	27	27	0
Side of Low-Fat Milk	20	0	0	0	0	2	20	2	0	2	0	2
Sunrise Granola Bowl (No Muffin)	470	100	11	1.5	0	10	100	69	6	46	19	23
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Tri-athlete (No Fruit Or Toast)	160	40	5	0	0	0	580	9	1	5	0	22
Whole Grain Toast w/ Preserves (No Butter)	270	45	5	1.0	0	0	280	47	5	21	20	7
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
Power Wrap (No Fruit)	510	110	13	5	0	30	1370	57	3	4	1	38
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
FROM THE GRIDDLE												
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	1050	520	59	24	0	260	1700	105	3	32	26	20
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1340	620	70	25	0	260	1730	149	9	51	36	27
Carrot Cake & Pecan Pancake (1 Pancake, No Syrup)	660	270	30	12	0	130	860	82	4	39	15	13
Carrot Cake & Pecan Pancakes (2 Pancakes, No Syrup)	1310	530	61	24	0	260	1720	164	7	79	29	26

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
FROM THE GRIDDLE (CONTINUED)												
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1270	630	71	31	0	265	1700	131	5	55	49	22
Blueberry Pancake (1 Pancake, No Syrup)	580	260	30	12	0	130	860	65	3	25	19	10
Blueberry Pancakes (2 Pancakes, No Syrup)	1170	520	29	24	0	260	1730	135	6	56	39	21
Lemon Ricotta Pancakes (2 Mid-Stack Pancakes, No Syrup)	680	290	33	16	0	210	870	82	4	39	30	14
Belgian Waffle (No Syrup)	440	170	20	9	0	35	990	58	2	17	16	2
French Toast (No Syrup)	600	170	20	8	0	215	830	85	5	21	17	19
Floridian French Toast (No Syrup)	790	120	14	5	0	215	770	136	13	49	20	29
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
POWER BOWLS												
Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1330	42	5	4	1	33
Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	8	3	0	32
EGG-SCLUSIVES												
Chickichanga (No Fruit Or Potatoes)	830	520	59	25	0	365	1590	39	6	5	0	35
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Classic Benedict (No Dressed Greens)	550	240	27	11	0	530	1850	31	2	7	3	40
Florentine Benedict (No Dressed Greens)	470	260	29	10	0	440	690	34	7	4	0	20
BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	880	31	4	4	0	22
Smoked Salmon Benedict (No Dressed Greens)	450	190	22	8	0	455	1310	33	4	5	0	30
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Elevated Egg Sandwich (No Potatoes)	730	450	51	16	0	260	980	44	5	7	4	24
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Farm Stand Breakfast Tacos (No Black Beans)	860	450	51	18	0	510	1860	53	8	3	0	43
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6
Biscuit And Turkey Sausage Gravy (No Eggs Or Potatoes)	420	160	19	13	0	10	1350	49	1	5	3	12
Side of Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	0	13
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Farmhouse Hash (No Eggs, Toast, Or Fruit)	730	450	51	13	0	45	2050	54	9	4	0	16
Market Hash (No Eggs, Toast, Or Fruit)	640	340	39	12	0	50	2440	52	5	4	0	15
Parma Hash (No Eggs, Toast, Or Fruit)	780	470	53	16	0	80	2520	51	5	5	1	25
Side of Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	0	13
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
OMELETS AND FRITTATAS												
Bacado Omelet (No Toast Or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
Ham & Gruyere Omelet (No Toast Or Dressed Greens)	610	390	44	19	0	855	1140	3	0	3	2	46
Chile Chorizo Omelet (No Toast Or Dressed Greens)	730	520	59	23	0	835	1040	13	5	5	0	36
Morning Market Vegetable Omelet (No Toast Or Dressed Greens)	500	340	38	14	0	795	640	10	1	3	0	29
Inspired Italian Omelet (No Toast Or Dressed Greens)	780	560	63	22	0	850	1760	8	0	4	1	44
The Works Omelet (No Toast Or Dressed Greens)	720	510	58	23	0	855	1040	7	0	4	0	39
Frittata Rustica (No Ciabatta Crisp Or Dressed Greens)	570	360	41	15	0	810	870	15	3	4	0	38
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Or Dressed Greens)	520	320	37	14	0	810	1040	11	1	3	0	36
Side of Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
Side of Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Side of Ciabatta Crisp with Butter	90	20	2.0	0.5	0	0	250	14	1	0	0	3
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3



NUTRITION GUIDE & ALLERGEN QR CODE

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
SANDWICHES												
Monterey Club (No Dressed Greens Or Soup)	1000	530	60	16	0	150	1880	63	8	4	0	52
BLTE (No Dressed Greens Or Soup)	1120	640	73	22	0	505	1460	71	13	16	10	43
Baja Turkey Burger (No Dressed Greens Or Soup)	810	440	50	15	0	110	1120	53	8	9	4	45
Market Veggie (No Dressed Greens Or Soup)	790	400	45	12	0	35	1170	69	12	14	10	23
Roast Beef & Havarti (No Dressed Greens Or Soup)	1000	560	64	21	0	155	1990	68	4	8	4	55
Ham & Gruyere Melt (No Dressed Greens Or Soup)	810	270	31	15	0	130	2500	75	4	12	9	47
Veggie Burger (No Dressed Greens Or Soup)	610	180	20	5	0	5	1350	77	11	10	4	24
Chicken Salad Melt (No Dressed Greens Or Soup)	600	170	19	7	0	30	550	93	9	55	5	17
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
SOUPS (BOWL)												
Broccoli Cheddar (No Crackers)	240	170	19	11	0.5	65	1010	11	2	1	0	7
Clam Chowder (No Crackers)	240	130	14	8	0	50	980	22	2	2	0	7
Market Vegetable Soup (No Crackers)	90	10	1.0	0	0	0	880	17	3	4	0	3
Italian Wedding Soup (No Crackers)	120	40	4.5	2.0	0	10	1130	12	1	1	0	6
Tomato Basil (No Crackers)	140	50	6	3.0	0	10	860	18	3	9	3	3
White Bean Chicken Chili (No Crackers)	150	15	1.5	0	0	15	1260	22	6	2	0	13
Side of Crackers To Bowl of Soup	50	10	1.0	0	0	0	180	10	0	0	0	2
SALADS												
Super Food Kale Salad (No Ciabatta Crisp Or Dressing)	460	150	17	4.0	0	65	860	54	12	22	11	29
Side of Maple-Lemon Vinaigrette Dressing	360	300	34	5	0	0	370	13	0	11	9	0
Chicken Avocado Chop Salad (No Ciabatta Crisp Or Dressing)	490	230	26	5	0	70	930	44	10	4	0	25
Side of Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	0
Cobb Salad (No Ciabatta Crisp Or Dressing)	470	280	32	11	0	270	840	21	11	8	0	27
Side of Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2
Sweet Honey Pecan Salad (No Ciabatta Crisp Or Dressing)	620	400	45	10	0	85	760	31	14	9	0	30
Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0
Side of Ciabatta Crisp with Butter	90	20	2.0	0.5	0	0	250	14	1	0	0	3
2 FOR YOU (1/2 SANDWICH, 1/2 SALAD, OR CUP OF SOUP)												
Monterey Club Half Sandwich	500	260	30	8	0	75	940	31	4	2	0	26
Ham & Gruyere Melt Half Sandwich	410	140	15	8	0	65	1250	37	2	6	5	23
Market Veggie Half Sandwich	400	200	23	6	0	20	590	35	6	7	5	12
Roast Beef & Havarti Half Sandwich	580	280	32	10	0	75	990	34	2	4	2	27
Cobb Half Salad with Dressing	340	240	27	7	0	145	610	12	6	5	0	14
Super Food Kale Half Salad with Dressing	410	230	26	4.5	0	30	620	34	6	17	10	14
Sweet Honey Pecan Half Salad with Dressing	430	220	25	5	0	40	580	36	7	24	20	15
Chicken Avocado Chop Half Salad with Dressing	400	240	27	4.5	0	35	470	28	5	2	0	13
Tomato Basil Cup of Soup (No Crackers)	100	40	4.5	2.5	0	10	640	13	2	7	2	2
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5
Broccoli Cheddar - Cup (No Crackers)	180	130	15	8	0	45	760	8	1	1	0	5
Market Vegetable Soup - Cup (No Crackers)	70	5	1.0	0	0	0	660	13	2	3	0	2
Italian Wedding Soup - Cup (No Crackers)	90	30	3.5	1.5	0	10	840	9	0	0	0	4
White Bean Chicken Chili - Cup (No Crackers)	110	10	1.0	0	0	10	940	17	5	2	0	10
Side of Crackers To Cup of Soup	25	0	0.5	0	0	0	90	5	0	0	0	1
SIDES AND SMALL PLATES												
Buttered Grits	180	80	9	3.0	0	0	750	21	1	0	0	2
Cheesy Grits	180	60	7	4.0	0	20	870	22	1	0	0	8
Fresh, Seasonal Fruit (Large)	160	5	0.5	0	0	0	0	41	4	32	0	2
Fresh, Seasonal Fruit (Small)	80	0	0	0	0	0	0	21	2	16	0	1
Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Biscuits & Gravy	420	160	19	13	0	10	1350	49	1	5	3	12
Whole Grain Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
English Muffin with Preserves & Butter	330	120	14	4.0	0	0	360	39	0	16	16	4
Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	370	68	1	44	30	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage Links	460	400	46	16	0	80	680	0	0	0	0	12
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Turkey Sausage Links	220	140	16	4.0	0	80	780	0	0	0	0	18
Lemon Dressed Organic Mixed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
KIDS MEALS												
Kid's Bacon and Egg with Toast & Fruit	500	250	28	9	0	225	660	47	3	17	0	15
Kid's Grilled Cheese with Fresh Fruit	780	380	43	18	0	50	1090	75	4	16	0	21
Kid's Granola Bowl with Toast	620	210	24	6	0	5	440	81	7	30	14	19
Kid's Chocolate Chip Pancakes (No Meat Or Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Kid's Brioche French Toast with Fresh Fruit (No Meat Or Syrup)	360	130	14	6	0	105	440	48	3	15	5	10
Kid's Half Waffle with Fresh Fruit (No Meat Or Syrup)	290	130	15	6	0	20	560	36	2	12	4	2
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
BEVERAGES												
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	20	0	0	0	0	1
Decaf Coffee (Full Pot)	0	0	0	0	0	0	20	0	0	0	0	1
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	3
Cold Brew Coffee	0	0	0	0	0	0	5	0	0	0	0	0
Iced Coffee	160	20	2.5	1.5	0	10	120	26	0	25	12	8
Herbal Tea	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 - Sweetened	60	0	0	0	0	0	10	15	0	14	14	0
Fresh-Brewed Iced - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	0
Hot Chocolate	150	50	5	5	0	15	135	23	1	18	16	1
Low-fat Milk - Small	100	20	2.5	1.5	0	10	105	12	0	13	0	8
Low-fat Milk - Large	190	40	4.5	3.0	0	25	200	23	0	24	0	15
Cherry Coke	100	0	0	0	0	0	25	28	0	28	28	0
Coke	100	0	0	0	0	0	30	27	0	27	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
Dr. Pepper	100	0	0	0	0	0	40	26	0	26	26	0
Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	0
Minute Maid Light Lemonade	5	0	0	0	0	0	30	2	0	0	0	0
Mr. Pibb	90	0	0	0	0	0	25	26	0	26	26	0
Orange Fanta	110	0	0	0	0	0	35	30	0	30	30	0
Root Beer	110	0	0	0	0	0	45	30	0	30	30	0
Sprite	90	0	0	0	0	0	45	26	0	26	26	0
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	0	2
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	0	3
Grapefruit - Small	100	0	0	0	0	0	35	25	0	25	0	0
Grapefruit - Large	190	0	0	0	0	0	70	46	0	46	0	0
Apple Juice - Small	110	0	0	0	0	0	35	28	0	28	0	0
Apple Juice - Large	210	0	0	0	0	0	65	53	0	53	0	0
Cranberry Juice - Small	110	0	0	0	0	0	15	28	0	28	0	0
Cranberry Juice - Large	210	0	0	0	0	0	30	53	0	53	0	0
JUICE BAR												
Morning Meditation	140	0	0	0	0	0	20	35	0	30	20	1
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	4
Purple Haze	230	0	0	0	0	0	10	61	1	54	53	0
Add Immunity Boost	60	0	0	0	0	0	0	13	0	0	0	0
SIGNATURE COCKTAILS & BRUNCH CLASSICS												
Cinnamon Toast Cereal Milk	220	10	1.0	0	0	0	15	36	0	33	32	0
Morning Glory	210	0	0	0	0	0	0	22	1	18	12	1
Pomegranate Sunrise	330	0	0	0	0	0	0	37	0	31	22	1
Vodka Kale Tonic	210	0	0	0	0	0	15	19	1	12	0	2</

CORE MENU EVOLUTION

ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the correct information.

The allergens & intolerances identified in this guide are:



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

****Please inform your server or manager before ordering if you or someone in your party has a food allergy, sensitivity, or special dietary request.****

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change, or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens and there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third-party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Shareables												
Holey Donuts	X		X			X		X				X
Donut Holes	X		X			X		X				X
Mixed Berry Compote												
Chocolate Sauce												
Powdered Cinnamon Sugar												
Million Dollar Bacon												
The Healthy Side												
Avocado Toast	X		X			X		X				X
Whole Grain Artisan Toast								X				X
Avocado Mash												
Lemon												
Extra Virgin Olive Oil												
Chive and Parsley Herb Mix												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
A.M. Superfoods Bowl							X	X				X
Coconut Milk Chia Seed Pudding							X					
Mixed Berry Compote												
Bananas												
Blueberries												
Strawberries												
Granola							X	X				X
Whole Grain Artisan Toast								X				X
Almond Butter							X					
Maldon Sea Salt												
Sunrise Granola Bowl			X				X	X				X
Greek Vanilla Yogurt			X									
Granola							X	X				X
Grapes												
Pineapple												
Strawberries												
Powdered Cinnamon Sugar												
Whole Grain Artisan Toast								X				X
Almond Butter							X					
Maldon Sea Salt												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Socal Burrito	X		X			X		X				X
Tortilla								X				X
Ancient Grains Blend								X				X
Chicken												
Egg Whites	X											
Avocado Mash												
Black Beans												
Cheddar Jack Cheese			X									
Feta Cheese			X									
Kale												
Onions												
Pico de Gallo												
Vegetable Oil Spray						X						
Tomatoes												
Steel-cut Oatmeal with Pecans (No Muffin)			X				X	X				X
Steel-cut Oats								X				X
Bananas												
Blackberries												
Blueberries												
Pecans							X					
Strawberries												
Brown Sugar												
Milk			X									
Banana Nut Muffin	X		X				X	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin	X		X				X	X				X
Chocolate Chip Muffin	X		X			X		X				X
Lemon Chia Muffin	X		X					X				X
Orange Cranberry Muffin	X		X					X				X

*This Allergen Guide applies to specific First Watch locations.

Please consult with your server or manager before ordering to ensure you are reviewing the correct menu information.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
The Sweet Side												
Multigrain Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Whipped Butter			X			X						
Banana Crunch Pancakes	X		X			X	X	X				X
Pancake Batter	X		X			X		X				X
Granola							X	X				X
Bananas												
Whipped Butter			X			X						
Chocolate Chip Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Blueberry Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Blueberries												
Whipped Butter			X			X						
Berry Compote												
Lemon Ricotta Pancakes	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Ricotta Cheese			X									
Lemon Curd	X		X									
Strawberries												
Powdered Cinnamon Sugar												
Super Seed Protein Pancakes	X		X			X	X	X				X
Pancake Batter	X		X			X		X				X
Bananas												
Blueberries												
Maple Almond Butter							X					
Greek Vanilla Yogurt			X									
Mixed Berry Compote												
Super Seed Crunch												X
Belgian Waffle	X		X			X		X				X
Waffle Mix	X		X			X		X				X
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	X		X			X		X				X
Challah Bread	X							X				X
French Toast Batter	X		X									
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
Make It Floridian Style												
Bananas												
Kiwi												
Strawberries												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup												X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Breakfast and Brunch Favorites												
The Traditional Breakfast: Cage-Free	X		X			X						
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Bacon												
The Traditional Breakfast: Chicken												
The Traditional Breakfast: Smoked Ham									X			
The Traditional Breakfast: Pork Sausage												
The Traditional Breakfast: Turkey												
The Traditional Breakfast: Fresh,												
The Traditional Breakfast: Whole Grain			X			X		X				X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Whipped Butter			X			X						
Tri-fecta: Belgian Waffle	X		X			X		X				X
Waffle Batter	X		X			X		X				X
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	X		X			X						
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
Chickichanga	X		X			X		X				X
Flour Tortilla								X				X
Chicken												
Chorizo Sausage												
Eggs	X											
Margarine			X			X						
Avocado												
Cheddar Jack Cheese			X									
Red Bell Pepper												
Onions												
Vera Cruz Sauce			X									
Sour Cream			X									
Fresh Seasonal Fruit												
Seasoned Potatoes w/ Onions												

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Breakfast and Brunch Favorites												
Elevated Egg Sandwich	X		X			X		X		X		X
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						
Mayonnaise	X									X		
Egg	X											
Margarine			X			X						
Bacon												
Avocado Mash												
Gruyere Cheese			X									
Arugula												
Lemon Vinaigrette										X		
Seasoned Potatoes w/ Onions												
Barbacoa Breakfast Tacos	X		X			X		X				X
Wheat & Corn Blend Tortillas								X				X
Braised Beef Barbacoa												
Eggs	X											
Margarine			X			X						
Cheddar Jack Cheese			X									
Cotija Cheese			X									
Avocado												
Scallions												
Pico de Gallo												
Lime Crema			X									
Black Beans												
Biscuits & Turkey Sausage Gravy	X		X			X	X	X	X			X
Buttered Biscuits			X			X		X				X
Turkey Sausage Gravy			X			X	X	X	X			X
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
Seasoned Potatoes w/ Onions												
BLT Benedict	X		X			X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Bacon												
Avocado												
Tomatoes												
Arugula												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon Vinaigrette										X		
Barbacoa Benedict	X		X			X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Barbacoa Beef												
Avocado												
Eggs	X											
Pico de Gallo												
Hollandaise			X									
Organic Mixed Greens												
Lemon Vinaigrette										X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Smoked Salmon Benedict												
Toasted Ciabatta								X				X
Eggs	X											
Smoked Salmon		X										
Whipped Butter			X			X						
Onions												
Chive and Parsley Herb Mix												
Hollandaise			X									
Tomatoes												
Organic Mixed Greens												
Lemon Vinaigrette										X		
Bacado Omelet	X		X			X		X		X		X
Avocado												
Bacon												
Tomatoes												
Eggs	X											
Cheddar Jack Cheese			X									
Margarine			X			X						
Pico de Gallo												
Sour Cream			X									
Whole Grain Artisan Bread								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Organic Mixed Greens												
Lemon Vinaigrette										X		
The Works Omelet	X		X			X		X	X	X		X
Bacon												
Cheddar Jack Cheese			X									
Eggs	X											
Ham									X			
Margarine			X			X						
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			X									
Tomatoes												
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Organic Mixed Greens												
Lemon Vinaigrette										X		
Morning Market Veg Omelet	X		X			X		X		X		X
Eggs	X											
Margarine			X			X						
Kale												
Goat Cheese			X									
Crimini Mushrooms												
Shallots												
Roasted Tomatoes												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Organic Mixed Greens												
Lemon Vinaigrette										X		

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Sandwiches												
Chicken Bacon Gruyere Melt	X		X			X		X		X		X
Challah Bread	X							X				X
Whipped Butter			X			X						
Chicken												
Bacon												
Gruyere Cheese			X									
Arugula												
Roasted Garlic Aioli	X					X			X			
Tomatoes												
Organic Mixed Greens												
Lemon Vinaigrette										X		
Million Dollar Club	X		X					X		X		X
Whole Grain Artisan Toast								X				X
Mayonnaise	X									X		
Roasted Turkey												
Million Dollar Bacon												
Monterey Jack Cheese			X									
Avocado												
Tomatoes												
Organic Mixed Greens												
Lemon Vinaigrette										X		
Happy Hippie Sandwich			X					X		X	X	X
Whole Grain Artisan Toast								X				X
Arugula												
Avocado Mash												
Beets												
Pickled Red Onions												
Sweet Potatoes												
Herbed Goat Cheese			X									
Cucumber												
Lemon Tahini Dressing											X	
Organic Mixed Greens												
Lemon Vinaigrette										X		
Power Bowls												
Flower Power Chicken Pesto Bowl	X		X			X			X	X		
Chicken Stock			X			X			X			
Chicken												
Carrots												
Cauliflower Chop												
Kale												
Roasted Tomatoes												
Feta Cheese			X									
Lemon Vinaigrette										X		
Basil Pesto Dressing	X		X							X		
Chive and Parsley Herb Mix												
Ranchero Bowl			X			X		X	X			X
Ancient Grains Blend								X				X
Chicken Stock			X			X			X			
Braised Beef Barbacoa												
Superfoods Slaw			X									
Black Beans												
Avocado												
Cotija Cheese			X									
Scallions												
Pico de Gallo												
The Trailblazer Bowl	X		X			X					X	X
Roasted Turkey												
Eggs	X											
Margarine			X			X						
Sweet Potatoes												
Avocado												
Arugula												
Lemon Tahini Dressing											X	
Super Seed Crunch												X
Lemon												
Chive and Parsley Herb Mix												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Salads												
New School Cobb Salad	X		X								X	
Romaine												
Organic Mixed Greens												
Turkey												
Bacon												
Avocado												
Tomatoes												
Cucumbers												
Hard Boiled Eggs	X											
Bleu Cheese			X									
Crunchy Corn												
Scallions												
Ranch Dressing	X		X								X	
Chicken Avocado Chop Salad			X								X	
Arugula												
Romaine												
Black Beans												
Feta Cheese			X									
Chicken												
Crunchy Corn												
Avocado												
Tomatoes												
Chive and Parsley Herb Mix												
Citrus Chipotle Dressing											X	
Sweet Honey Pecan Salad			X				X				X	
Romaine												
Organic Mixed Greens												
Chicken												
Bacon												
Cheddar Jack Cheese			X									
Pecans							X					
Tomatoes												
Carrots												
Avocado												
Honey Dijon Dressing											X	
Hashes												
Farmhouse Hash	X		X			X						
Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X			X						
Bacon												
Cheddar Jack Cheese			X									
Roasted Tomatoes												
Avocado												
Chive and Parsley Herb Mix												
Market Hash	X		X			X						
Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X			X						
Crimini Mushrooms												
Red Bell Pepper												
Kale												
Monterey Jack Cheese			X									
Goat Cheese			X									
Chive and Parsley Herb Mix												
Hacienda Hash	X		X			X						
Seasoned Potatoes w/ Onions												
Chorizo Sausage												
Cheddar Jack Cheese			X									
Eggs	X											
Margarine			X			X						
Spicy Ketchup												
Red Bell Pepper												
Avocado Mash												
Scallions												
Lime Crema			X									

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Soups												
Broccoli Cheddar (No Crackers)			X			X		X		X		X
Clam Chowder (No Crackers)		X	X		X			X	X			X
Market Vegetable Soup (No Crackers)									X			
Italian Wedding Soup (No Crackers)	X		X			X		X				X
Tomato Basil Soup (No Crackers)			X			X		X	X			X
White Bean Chicken Chili (No Crackers)			X									
Side of Crackers						X		X				X
Kids Meals												
Kid's Bacon And Egg with Toast & Fresh Fruit	X		X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Bacon												
Eggs	X											
Margarine			X			X						
Fresh Seasonal Fruit												
Kid's Grilled Cheese with Fresh Fruit			X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Cheddar Jack Cheese			X									
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Kid's French Toast (No Meat)	X		X			X		X				X
Challah Bread	X							X				X
French Toast Batter	X		X									
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X		X			X		X				X
Waffle Mix	X		X			X		X				X
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Side of Bacon												
Kid's Side of Pork Sausage												
Kid's Sunrise Granola Bowl with Toast			X			X	X	X				X
Greek Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough						X		X				X
Whipped Butter			X			X						
Bakery Treats												
Brown Butter & Sea Salt Chewy Marshmallow Bar			X									
Gluten-Free Honduran Chocolate Brownie	X		X			X						
Salted Caramel Cookie	X		X			X	X	X				X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
On The Side												
Seasoned Potatoes w/ Onions												
Million Dollar Potatoes			X			X		X				X
Potatoes w/ Onions												
Parmesan Cream Sauce			X			X		X				X
Million Dollar Bacon												
Chive and Parsley Herb Mix												
Biscuit And Turkey Sausage Gravy			X			X	X	X	X			X
Buttered Biscuit			X			X		X				X
Turkey Sausage Gravy			X			X	X	X	X			X
Buttered Grits			X			X						
Grits												
Whipped Butter			X			X						
Cheesy Grits			X									
Grits												
Cheddar Jack Cheese			X									
Parmesan Cheese			X									
Fresh, Seasonal Fruit												
Whole Grain Toast with Butter & Preserves			X			X		X				X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Gluten-Free Toast with Preserves (No Butter)												
Gluten-Free Bread	X											
Strawberry Preserves												
Banana Nut Griddled Muffin	X		X			X	X	X				X
Blueberry Griddled Muffin	X		X			X		X				X
Chocolate Chip Griddled Muffin	X		X			X		X				X
Lemon Chia Griddled Muffin	X		X			X		X				X
Orange Cranberry Griddled Muffin	X		X			X		X				X
Superseed Avocado												
Avocado												
Super Seed Crunch												X
Roasted Veggies												
Cauliflower												
Kale												
Sweet Potatoes												
Crimini Mushrooms												
Chive and Parsley Herb Mix												
Hardwood Smoked Bacon												
Smoked Ham										X		
Pork Sausage												
Savory Chicken Sausage Patty												
Turkey Sausage												

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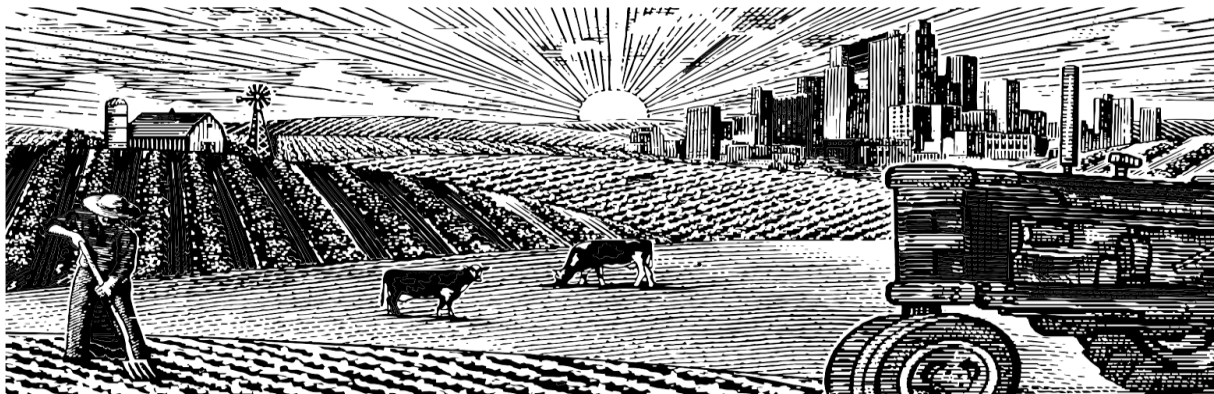
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Beverages												
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee				X								
Iced Coffee												
Milk			X									
Herbal Tea												
Unsweetened Iced Tea												
Sweetened Ice Tea												
Seasonal Blackberry Iced Tea												
Hot Chocolate			X				X					
Milk Chocolate Cocoa Mix			X				X					
Whipped Cream			X									
Chocolate Syrup												
Low-fat Milk			X									
Coca-Cola Soft Drinks												
Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Purple Haze												
Add Immunity Boost												

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Brunch Cocktails												
Morning Glory												
Vodka												
Agave												
Ginger Juice												
Lemon Juice												
Orange Juice												
Turmeric Juice												
Lemon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Vodka Kale Tonic												
Vodka												
Cucumber												
Fresh Apple Juice												
Kale Juice												
Lemon Juice												
Cinnamon Toast Cereal Milk												
Coconut Rum							X					
Agave												
Cold Brew Coffee												
Oat Milk												
Cinnamon												
Million Dollar Bloody Mary												
Vodka												
Million Dollar Bacon												
Bloody Mary Mix		X			X		X	X	X	X		X
Mimosa												
Sparkling Wine												
Orange Juice												

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This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens and there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.



NUTRITION GUIDE & ALLERGEN QR CODE

TO ACCESS REAL-TIME
ALLERGEN INFORMATION,
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DEVICE’S CAMERA.



PEANUTS



SESAME



SHELLFISH



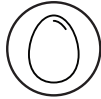
SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
SHAREABLES												
Holey Donuts	1000	450	51	23	0	25	1120	132	7	82	80	9
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
THE HEALTHY SIDE												
Avocado Toast (No Eggs)	450	230	26	4.0	0	0	1080	46	15	7	5	10
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
A.M. Superfoods Bowl (No Almond Butter Toast Or Granola)	430	220	25	18	0	0	160	51	9	36	22	5
Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13
Granola	120	50	6	0.5	0	0	15	15	2	6	5	3
Sunrise Granola Bowl (No Almond Butter Toast)	470	100	11	1.5	0	10	100	69	6	46	19	23
Almond Butter Toast	410	200	23	3.5	0	0	950	38	8	7	5	13
Steel-Cut Oatmeal with Pecans (No Muffin, Milk or Brown Sugar)	470	100	11	1.5	0	0	15	85	13	19	0	12
Brown Sugar	100	0	0	0	0	0	10	27	0	27	27	0
Low-Fat Milk	20	0	0	0	0	2	20	2	0	2	0	2
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6
Socal Burrito (No Fruit)	670	210	24	8	0	45	1460	70	11	7	3	45
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1
THE SWEET SIDE												
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Plain Multigrain Pancakes (2 Pancakes, No Syrup)	1050	520	59	24	0	260	1700	105	3	32	26	20
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13
Banana Granola Almond Crunch Pancakes (2 Pancakes, No Syrup)	1340	620	70	25	0	260	1730	149	9	51	36	27
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1270	630	71	31	0	265	1700	131	5	55	49	22
Blueberry Pancake (1 Pancake, No Syrup)	620	260	30	12	0	130	880	77	4	36	26	10
Blueberry Pancakes (2 Pancakes, No Syrup)	1240	530	59	24	0	260	1760	154	8	72	52	21
Lemon Ricotta Pancakes (1 Mid-Stack Pancake, No Syrup)	440	190	22	11	0	140	460	54	3	30	22	8
Lemon Ricotta Pancakes (2 Mid-Stack Pancakes, No Syrup)	680	290	33	16	0	210	870	82	4	38	29	14
Superseed Protein Pancakes (3 Mid-Stack Pancakes, No Syrup)	1160	470	53	17	0	205	1350	145	13	65	43	30
Belgian Waffle (No Syrup)	480	180	20	9	0	35	1000	68	3	26	23	2
Challah French Toast (No Syrup)	500	160	19	4.5	0	150	630	68	3	24	20	12
Make It Floridian Style Add-On	160	10	1.0	0	0	0	0	40	6	22	0	2
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
BREAKFAST & BRUNCH FAVORITES												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Sausage	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1440	42	4	2	0	3
Whole Grain Toast w/ Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
TRI-FECTA												
Multigrain Pancake (No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	480	180	20	9	0	35	1000	66	3	25	22	2
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Chicken Sausage	90	50	6	2.0	0	35	280	2	0	1	1	8
Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	0	9
Chickichanga (No Potatoes Or Fruit)	820	520	59	25	0	365	1410	39	7	5	0	35
Fresh, Seasoned Potatoes	320	140	15	1.0	0	0	1440	42	4	2	0	3
Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Elevated Egg Sandwich (No Potatoes)	730	450	51	16	0	260	980	44	5	7	4	24
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1440	42	4	2	0	3
Barbacoa Breakfast Tacos	1030	540	61	24	0	525	1930	66	11	5	0	45
BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	880	31	4	4	0	22
Barbacoa Benedict (No Dressed Greens)	690	410	46	18	0	500	1270	35	4	5	1	33
Smoked Salmon Benedict (No Dressed Greens)	450	190	22	8	0	455	1310	33	4	5	0	30
Biscuit & Turkey Sausage Gravy (No Eggs Or Potatoes)	420	160	19	13	0	10	1350	49	1	6	3	12
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Fresh, Seasoned Potatoes	320	140	15	1.0	0	0	1440	42	4	2	0	3
Bacado Omelet (No Toast Or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
The Works Omelet (No Toast Or Dressed Greens)	720	510	58	23	0	855	1040	7	0	4	0	39
Morning Market Veg Omelet (No Toast Or Dressed Greens)	510	350	40	14	0	795	640	10	2	3	0	29
Whole Grain Toast w/ Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
SANDWICHES												
Chicken Bacon Gruyere Melt (No Lemon Dressed Greens)	1050	640	72	21	0	155	1770	59	3	9	8	41
Million Dollar Club (No Lemon Dressed Greens)	1190	660	74	19	0	135	1750	85	9	20	16	53
The Happy Hippie (No Lemon Dressed Greens)	770	310	35	8	0	25	1080	86	15	18	10	22
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1

2000 calories a day is used for general nutrition advice, but calorie needs may vary



NUTRITION GUIDE & ALLERGEN QR CODE

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
SALADS												
New School Cobb (No Dressing)	570	280	32	10	0	285	1140	35	13	8	0	38
Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2
Chicken Avocado Chop (No Dressing)	460	200	22	6	0	70	1030	44	13	5	0	27
Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	0
Sweet Honey Pecan (No Dressing)	620	400	45	10	0	85	760	31	14	9	0	30
Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0
2 FOR YOU												
Chicken Bacon Gruyere Melt	490	290	32	10	0	75	830	29	1	4	4	20
Million Dollar Club	610	330	38	9	0	70	880	39	8	10	8	27
Happy Hippie Sandwich	390	160	18	4.0	0	10	540	43	7	9	5	11
New School Cobb (No Dressing)	260	130	15	4.5	0	140	530	13	6	4	0	18
Ranch Dressing	110	100	11	2.0	0	10	190	2	0	0	0	1
Chicken Avocado Chop (No Dressing)	190	90	10	3.0	0	35	470	14	5	2	0	12
Citrus Chipotle Dressing	150	120	14	2.0	0	0	5	6	0	0	0	0
Sweet Honey Pecan (No Dressing)	310	200	22	5	0	40	380	15	7	4	0	15
Honey Dijon Dressing	120	25	3.0	0	0	0	200	21	0	19	19	0
Tomato Basil Soup - Cup (No Crackers)	100	40	4.5	2.5	0	10	640	13	2	7	2	2
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5
Broccoli Cheddar - Cup (No Crackers)	180	130	15	8	0	45	760	8	1	1	0	5
Market Vegetable Soup - Cup (No Crackers)	70	5	1.0	0	0	0	660	13	2	3	0	2
Italian Wedding Soup - Cup (No Crackers)	90	30	3.5	1.5	0	10	840	9	0	0	0	4
White Bean Chicken Chili - Cup (No Crackers)	110	10	1.0	0	0	10	940	17	5	2	0	10
Crackers	25	0	0.5	0	0	0	90	5	0	0	0	1
Superseed Avocado	200	160	18	2.5	0	0	140	11	8	0	0	4
Roasted Veggies	170	70	8	0.5	0	0	300	21	4	6	0	6
POWER BOWLS												
Flower Power Chicken Pesto Bowl	510	350	39	6	0	65	1130	25	5	5	0	20
Ranchero Bowl	650	260	29	10	0	70	1180	66	13	7	1	31
The Trailblazer Bowl	660	350	39	7	0	485	1760	32	10	7	0	48
Add a Cage-Free Egg	100	70	8	2.5	0	210	95	0	0	0	0	6
Add Egg Whites	30	0	0	0.0	0	0	100	1	0	0	0	7
HASHES												
Farmhouse Hash	860	520	59	13	0	455	2220	57	10	5	0	26
Hacienda Hash	920	530	60	20	0	495	2640	60	8	11	5	32
Market Hash	700	370	41	13	0	460	1880	52	6	5	0	25
ON THE SIDE												
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1440	42	4	2	0	3
Million Dollar Potatoes	460	220	25	6	0	20	1840	50	4	6	3	7
Biscuits & Gravy	420	160	19	13	0	10	1350	49	1	5	3	12
Buttered Grits	180	80	9	3.0	0	0	750	21	1	0	0	2
Cheesy Grits	180	60	7	4.0	0	20	870	22	1	0	0	8
Fresh, Seasonal Fruit (Bowl)	160	5	0.5	0	0	0	0	41	4	32	0	2
Fresh, Seasonal Fruit (Bowl)	80	0	0	0	0	0	0	21	2	16	0	1
Banana Nut Griddled Muffin	620	350	39	8	0	80	430	59	2	34	30	7
Blueberry Griddled Muffin	540	290	33	7	0	80	430	54	0	32	30	6
Chocolate Chip Griddled Muffin	680	360	41	13	0	85	430	67	2	44	44	8
Lemon Chia Griddled Muffin	550	300	33	7	0	80	430	53	2	30	30	7
Orange Cranberry Griddled Muffin	580	290	33	7	0	80	430	65	0	41	37	6
Whole Grain Toast with Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Broccoli Cheddar - Bowl (No Crackers)	240	170	19	11	0.5	65	1010	11	2	1	0	7
Clam Chowder - Bowl (No Crackers)	240	130	14	8	0	50	980	22	2	2	0	7
Market Vegetable Soup - Bowl (No Crackers)	90	10	1.0	0	0	0	880	17	3	4	0	3
Italian Wedding Soup - Bowl (No Crackers)	120	40	4.5	2.0	0	10	1130	12	1	1	0	6
Tomato Basil Soup - Bowl (No Crackers)	140	50	6	3.0	0	10	860	18	3	9	3	3
White Bean Chicken Chili - Bowl (No Crackers)	150	15	1.5	0	0	15	1260	22	6	2	0	13
Crackers	50	10	1.0	0	0	0	180	10	0	0	0	2
Superseed Avocado	200	160	18	2.5	0	0	140	11	8	0	0	4
House Roasted Veggies	170	70	8	0.5	0	0	300	21	4	6	0	6
Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Savory Chicken Sausage Patty	180	110	12	4.0	0	70	560	4	0	2	2	16
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
KIDS MEALS												
Kid's Bacon and Egg with Toast & Fruit	500	250	28	9	0	225	660	47	3	17	0	15
Kid's Grilled Cheese with Fresh Fruit	780	380	43	18	0	50	1090	75	4	16	0	21
Kid's Granola Bowl with Toast	620	210	24	6	0	5	440	81	7	30	14	19
Kid's Chocolate Chip Pancakes (No Meat Or Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Kid's Challah French Toast with Fresh Fruit (No Meat Or Syrup)	290	120	14	4.0	0	75	330	35	2	12	3	6
Kid's Half Waffle with Fresh Fruit (No Meat Or Syrup)	290	130	15	6	0	20	560	36	2	12	4	2
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
BRUNCH COCKTAILS												
Morning Glory	210	0	0	0	0	0	0	23	1	18	12	1
Pomegranate Sunrise	330	0	0	0	0	0	0	37	0	31	22	1
Vodka Kale Tonic	210	0	0	0	0	0	15	19	1	12	0	2
Cinnamon Toast Cereal Milk	220	10	1.0	0	0	0	15	36	0	33	32	0
Million Dollar Bloody Mary	230	35	3.5	1.5	0	5	590	15	0	13	5	3
Mimosa	260	0	0	0	0	0	0	38	0	29	12	1
JUICE BAR												
Morning Meditation	140	0	0	0	0	0	20	35	0	30	20	1
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	4
Purple Haze	230	0	0	0	0	0	10	61	1	54	53	0
Add Immunity Boost	60	0	0	0	0	0	0	13	0	0	0	0
OTHER BEVS												
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	20	0	0	0	0	1
Decaf Coffee (Full Pot)	0	0	0	0	0	0	20	0	0	0	0	1
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	3
Cold Brew Coffee	0	0	0	0	0	0	5	0	0	0	0	0
Iced Coffee	160	20	2.5	1.5	0	10	120	26	0	25	12	8
Herbal Tea	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 - Sweetened	60	0	0	0	0	0	10	15	0	14	14	0
Fresh-Brewed Iced - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	0
Hot Chocolate	150	50	5	5	0	15	135	23	1	18	16	1
Low-Fat Milk - Small	100	20	2.5	1.5	0	10	105	12	0	13	0	8
Low-Fat Milk - Large	190	40	4.5	3.0	0	25	200	23	0	24	0	15
Cherry Coke	100	0	0	0	0	0	25	28	0	28	28	0
Coke	100	0	0	0	0	0	30	27	0	27	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
Dr. Pepper	100	0	0	0	0	0	40	26	0	26	26	0
Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	0
Minute Maid Light Lemonade	5	0	0	0	0	0	30	2	0	0	0	0
Mr. Pibb	90	0	0	0	0	0	25	26	0	26	26	0
Orange Fanta	110	0	0	0	0	0	35	30	0	30	30	0
Root Beer	110	0	0	0	0	0	45	30	0	30	30	0
Sprite	90	0	0	0	0	0	45	26	0	26	26	0
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	0	2
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	0	3
Grapefruit - Small	100	0	0	0	0	0	35	25	0	25	0	0
Grapefruit - Large	190	0	0	0	0	0	70	46	0	46	0	0
Apple Juice - Small	110	0	0	0	0	0	35	28	0	28	0	0
Apple Juice - Large	210	0	0	0	0	0	65	53	0	53	0	0
Cranberry Juice - Small	110	0	0	0	0	0	15	28	0	28	0	0
Cranberry Juice - Large	210	0	0	0	0	0	30	53	0	53	0	0
GOOD MORNING PACKS & RETAIL												
First Watch Granola (Retail Bag)	1440	600	66	9	0	0	180	180	32	72	60	36
Good Morning 12-pack For 4	4080	2070	234	70	0	2620	6680	341	35	141	81	133
Good Morning 6-pack For 2	2040	1040	117	35	0	1310	3340	170	17	71	40	67