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First Watch

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Classic Favorites					
Traditional Breakfast: eggs, toast/preserves, fresh fruit	620	6	560	89	25
The Healthier Side					
Power Wrap	610	5	1380	82	39
Steel Cut Oatmeal	560	2	35	106	15
Sunrise Granola Bowl	490	2	90	77	25
Tri-Athlete Omelet	520	2	810	33	29
Egg-Scclusives					
Elevated Egg Sandwich (no mayo, cheese, butter)	840	11	1740	90	22
Farmhouse Hash (no bacon, cheese)	1010	8	1500	132	28
Market Hash (no cheese, sub salad for potatoes)	780	7	780	91	24
From The Griddle*					
Belgian Waffle (no butter)	580	7	970	109	2
Multigrain Pancake (no butter)	640	9	900	105	10
French Toast	770	4	950	143	19
*Omit syrup for a savings of 200 calories and 54 grams carbs					
Power Bowls					
Pesto Chicken Quinoa Bowl (no Lemon Balsamic dressing)	490	4	1160	46	31
Power Breakfast Quinoa Bowl (no sausage)	630	9	780	39	25

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Salads (includes dressing)					
Chicken Avocado Chop (no feta, no toast)	720	6	600	55	21
Superfood Kale (no cheese, toast)	780	7	1070	71	24
Sweet Honey Pecan Salad (no toast or cheese)	770	4	950	143	19
Sandwiches					
Chicken Salad Melt (no cheese, butter)	470	5	680	54	16
Market Veggie (no butter, mayo; Sub fruit for mixed greens)	780	7	980	126	26
Baja Turkey Burger (no cheese, butter; Sub fruit for mixed greens)	820	9	1170	100	31
Veggie Burger (no butter, mayo)	540	5	910	81	24
Sides					
Lemmon Dressed Greens	70	1	66	5	1
Potatoes	340	1	994	47	6
Fresh Fruit	190	0	4	50	2
Chicken Sausage Patty	90	2	280	2	8
Whole Grain Artisan Toast + Preserves	260	1	270	80	10
Kids					
Bacon + Egg	510	12	760	51	15
Turkeywich	510	4.5	1180	76	28

*Omit syrup: subtract 200 calories and 54g carbohydrates

*Omit pico de gallo: lower sodium 150 mg