

Nutrition Information Guide

	Total calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Bowls														
Ancient Grains Base	300	30	3.0	0	0	0	0	0	0	260	58	4	2	9
Fresh, Seasoned Potatoes Base	340	130	15	1.0	0	4.5	10	0	960	1150	46	5	3	6
Add Cage-free Fresh Cracked Eggs	190	140	16	5	0	2.5	6	425	190	135	1	0	0	13
Add Egg Whites	60	0	0	0	0	0	0	0	200	200	1	0	0	13
Carnitas Rancheros (No Base Or Eggs)	550	300	34	14	0	3.5	10	80	1360	320	30	13	4	30
Farmhouse Hash (No Base Or Eggs)	440	350	40	15	0	3.5	11	45	310	450	9	5	3	13
Market Hash (No Base Or Eggs)	330	230	26	12	0	3.0	6	35	640	410	10	1	3	11
Power Protein Bowl (No Base Or Eggs)	640	460	52	11	0	4.5	14	50	770	810	27	10	3	22
Pesto Chicken Bowl (No Base Or Eggs)	470	330	37	9	0	2.5	4.5	55	910	440	21	4	2	18
Salads														
Superfood Kale Salad (No Dressing)	470	160	18	4.5	0	3.0	6	65	890	950	54	12	21	29
Add Maple-lemon Vinaigrette	380	330	37	5	0	0	0	0	410	0	12	0	6	0
Cobb Salad (No Dressing)	470	280	32	11	0	2.0	9	270	620	800	21	11	8	27
Add Ranch Dressing	220	210	24	4.0	0	0	0	20	420	0	4	0	2	2
Chicken Avocado Chop Salad (No Dressing)	490	240	27	5	0	1.5	6	65	940	790	45	12	4	26
Add Citrus Chipotle Dressing	300	250	28	4.0	0	0	0	0	10	0	12	0	0	0
Handhelds														
Elevated Egg Sandwich (No Lemon Dressed Greens)	740	470	53	18	0	2.5	10	295	880	520	46	5	7	24
BLTE (No Lemon Dressed Greens)	1110	630	71	24	0	2.5	6	500	1040	650	77	7	16	43
Millionaire's Club (No Lemon Dressed Greens)	1120	490	56	17	0	1.0	6	150	1780	550	104	9	39	52
Power Wrap (No Lemon Dressed Greens)	510	110	13	5	0	0.5	1.5	30	1380	710	57	3	4	38
Socal Breakfast Burrito (No Lemon Dressed Greens)	800	270	30	9	0	1.5	8	70	2020	800	81	14	9	53
Market Veg Sandwich (No Lemon Dressed Greens)	760	380	43	14	0	1.5	4.5	60	1120	910	76	6	14	24
Roast Beef & Havarti (No Lemon Dressed Greens)	940	480	55	24	0	1.0	5	165	2380	320	63	3	9	47
Ham & Gruyere Melt (No Lemon Dressed Greens)	820	260	29	17	0	0	2.0	130	2220	240	84	2	16	49
Add Lemon Dressed Greens	70	40	4.5	0.5	0	0	0	0	65	0	5	2	2	1
Soups														
Black-eyed Peas And Chicken Soup (No Crackers) - Bowl	200	90	10	7	0	0	0	55	590	0	15	0	2	10
Black-eyed Peas And Chicken Soup (No Crackers) - Cup	150	70	8	5	0	0	0	40	440	0	11	0	1	8
Clam Chowder (No Crackers) - Bowl	260	190	22	14	0	0	0	75	1190	0	14	0	0	5
Clam Chowder (No Crackers) - Cup	190	150	17	10	0	0	0	55	890	0	10	0	0	4
Broccoli Cheddar Soup (No Crackers) - Bowl	520	420	47	30	0	0	0	160	1240	0	8	0	0	5
Broccoli Cheddar Soup (No Crackers) - Cup	390	310	35	22	0	0	0	120	930	0	6	0	0	4
Hearty Vegetable Soup (No Crackers) - Bowl	80	20	2.0	0	0	0	0	0	790	0	13	2	3	2
Hearty Vegetable Soup (No Crackers) - Cup	60	15	1.5	0	0	0	0	0	590	0	10	1	2	1
Italian Wedding Soup with Orzo (No Crackers) - Bowl	170	80	9	3.5	0	0	0	15	980	0	12	2	2	7
Italian Wedding Soup with Orzo (No Crackers) - Cup	130	60	7	2.5	0	0	0	10	740	0	9	1	1	5
Tomato Basil Bisque (No Crackers) - Bowl	150	100	11	4.5	0	0	0	20	900	0	13	3	4	4
Tomato Basil Bisque (No Crackers) - Cup	110	70	8	3.5	0	0	0	15	670	0	10	2	3	3
Add Crackers (One Package - For Cups)	25	0	0	0	0	0	0	0	50	0	5	0	0	0
Add Crackers (Two Packages - For Bowls)	50	10	1.0	0	0	0	0	0	100	0	9	0	0	1
Specialty														
Avocado Toast (No Eggs)	440	230	26	4.0	0	2.5	14	0	1010	840	49	12	7	10
Avocado Toast: Add Cage-free Fresh Cracked Eggs	190	140	16	5	0	2.5	6	425	190	135	1	0	0	13
A.M. Superfoods Bowl (No Toast, No Granola)	470	260	29	19	0	6	0.5	0	360	570	50	13	27	7
A.M. Superfoods Bowl: Add Granola	120	50	6	0.5	0	0	0	0	15	0	15	2	6	3
A.M. Superfoods Bowl: Add Toast with Almond Butter	410	210	24	4.0	0	0	0	0	940	370	42	5	9	12
Sunrise Granola Bowl (No Toast, No Granola)	250	0	0	0	0	0	0	10	60	550	47	3	36	19
Sunrise Granola Bowl: Add Granola	240	100	11	1.5	0	0	0	0	30	0	30	4	12	6
Sunrise Granola Bowl: Add Toast with Almond Butter	410	210	24	4.0	0	0	0	0	940	370	42	5	9	12
Blueberry Pancakes	780	280	32	15	0	4.5	9	160	880	170	115	3	69	11
Banana Crunch Pancakes	960	350	40	16	0	4.5	9	160	890	340	138	7	76	16
Chocolate Chip Pancakes	1200	510	58	31	0	4.0	9	165	880	130	157	7	109	15
Multigrain Pancakes	720	280	31	15	0	4.0	9	160	870	130	102	2	59	11
Belgian Waffle	610	170	20	12	0	0.5	5	55	990	130	104	1	58	2

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Eggs & Omelets														
Traditional Breakfast with Cage-free Fresh Cracked Eggs	190	140	16	5	0	2.5	6	425	190	135	1	0	0	13
Traditional Breakfast with Egg Whites Only	60	0	0	0	0	0	0	0	200	200	1	0	0	13
Traditional Breakfast: Add Pork Sausage Links	460	400	46	16	0	8	20	80	680	200	0	0	0	12
Traditional Breakfast: Add Bacon (4)	160	130	15	5	0	2.5	6	30	370	105	0	0	0	6
Traditional Breakfast: Add Turkey Sausage Links	220	140	16	4.0	0	0	0	80	780	0	0	0	0	18
Traditional Breakfast: Add Chicken Sausage Patties	180	110	12	4.0	0	0	0	70	560	0	4	0	2	16
The Traditional Breakfast: Add Toast with Preserves	360	140	16	8	0	0	3.5	30	390	170	50	2	21	7
The Traditional Breakfast: Add Seasoned Potatoes	340	130	15	1.0	0	4.5	10	0	960	1150	46	5	3	6
Tri-fecta with Waffle (No Meat Or Eggs)	580	170	20	12	0	0.5	5	55	980	120	97	1	52	2
Tri-fecta with Pancake (No Meat Or Eggs)	650	240	28	13	0	3.5	8	135	740	110	93	2	57	9
Tri-fecta: Add Bacon	80	60	7	2.5	0	0	0	15	0	50	0	0	0	3
Tri-fecta: Add Egg Whites	60	0	0	0	0	0	0	0	200	200	1	0	0	13
Tri-fecta: Add Cage-free Fresh Cracked Eggs	190	140	16	5	0	2.5	6	425	190	135	1	0	0	13
Tri-fecta: Add Pork Sausage	230	200	23	8	0	4.0	10	40	340	100	0	0	0	6
Tri-fecta: Add Turkey Sausage	110	70	8	2.0	0	0	0	40	390	0	0	0	0	9
Tri-fecta: Add Chicken Sausage Patty	90	50	6	2.0	0	0	0	35	280	0	2	0	1	8
Bacado (No Dressed Greens Or Whole Grain Toast)	740	540	61	24	0	6	17	835	610	660	9	4	4	37
Ham & Gruyere (No Dressed Greens Or Toast)	590	380	43	19	0	4.5	11	840	970	290	4	0	4	48
The Works (No Dressed Greens Or Whole Grain Toast)	720	510	58	24	0	5	12	855	990	480	8	1	5	41
Morning Market Veg (No Dressed Greens Or Toast)	490	320	37	14	0	6	13	780	590	560	9	0	4	28
Healthy Turkey (No Dressed Greens Or Whole Grain Toast)	280	80	9	3.5	0	0	1.0	70	1150	560	8	1	5	43
Add Lemon Dressed Greens	70	40	4.5	0.5	0	0	0	0	65	0	5	2	2	1
Add Whole Grain Toast with Preserves	360	140	16	8	0	0	3.5	30	390	170	50	2	21	7
Sides														
Million Dollar Bacon	530	130	15	5	0	0	0	30	125	210	97	0	75	7
Vandy Toast	480	210	24	4.0	0	0	0	0	380	380	60	5	26	12
Fresh, Seasoned Potatoes	340	130	15	1.0	0	4.5	10	0	960	1150	46	5	3	6
Whole Grain Artisan Toast with All-natural Preserves	360	140	16	8	0	0	3.5	30	390	170	50	2	21	7
Udi's Gluten-free Toast	200	45	5.0	0	0	0	0	0	260	0	38	1	17	2
Lightly Dressed Organic Mixed Greens	70	40	4.5	0.5	0	0	0	0	65	0	5	2	2	1
Side of Bacon	160	130	15	5	0	0	0	30	0	105	0	0	0	6
Side of Pork Sausage Links	460	400	46	16	0	8	20	80	680	200	0	0	0	12
Side of Turkey Sausage Links	220	140	16	4.0	0	0	0	80	780	0	0	0	0	18
Blueberry Muffin	460	210	24	4.0	0	12	5.0	80	360	70	54	0	32	6
Chocolate Chip Muffin	590	290	33	10	0	12	4.5	85	360	50	67	2	44	8
Orange Cranberry Muffin	500	210	24	4.0	0	12	5.0	80	360	90	64	1	41	6
Fresh, Seasonal Fruit - Bowl	190	5	0.5	0	0	0	0	0	0	650	50	5	34	2
Fresh, Seasonal Fruit - Cup	100	0	0	0	0	0	0	0	0	320	25	3	17	1
Fresh, Seasonal Fruit - Side	50	0	0	0	0	0	0	0	0	160	12	1	8	1
Kids														
AB & J with Fruit	650	190	22	3.5	0	0	0	0	830	590	102	8	40	15
Bacon And Egg with Toast And Fruit	500	250	28	12	0	2.0	6	255	580	480	50	4	18	15
Chocolate Chip Pancakes (No Protein)	840	330	38	19	0	4.0	9	160	870	130	115	3	71	12
Chocolate Chip Pancakes: Add Bacon	80	60	7	2.5	0	0	0	15	0	50	0	0	0	3
Chocolate Chip Pancakes: Add Pork Sausage Link	230	200	23	8	0	4.0	10	40	340	100	0	0	0	6
Half Waffle with Fruit (No Meat)	480	130	14	9	0	0.5	4.0	40	560	230	87	2	57	2
Half Waffle: Add Bacon	80	60	7	2.5	0	0	0	15	0	50	0	0	0	3
Half Waffle: Add Pork Sausage Link	230	200	23	8	0	4.0	10	40	340	100	0	0	0	6
Ham & Cheese with Fruit	510	90	11	5	0	0	0	45	1220	390	77	5	19	27
Kids Sunrise Granola Bowl	480	160	18	8	0	0	3.5	35	520	310	64	5	24	17
Turkey & Cheese with Fruit	510	90	10	4.5	0	0	0	60	1150	390	76	5	18	28
Beverages														
Project Sunrise Coffee	10	0	0	0	0	0	0	0	20	490	0	0	0	1
Organic Cold Brew Coffee	0	0	0	0	0	0	0	0	5	0	0	0	0	0
Fruit Tea	330	0	0	0	0	0	0	0	20	630	85	0	78	2
Hot Tea	5	0	0	0	0	0	0	0	20	220	2	0	0	0
Sweet Tea	60	0	0	0	0	0	0	0	10	95	15	0	14	0
Unsweet Tea	0	0	0	0	0	0	0	0	10	110	1	0	0	0
Kale Tonic	130	0	0	0	0	0	0	0	20	400	31	2	22	2
Cold Squeezed OJ - Large	210	0	0	0	0	0	0	0	15	820	51	2	37	4
Cold Squeezed OJ - Small	110	0	0	0	0	0	0	0	10	440	27	1	20	2
Coke	120	0	0	0	0	0	0	0	40	0	34	0	34	0
Coke Zero	0	0	0	0	0	0	0	0	35	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	0	0	35	0	0	0	0	0
Sprite	120	0	0	0	0	0	0	0	30	0	31	0	28	0
Light Lemonade	5	0	0	0	0	0	0	0	45	0	1	0	0	0

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SUN&FORK™

— BY FIRST WATCH —

Food Allergen Guide

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Bowls												
Ancient Grains Base								X				X
Fresh, Seasoned Potatoes Base												
Add Cage-free Fresh Cracked Eggs	X		X			X						
Add Egg Whites	X					X						
Carnitas Rancheros (No Base Or Eggs)			X			X						
Farmhouse Hash (No Base Or Eggs)			X			X						
Market Hash (No Base Or Eggs)			X			X						
Power Protein Bowl (No Base Or Eggs)			X	X		X				X		
Pesto Chicken Bowl (No Base Or Eggs)	X		X			X				X		
Salads												
Superfood Kale Salad (No Dressing)			X			X	X		X			X
Add Maple-lemon Vinaigrette										X		X
Cobb Salad (No Dressing)	X		X									
Add Ranch Dressing	X		X							X		
Chicken Avocado Chop Salad (No Dressing)			X									
Add Citrus Chipotle Dressing										X		
Handhelds												
Elevated Egg Sandwich (No Lemon Dressed Greens)	X		X			X		X		X		X
BLTE (No Lemon Dressed Greens)	X		X			X		X		X		X
Millionaire's Club (No Lemon Dressed Greens)	X		X					X		X		X
Power Wrap (No Lemon Dressed Greens)	X		X			X		X				X
Socal Breakfast Burrito (No Lemon Dressed Greens)	X		X			X		X				X
Market Veg Sandwich (No Lemon Dressed Greens)	X		X					X		X		X
Roast Beef & Havarti (No Lemon Dressed Greens)	X		X					X		X		X
Ham & Gruyere Melt (No Lemon Dressed Greens)	X		X			X		X		X		X
Add Lemon Dressed Greens										X		
Soups												
Black-eyed Peas And Chicken Soup (No Crackers)			X			X		X	X			X
Clam Chowder (No Crackers)		X	X		X			X	X	X		X
Broccoli Cheddar Soup (No Crackers)			X			X		X				X
Hearty Vegetable Soup (No Crackers)						X			X	X		X
Italian Wedding Soup with Orzo (No Crackers)	X		X			X		X	X	X		X
Tomato Basil Bisque (No Crackers)			X			X		X	X	X		X
Add Crackers								X				X
Specialty												
Avocado Toast (No Eggs)								X				X
Avocado Toast: Add Cage-free Fresh Cracked Eggs	X		X			X						
A.M. Superfoods Bowl (No Toast, No Granola)							X					X
A.M. Superfoods Bowl: Add Granola							X	X				X
A.M. Superfoods Bowl: Add Toast with Almond Butter							X	X				X
Sunrise Granola Bowl (No Toast, No Granola)			X									
Sunrise Granola Bowl: Add Granola							X	X				X
Sunrise Granola Bowl: Add Toast with Almond Butter							X	X				X
Blueberry Pancakes	X		X			X		X			X	X
Banana Crunch Pancakes	X		X			X	X	X			X	X
Chocolate Chip Pancakes	X		X			X		X			X	X
Multigrain Pancakes	X		X			X		X			X	X
Belgian Waffle	X		X			X		X				X

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

This information below details which of the most common allergens are present in each menu item. 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. We cannot guarantee that cross-contact with foods containing allergens will not occur but will make every effort to avoid it. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

Food Allergen Guide

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Eggs & Omelets												
Traditional Breakfast with Cage-Free Fresh Cracked Eggs	X		X			X						
Traditional Breakfast with Egg Whites Only	X					X						
Traditional Breakfast: Add Pork Sausage Links												
Traditional Breakfast: Add Bacon												
Traditional Breakfast: Add Turkey Sausage Links												
Traditional Breakfast: Add Chicken Sausage Patties												
Traditional Breakfast: Add Toast with Butter & Preserves			X					X				X
Tri-fecta with Pancake (No Meat Or Eggs)	X		X			X		X			X	X
Tri-fecta with Waffle (No Meat Or Eggs)	X		X			X		X				X
Tri-fecta: Add Bacon												
Tri-fecta: Add Egg Whites	X					X						
Tri-fecta: Add Cage-free Fresh Cracked Eggs	X		X			X						
Tri-fecta: Add Pork Sausage												
Tri-fecta: Add Turkey Sausage	X					X						
Tri-fecta: Add Chicken Sausage Patty												
Bacado (No Dressed Greens Or Whole Grain Toast)	X		X			X						
Ham & Gruyere (No Dressed Greens Or Toast)	X		X			X						
The Works (No Dressed Greens Or Whole Grain Toast)	X		X			X						
Morning Market Veg (No Dressed Greens Or Toast)	X		X			X						
Healthy Turkey (No Dressed Greens Or Whole Grain Toast)	X		X			X						
Add Lemon Dressed Greens										X		
Add Whole Grain Toast with Butter & Preserves			X					X				X
Sides												
Million Dollar Bacon												X
Vandy Toast							X	X				X
Fresh, Seasoned Potatoes												
Whole Grain Artisan Toast with Butter & Preserves			X					X				X
Udi's Gluten-free Toast	X											X
Lightly Dressed Organic Mixed Greens										X		
Side of Bacon												
Side of Pork Sausage Links												
Side of Turkey Sausage Links												
Blueberry Muffin	X		X					X				X
Chocolate Chip Muffin	X		X			X		X				X
Orange Cranberry Muffin	X		X					X				X
Fresh, Seasonal Fruit												
Kids												
AB & J with Fruit							X	X				X
Bacon And Egg with Toast And Fruit	X		X			X		X				X
Chocolate Chip Pancakes (No Protein)	X		X			X		X			X	X
Chocolate Chip Pancakes: Add Bacon												
Chocolate Chip Pancakes: Add Pork Sausage Link												
Half Waffle with Fruit (No Meat)	X		X			X		X				X
Half Waffle: Add Bacon												
Half Waffle: Add Pork Sausage Link												
Ham & Cheese with Fruit			X					X				X
Kids Sunrise Granola Bowl			X				X	X				X
Turkey & Cheese with Fruit			X					X				X
Beverages												
Project Sunrise Coffee												
Organic Cold Brew Coffee												
Fruit Tea, Hot Tea, Sweet & Unsweet Tea												
Kale Tonic												
Cold Squeezed OJ												
Coke, Coke Zero, Diet Coke, Sprite, Light Lemonade												

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