

# FIRST WATCH

BREAKFAST • BRUNCH • LUNCH

## THE HEALTHIER SIDE

**AVOCADO TOAST** Our thick-cut whole grain toast topped with fresh smashed avocado, EVOO, lemon and Maldon sea salt. Served with two cage-free baked eggs. (630 Cal)

**SUNRISE GRANOLA BOWL** Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit, nuts and our housemade granola. Served with a fresh baked muffin of the day. (950-1080 Cal)

**POWER WRAP** Egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sun-dried tomato-basil tortilla. Served with fresh fruit and a side of housemade pico de gallo. (610 Cal)

## EGG-SCLUSIVES

**CHICKICHANGA** Whipped eggs with spicy, all-natural chicken breast, chorizo, green chilies, Cheddar, Monterey Jack, onions and avocado rolled in a flour tortilla. Topped with Vera Cruz sauce and all-natural sour cream. Served with fresh fruit and fresh, seasoned potatoes. (1230 Cal)

**THE ELEVATED EGG SANDWICH** An over-easy cage-free egg with bacon, Gruyere cheese, fresh smashed avocado, mayo and lemon dressed arugula on a brioche bun. Served with fresh, seasoned potatoes. (1060 Cal)

**FARM STAND BREAKFAST TACOS** Three wheat-corn tortillas with scrambled eggs, Cajun chicken, chorizo, Cheddar and Monterey Jack cheeses. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. (980 Cal)

**SKILLET HASH** Two cage-free eggs any style atop fresh, seasoned potatoes. Served with whole grain artisan toast with all-natural house preserves. Choose one from below.

- **Farmhouse** - bacon, avocado, house-roasted onions and tomatoes with Cheddar and Monterey Jack (1380 Cal)
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (1230 Cal)

## FROM THE GRIDDLE

**MULTIGRAIN PANCAKES** We've gotta warn you: These beauties are beyond big - they're humongous! Choose your stackage accordingly.

### One or Two

- Plain (510/1020 Cal)
- Chocolate Chip (630/1260 Cal)
- Banana Granola Crunch (660/1320 Cal)
- Blueberry (570/1140 Cal)
- Carrot Cake & Pecan (620/1240 Cal)

**BELGIAN WAFFLE** Our light and airy waffle with a side of warm, berry compote and powdered cinnamon sugar. (420 Cal)

**FRENCH TOAST** Custard-dipped, thick-cut brioche bread topped with whipped butter and powdered cinnamon sugar. (640 Cal)

REGULAR SYRUP (200 Cal)

SUGAR-FREE SYRUP (20 Cal) AVAILABLE UPON REQUEST

100% PURE MAPLE SYRUP (190 Cal) AVAILABLE

## OMELETS AND FRITTATAS

Served with whole grain artisan toast with all-natural house preserves (360 Cal) and lemon dressed organic mixed greens (70 Cal). **Fresh, seasoned potatoes (340 Cal) available upon request. Substitute egg whites (subtract 160 Cal) or Udi's Gluten Free toast\* (200 Cal) at no additional charge.**

**BACADO** Bacon, avocado and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (740 Cal)

**THE WORKS** Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. (720 Cal)

**MORNING MARKET VEG** House-roasted zucchini, Crimini mushrooms, shallots, tomatoes and kale with Goat cheese and fresh herbs. (510 Cal)

## POWER BOWLS

Power Bowls are gluten free\*.

**POWER BREAKFAST QUINOA BOWL** Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan and EVOO. Topped with two baked cage-free eggs. (880 Cal)

**PESTO CHICKEN QUINOA BOWL** Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, Feta crumbles and fresh herbs. (660 Cal)

## SALADS

Served with artisan ciabatta toast. (80 Cal)

**CHICKEN AVOCADO CHOP** Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla chips with a citrus chipotle dressing. (790 Cal)

**COBB** Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing. (690 Cal)

**SWEET HONEY PECAN** Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. (860 Cal)

## SANDWICHES

Sandwiches served with lemon dressed organic mixed greens (70 Cal) or a bowl of hot soup. (130-570 Cal)

**MONTEREY CLUB** Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1000 Cal)

**MARKET VEGGIE** House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain. (760 Cal)

**HAM & GRUYERE MELT** Smoked ham, tomato and melty Gruyere cheese with Dijonnaise on grilled artisan brioche. (820 Cal)

## CLASSIC FAVORITES

**THE TRADITIONAL BREAKFAST** Two cage-free eggs any style with your choice of bacon, smoked ham, savory chicken sausage patties, turkey or pork sausage links. Served with whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. Substitute Udi's Gluten Free toast\* (200 Cal) at no additional charge. (1030-1350 Cal)

**TRI-FECTA** Two cage-free eggs any style with either a light and airy Belgian waffle or a multigrain pancake. Plus your choice of bacon, savory chicken sausage patty, turkey or pork sausage link. (660-930 Cal)

## SIDES AND SMALL PLATES

**FRESH, SEASONAL FRUIT** (100 Cal)

**FRESH, SEASONED POTATOES** (340 Cal)

**FRESH BAKED MUFFIN OF THE DAY** (460-590 Cal)

**MILLION DOLLAR BACON** (530 Cal)

**HARDWOOD SMOKED BACON** (160 Cal) 4.99

**SMOKED HAM** (120 Cal), **PORK SAUSAGE** (460 Cal), **SAVORY CHICKEN SAUSAGE PATTY** (180 Cal) **OR TURKEY SAUSAGE** (220 Cal)

**BOWL OF TOMATO BASIL SOUP** (140 Cal)

## BEVERAGES

### ICED COFFEE

Creamy, sweet, cold and refreshing. (160 Cal)

**PROJECT SUNRISE COFFEE** (0 Cal)

### LOW-FAT MILK

Small or Large (100/190 Cal)

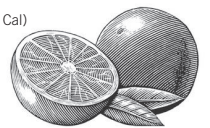
### 100% COLD SQUEEZED ORANGE JUICE

Small or Large (110/210 Cal)

### APPLE JUICE

Small (50-110 Cal) or Large (90-210 Cal)

## JUICE BAR



Juiced daily using all-natural ingredients.

### MORNING MEDITATION

Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal)

### KALE TONIC

Kale, Fuji apple, cucumber and lemon. (130 Cal)

• YEAH •

## IT'S FRESH

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

For our customers with food allergies and/or sensitivities, please inform your server prior to ordering. We will make every effort to accommodate your request. \*We are not a gluten-free kitchen. Our dishes are made fresh and prepared-to-order, so individual foods may come into contact with one another due to shared cooking and preparation areas/utensils. We cannot guarantee that cross-contact with foods containing gluten will not occur but will make every effort to avoid it.