

First Watch Menu & Prices

fastfoodmenuprices.com

Prices updated July 2026, Columbus, OH location. Prices vary by location.

The Classics

Item	Price
Tri-Fecta®	\$17.16
The Traditional	\$16.81
Biscuits & Turkey Sausage Gravy With Eggs	\$16.00

The Hits

Item	Price
Elevated Egg Sandwich	\$16.58
Farm Stand Breakfast Tacos	\$16.81
Chickichanga®	\$17.16

The Sweet Side

Item	Price
Multigrain Pancake	\$10.20
Two Multigrain Pancakes	\$12.52
Lemon Ricotta Pancakes	\$16.00
Belgian Waffle	\$13.68
Strawberry Tres Leches French Toast	\$17.74
Floridian French Toast®	\$17.16
French Toast	\$14.84

The Healthier Side

Item	Price
Avocado Toast	\$16.23
Sunrise Granola Bowl	\$13.91
AM Superfoods Bowl	\$16.58
Power Wrap	\$14.26
Healthy Turkey Omelet	\$16.58
Tri-Athlete	\$16.58

Bowls

Item	Price
Power Breakfast Bowl	\$15.65
Pesto Chicken Power Bowl®	\$15.65

Hashes

Item	Price
Farmhouse Hash	\$17.39
Market Hash	\$17.39

Omelets

Item	Price
The Works Omelet	\$17.39
Bacado® Omelet	\$17.39
Chile Chorizo Omelet	\$16.81

Frittatas

Item	Price
Frittata Rustica	\$16.23
Smoked Salmon & Roasted Vegetable Frittata	\$17.39

Share

Item	Price
Holey Donuts	\$7.53

Sandwiches

Item	Price
Monterey Club	\$16.23
Market Veggie	\$15.65
Roast Beef & Havarti	\$17.74
Ham & Gruyere Melt	\$16.81
BLTE	\$15.65
Veggie Burger	\$15.65
Baja Turkey Burger	\$15.65

Salads

Item	Price
Kale & Berry Salad	\$15.65
Cobb Salad	\$15.65
Sweet Honey Pecan Salad	\$15.65
Chicken Avocado Chop Salad	\$15.65

Two for You

Item	Price
1/2 Sandwich & Salad	\$14.49
1/2 Sandwich & Soup	\$14.49
1/2 Salad & Soup	\$14.49

Kids First

Item	Price
Kids Pancake	\$8.80
Kids Half Waffle	\$8.80
Kids Bacon & Egg	\$8.80
Kids Granola Bowl	\$8.80
Kids French Toast	\$8.80
Kids Grilled Cheese	\$8.80

Iced Coffee

Item	Price
Original Iced Coffee	\$4.98
Honey Caramel Crunch Iced Coffee	\$6.72
Mint Mocha Iced Coffee	\$6.72

The Juice Bar

Item	Price
Morning Meditation	\$6.72
Kale Tonic	\$6.72
Purple Haze	\$6.72

Sides

Item	Price
Biscuits & Turkey Sausage Gravy	\$7.53
Side Two Eggs	\$5.79
Million Dollar Potatoes	\$6.95
Side One Egg	\$3.47
Fresh, Seasoned Potatoes	\$4.63
Fresh, Seasonal Fruit	\$5.56
Bob's Red Mill Buttered Grits	\$4.63
Bob's Red Mill Cheesy Grits	\$4.40
Hardwood Smoked Bacon	\$6.72

Sides

Item	Price
Pork Sausage Links	\$5.79
Smoked Ham	\$5.79
Chicken Apple Sausage Patties	\$5.79
Turkey Sausage Links	\$5.79
Side Toast	\$3.24
English Muffin	\$3.24
Gluten-Free Toast	\$3.24
Freshly Baked Muffin of the Day	\$4.63
Lemon-Dressed Organic Mixed Greens	\$4.63
Bowl of Tomato Basil Soup	\$6.95
Grab N Go GF Marshmallow Treat	\$3.47
Grab N Go GF Brownie	\$3.47
Grab N Go Salted Caramel Cookie	\$3.47

More Drinks

Item	Price
Project Sunrise Coffee	\$4.63
Decaf Coffee	\$4.63
Cold Brew Coffee	\$5.56
Fresh-Brewed Iced Tea	\$4.63
Hot Chocolate	\$4.63
Reduced-Fat Milk	\$4.63
Oat Milk	\$5.56
Coca Cola Soft Drinks	\$4.63
100% Cold Squeezed Orange Juice	\$4.63
Grapefruit Juice	\$4.63
Apple Juice	\$4.63
Cranberry Juice	\$4.63
San Pellegrino	\$4.98

Families, Groups & Groceries

Item	Price
The "Good Morning" Pack (for two)	\$28.99
The "Good Morning" Pack (for four)	\$52.19
Project Sunrise Coffee Tote (96 oz)	\$23.19
Loaf of Whole Grain Artisan Bread	\$11.59

Families, Groups & Groceries

Item	Price
Project Sunrise Retail Coffee	\$9.62
House-Made Granola	\$6.14
First Watch Cookbook	\$32.47

Seasonal Menu

Item	Price
Watermelon Wake-Up	\$6.72
Million Dollar Breakfast Sandwich	\$17.16
Banana Brittle French Toast	\$17.74
Honey Butter Biscuit Bites	\$7.53
Million Dollar Bacon	\$7.30