



## First Watch Menu

<https://menuweb.menu>

14700 Baltimore Ave, Laurel, United States  
+13014983447 - <http://www.firstwatch.com/>



**The menu of First Watch from Laurel** comprises about **95** different courses and drinks. On average you pay about \$11.3 for a dish / drink. First Watch in [Laurel](#), MD, is a beloved American eatery known for its inviting atmosphere and a stellar average rating of 4.2 stars. If you're eager to discover what makes this restaurant a favorite among locals, be sure to come by today from 7:00 AM to 2:30 PM. For inquiries about the current crowd or to make a reservation, feel free to call (301) 498-3447. First Watch takes pride in offering a diverse menu that includes delightful vegan options. If you're interested in exploring similar dining experiences, consider visiting BJ's Restaurant Brewhouse or Noodles and Company. If you've enjoyed a meal here, we encourage you to share your thoughts by leaving a review!.

# First Watch Menu



## Desserts

LEMON RICOTTA PANCAKES \$15.1

## Smoothies

PURPLE HAZE \$6.7

## Entrées

CRAB CAKE

## Burger

VEGGIE BURGER \$15.1

## Chicken

PINEAPPLE CHICKEN

## Sauces

HOLLANDAISE

## Dessert

CREPES

## Soft Drinks

JUICE

## Hot Drinks

COFFEE

## Egg Dishes

OMELETTE

## Sweets & Desserts

BELGIAN WAFFLE \$13.5

## Fresh Juice Bar

MORNING MEDITATION \$6.7

## Pancakes, Waffles And French Toast

MULTIGRAIN PANCAKE \$8.6

## Breakfast Specials

FARM STAND BREAKFAST TACOS \$16.4

## Shareables

MILLION DOLLAR BACON \$7.6

## Iced Coffee

HONEY CARAMEL CRUNCH \$7.0

## Egg Sandwiches And Wraps

POWER WRAP \$14.2

## From The Stock Pot

BOWL OF SOUP \$6.3

## Lattes

MINT MOCHA \$7.0

## Bakery, Fruits & Sides

HARDWOOD-SMOKED BACON

## Seasonal Menu

BARBACOA CHILAQUILES \$18.9  
BREAKFAST BOWL

# First Watch Menu



## Chicago Style

TRI-FECTA \$16.2

## Organic Coffee & Tea

COLD BREW COFFEE \$5.7

## Country Vegetables N' Sides

FRESH SEASONAL FRUIT \$5.9

## Salads Or Sops

1/2 SALAD SOUP \$13.9

## Restaurant Category

FRENCH

## These Types Of Dishes Are Being Served

TOSTADAS

## Holiday Seasonal Menu

HOLEY DOUGHNUTS \$7.6

## Non Alcoholic Drinks

WATER

TONIC

## Toast

FRENCH TOAST \$13.9

AVOCADO TOAST \$16.2

## Breakfast

FRESHLY BAKED MUFFIN OF THE DAY \$4.4

SMOKED HAM \$6.2

## Lunch Specials

1/2 SANDWICH SALAD \$13.9

1/2 SANDWICH SOUP \$13.9

## Coffee

ICED COFFEE \$5.0

MOCHA

## Most Popular

CHICKICHANGA \$16.9

CHICKEN AVOCADO CHOP SALAD \$15.5

## Healthier Side

AM SUPERFOODS BOWL \$16.2

SUNRISE GRANOLA BOWL \$13.9

## Egg Exclusives

FARMHOUSE HASH \$17.4

MARKET HASH \$17.4

## Omelet

THE WORKS OMELET \$17.1

BACADO OMELET \$16.8

## Power Bowls

POWER BREAKFAST QUINOA BOWL \$15.1

PESTO CHICKEN QUINOA BOWL \$15.1

# First Watch Menu



## Seasonal Specials

BLACKBERRY LEMON CREAM FRENCH TOAST	\$16.8
MANGO PASSION PALMER	\$6.9

## From The Griddle

TWO MULTIGRAIN PANCAKES	\$11.7
FLORIDIAN FRENCH TOAST	\$16.4

## Egg-Sclusives

BISCUITS TURKEY SAUSAGE GRAVY WITH EGGS	\$15.6
PARMA SKILLET HASH	\$17.4

## Uncategorized

KALE TONIC	\$6.7
UTENSILS (SELECT ONLY ONCE PER ORDER)	

## Salads

COBB SALAD	\$15.5
SWEET HONEY PECAN SALAD	\$15.5
SUPERFOOD KALE SALAD	\$15.5

## Beverages

JUICES	
PROJECT SUNRISE COFFEE	\$5.0
100% COLD SQUEEZED ORANGE JUICE	\$4.9

## Popular Items

SIDE TWO EGGS	\$5.8
HAM GRUYERE	\$16.1
LEMON DRESSED ORGANIC MIXED GREENS	\$4.5

## Omelets & Frittatas

RUSTIC FRITTATA	\$16.1
INSPIRED ITALIAN	\$16.1
SMOKED SALMON ROASTED VEGETABLE FRITTATA	\$17.4
CHILI CHORIZO	\$16.1
MORNING MARKET VEGGIE	\$16.1

## Sandwiches

MONTEREY CLUB	\$15.5
BAJA TURKEY BURGER	\$15.1
HAM GRUYERE MELT	\$15.1
HEALTHY TURKEY	\$16.2
MARKET VEGGIE SANDWICH	\$15.1
ROAST BEEF HAVARTI SANDWICH	\$17.0

## Ingredients Used



KALE  
EGG  
SYRUP

SHRIMP  
MINT  
POTATOES  
BACON

## Side Dishes



SIDE OF SLICED AVOCADO	\$3.8
SIDE TOAST	\$3.1
GRITS	
TURKEY SAUSAGE	\$6.2
GRAB N GO GF MARSHMALLOW TREAT	\$3.8
PORK SAUSAGE	\$6.2

# First Watch Menu



ENGLISH MUFFIN	\$3.1	GLUTEN FREE TOAST	\$3.1
FRESH SEASONED POTATOES	\$4.7	SIDE ONE EGG	\$3.3
GRAB N GO SALTED CARAMEL COOKIE	\$3.8	GRAB N GO GF BROWNIE	\$3.8

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## First Watch

14700 Baltimore Ave, Laurel,  
United States

**Opening Hours:**  
Monday 07:00-14:10  
Tuesday 07:00-14:10  
Wednesday 07:00-14:10  
Thursday 07:00-14:10  
Friday 07:00-14:10  
Saturday 07:00-14:10  
Sunday 07:00-14:10

Made with [Menu](#)

