

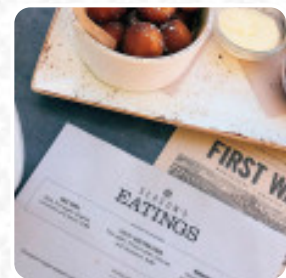


First Watch Menu

<https://menuweb.menu>

2243 Franklin Rd SW Suite B, Roanoke, VA 24014, United States

+15406563474 - <https://www.firstwatch.com>



The menu of First Watch from Roanoke comprises about **110** different dishes and drinks. On average you pay about \$10.3 for a dish / drink. First Watch in [Roanoke](#), VA, is a delightful American restaurant boasting an impressive 4.4-star rating. Experience the vibrant atmosphere and delicious offerings that cater to every palate, including excellent vegetarian options. Today, join us from 7:00 AM to 2:30 PM, and be sure to secure your table by calling (540) 656-3474 to avoid any wait. Don't miss this fantastic dining experience—your perfect meal awaits at First Watch! If you're looking for similar culinary adventures, consider exploring Mellow Mushroom Roanoke and CoreLife Eatery as alternatives. Have you visited us before? We'd love to hear your thoughts!.

First Watch Menu



Desserts

LEMON RICOTTA PANCAKES \$13.9

Smoothies

PURPLE HAZE \$6.3

Burger

VEGGIE BURGER \$13.4

Seafood

CRAB CAKES

Side Orders

SIDE OF 2 EGGS \$5.3

Mexican Dishes

TACOS

Appetizers

THE TRIFECTA \$14.6

Sweets & Desserts

BELGIAN WAFFLE \$12.3

Coffee

ICED COFFEE \$4.8

Fresh Juice Bar

MORNING MEDITATION \$6.3

Pancakes, Waffles And French Toast

MULTIGRAIN PANCAKE \$8.0

Breakfast Specials

FARM STAND BREAKFAST TACOS \$14.9

Shareables

MILLION DOLLAR BACON \$7.1

Fountain Drinks

FOUNTAIN BEVERAGE \$4.5

Iced Coffee

HONEY CARAMEL CRUNCH \$6.7

Egg Sandwiches And Wraps

POWER WRAP \$13.0

Lattes

MINT MOCHA \$6.7

Breakfast In Hand

BROOKLYN BREAKFAST SANDWICH \$16.4

Bakery, Fruits & Sides

HARDWOOD-SMOKED BACON

Hearty Breakfasts

BISCUITS GRAVY \$6.8

Organic Coffee & Tea

COLD BREW COFFEE \$5.2

First Watch Menu



Country Vegetables N' Sides

FRESH SEASONAL FRUIT \$5.3

Holiday Seasonal Menu

HOLEY DOUGHNUTS \$7.1

Uncategorized

KALE TONIC \$6.3

Non Alcoholic Drinks

WATER

TONIC

Toast

FRENCH TOAST \$12.8

AVOCADO TOAST \$14.6

Breakfast

SMOKED HAM \$5.5

SCRAMBLED EGGS

Dessert

WAFFLE

CREPES

Soft Drinks

APPLE JUICE \$4.6

ICE TEA

Hot Drinks

TEA

COFFEE

Most Popular

CHICKICHANGA \$15.2

CHICKEN AVOCADO CHOP SALAD \$14.3

Healthier Side

AM SUPERFOODS BOWL \$14.6

SUNRISE GRANOLA BOWL \$12.5

Power Bowls

POWER BREAKFAST QUINOA BOWL \$14.0

PESTO CHICKEN QUINOA BOWL \$14.0

From The Griddle

FLORIDIAN FRENCH TOAST \$15.2

TWO MULTIGRAIN PANCAKES \$10.3

Egg-Sclusives

BISCUITS TURKEY SAUSAGE GRAVY WITH EGGS \$14.3

PARMA SKILLET HASH \$16.1

Salads

COBB SALAD \$14.3

SWEET HONEY PECAN SALAD \$14.3

SUPERFOOD KALE SALAD \$14.3

Beverages

100% COLD SQUEEZED ORANGE JUICE \$4.6

PROJECT SUNRISE COFFEE \$4.4

JUICES

First Watch Menu



Egg Exclusives

| | |
|-----------------------|--------|
| ELEVATED EGG SANDWICH | \$14.9 |
| FARMHOUSE HASH | \$16.1 |
| MARKET HASH | \$16.1 |

Omelet

| | |
|--------------------|--------|
| THE WORKS OMELET | \$15.3 |
| BACADO OMELET | \$15.2 |
| MORNING MARKET VEG | \$14.6 |

Popular Items

| | |
|------------------------------------|--------|
| HAM GRUYERE | \$14.6 |
| BOWL OF TOMATO BASIL SOUP | \$5.3 |
| LEMON DRESSED ORGANIC MIXED GREENS | |

Seasonal Specials

| | |
|-------------------------------------|--------|
| BLACKBERRY LEMON CREAM FRENCH TOAST | \$15.8 |
| BARBACOA CHILIQUELES BOWL | \$17.8 |
| MANGO PASSION PALMER | \$6.5 |

Restaurant Category



FRENCH
VEGETARIAN
VEGAN

Omelets & Frittatas

| | |
|--|--------|
| CHILE CHORIZO | \$14.7 |
| INSPIRED ITALIAN | \$14.6 |
| SMOKED SALMON ROASTED VEGETABLE FRITTATA | \$15.8 |
| RUSTIC FRITTATA | \$14.7 |

These Types Of Dishes Are Being Served

PANINI
TOSTADAS
SALAD
SOUP

Sandwiches



| | |
|-----------------------------|--------|
| HEALTHY TURKEY | \$14.6 |
| HAM GRUYERE MELT | \$14.0 |
| ROAST BEEF HAVARTI SANDWICH | \$15.9 |
| MONTEREY CLUB SANDWICH | \$14.0 |
| BAJA TURKEY BURGER | \$13.4 |
| MARKET VEGGIE SANDWICH | \$13.4 |
| EGG SANDWICH | |

Side Dishes



| | |
|---------------------------------|-------|
| FRESH SEASONED POTATOES | \$4.4 |
| CHICKEN APPLE SAUSAGE | \$5.5 |
| PORK SAUSAGE | \$5.5 |
| SIDE MUFFIN | \$3.9 |
| TURKEY SAUSAGE | \$5.5 |
| ENGLISH MUFFIN | \$2.7 |
| GRAB N GO GF BROWNIE | \$3.6 |
| GLUTEN FREE TOAST | \$2.7 |
| GRAB N GO GF MARSHMALLOW TREAT | \$3.6 |
| GRAB N GO SALTED CARAMEL COOKIE | \$3.6 |
| BOB'S RED MILL CHEESE GRITS | |
| BOB'S RED MILL GRITS | |

First Watch Menu



Ingredients Used



SYRUP

POTATOES

EGG

BACON

FRUIT

CHEESE

SAUSAGE

BUTTER

KALE

MUSHROOMS

MILK

BEANS

BLACK BEANS

QUINOA

CORN

First Watch

2243 Franklin Rd SW Suite B,
Roanoke, VA 24014, 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](#)

