



First Watch Menu

<https://menuweb.menu>

13950 Cedar Rd, University Heights, OH 44118, United States, Maple Heights
+12163211075 - <http://firstwatch.com>



As soon as we have an **overview of dishes and drinks for First Watch University Heights** from Maple Heights, we will publish it here. In the meantime, feel free to check out the menus in the surrounding area.

First Watch Menu



Desserts

LEMON RICOTTA PANCAKES \$14.4

Non Alcoholic Drinks

TONIC

Smoothies

PURPLE HAZE \$6.6

Burger

VEGGIE BURGER \$13.7

Toast

FRENCH TOAST \$13.5

Breakfast

SMOKED HAM \$5.6

Side Orders

SIDE OF 2 EGGS \$5.6

Fish

SMOKED SALMON

Appetizers

THE TRIFECTA \$15.0

Juices

GRAPEFRUIT JUICE \$4.9

Kids Menu

KIDS FRENCH TOAST \$9.5

American Food

EGGS BENEDICT

Kids' Menu

KIDS WAFFLE \$9.5

Hot Drinks

COFFEE

Pancakes, Waffles And French Toast

MULTIGRAIN PANCAKE \$8.2

Breakfast Specials

FARM STAND BREAKFAST TACOS \$15.5

Shareables

MILLION DOLLAR BACON \$7.5

Fountain Drinks

FOUNTAIN BEVERAGE \$4.7

Iced Coffee

HONEY CARAMEL CRUNCH \$6.9

Egg Sandwiches And Wraps

POWER WRAP \$13.6

Just For Kids

KIDS GRILLED CHEESE \$9.5

First Watch Menu



Lattes

MINT MOCHA \$6.9

Hot Drink

HOT CHOCOLATE \$4.7

Light Breakfast

HOUSE-MADE GRANOLA \$6.6

Hearty Breakfasts

BISCUITS GRAVY \$7.1

Organic Coffee & Tea

COLD BREW COFFEE \$5.4

Coffee & Espresso (Large) - Breakfast

MINT MOCHA ICED COFFEE \$6.9

Country Vegetables N' Sides

FRESH SEASONAL FRUIT \$5.6

These Types Of Dishes Are Being Served

TURKEY

Soft Drinks

APPLE JUICE \$4.9

FRESH BREWED ICED TEA \$4.5

Coffee

ICED COFFEE \$4.9

DECAF COFFEE \$4.5

Most Popular

CHICKICHANGA \$16.0

CHICKEN AVOCADO CHOP SALAD \$14.9

Healthier Side

AM SUPERFOODS BOWL \$15.4

SUNRISE GRANOLA BOWL \$12.9

Power Bowls

POWER BREAKFAST QUINOA BOWL \$14.7

PESTO CHICKEN QUINOA BOWL \$14.7

Fresh Juice Bar

MORNING MEDITATION \$6.6

WATERMELON WAKE-UP \$6.6

Popular Items

HAM GRUYERE \$15.0

BOWL OF TOMATO BASIL SOUP \$5.6

From The Griddle

TWO MULTIGRAIN PANCAKES \$10.7

FLORIDIAN FRENCH TOAST \$16.0

Brunch Bundles

THE GOOD MORNING PACK (FOR TWO) \$27.5

THE GOOD MORNING PACK (FOR FOUR) \$48.7

First Watch Menu



Egg-Sclusives

BISCUITS TURKEY SAUSAGE GRAVY WITH EGGS	\$15.0
PARMA SKILLET HASH	\$16.6

Uncategorized

KALE TONIC	\$6.6
UTENSILS (SELECT ONLY ONCE PER ORDER)	

Salads

COBB SALAD	\$14.9
SWEET HONEY PECAN SALAD	\$14.9
SUPERFOOD KALE SALAD	\$14.9

Dessert

BLUEBERRY MUFFIN	\$4.1
CINNAMON ROLL	
CREPES	

Kids

KIDS CHOCOLATE CHIP PANCAKE	\$9.5
KIDS GRANOLA BOWL	\$9.5
KIDS BACON AND EGG	\$9.5

Beverages

100% COLD SQUEEZED ORANGE JUICE	\$4.9
PROJECT SUNRISE COFFEE	\$4.4
PROJECT SUNRISE COFFEE TOTE (96 OZ)	\$25.0

Egg Exclusives

ELEVATED EGG SANDWICH	\$15.4
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FARMHOUSE HASH	\$16.6
MARKET HASH	\$16.6

Omelet

THE WORKS OMELET	\$16.1
BACADO OMELET	\$16.0
MORNING MARKET VEG	\$15.0

Families, Groups & Grocery

LOAF OF SEED'LICIOUS BREAD	\$9.7
PROJECT SUNRISE RETAIL COFFEE	\$10.4
FIRST WATCH COOKBOOK	\$35.0

Ingredients Used

MILK	\$4.7
SHRIMP	
KALE	

Omelets & Frittatas

RUSTIC FRITTATA	\$15.4
SMOKED SALMON ROASTED VEGETABLE FRITTATA	\$16.2
INSPIRED ITALIAN	\$15.0
CHILE CHORIZO	\$15.4

Summer Seasonal Menu

STRAWBERRY TRES LECHES FRENCH TOAST	\$16.2
LONE STAR BRISKET HASH	\$18.0
CARNITAS BREAKFAST TOSTADAS	\$17.4
HONEY CARAMEL CRUNCH ICED COFFEE	\$6.9

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Sandwiches

HEALTHY TURKEY	\$15.4
HAM GRUYERE MELT	\$14.6
BAJA TURKEY BURGER	\$13.7
MARKET VEGGIE SANDWICH	\$13.7
MONTEREY CLUB SANDWICH	\$14.7
ROAST BEEF HAVARTI SANDWICH	\$16.7

HARDWOOD SMOKED BACON	\$6.9
TURKEY SAUSAGE	\$5.6
PORK SAUSAGE	\$5.6
BOB'S RED MILL CHEESE GRITS	\$4.1
CHICKEN APPLE SAUSAGE	\$5.6
BOB'S RED MILL GRITS	\$4.1
GRAB N GO GF MARSHMALLOW TREAT	\$3.7

Side Dishes



SIDE TOAST	\$2.5
SIDE OF SLICED AVOCADO	\$3.5
GRITS	
FRESH SEASONED POTATOES	\$4.6

ENGLISH MUFFIN	\$2.5
LEMON-DRESSED ORGANIC MIXED GREENS	\$4.1
GLUTEN FREE TOAST	\$2.5
GRAB N GO GF BROWNIE	\$3.7
GRAB N GO SALTED CARAMEL COOKIE	\$3.7

First Watch

13950 Cedar Rd, University Heights, OH 44118, United States, Maple Heights

Opening Hours:

Monday 07:00 -14:30
Tuesday 07:00 -14:30
Wednesday 07:00 -14:30
Thursday 07:00 -14:30
Friday 07:00 -14:30
Saturday 07:00 -14:30
Sunday 07:00 -14:30

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