

First Watch Gluten-Free Menu

For those who savor their meals but also keep a keen eye on their gluten intake. With its extensive Gluten-Free Menu, First Watch offers a satisfying answer. First Watch ensures that people sensitive to gluten can enjoy a satisfying meal without giving up taste or variety by providing a wide range of tempting choices.

With a carefully chosen gluten-free menu, First Watch goes above and beyond to help customers who are allergic to gluten. First Watch has a wide range of gluten-free dishes made with fresh, high-quality ingredients, from hearty breakfast classics to healthy lunch choices.

What is a Gluten-Free Menu?

People who have to carefully follow a gluten-free diet because of health issues like celiac disease or gluten sensitivity can find what they need on the Gluten-Free Menu. Because they don't have gluten, a protein found in wheat, barley, and rye, these menus make eating safe and fun for people who can't have gluten.

First Watch's Power Bowls are a tasty and healthy gluten-free meal with a variety of fresh vegetables, eggs high in protein, and healthy carbs. First Watch offers gluten-free options and is committed to providing excellent food so gluten-conscious customers can enjoy a satisfying meal without issues.

Gluten-Free Menu at First Watch

The Gluten-Free Menu at First Watch shows their commitment to being open to everyone and making great food. Every dish, from healthy breakfast choices to savory brunch treats, is carefully made to accommodate gluten-sensitive customers without lowering the quality or taste of the food.

Starters

Start your gluten-free trip at First Watch with tasty appetizers that set the tone for a memorable meal. These starts, which range from fresh fruit bowls to hearty soups, are sure to make your mouth water.

- **Fresh Fruit Bowl:** A vibrant medley of seasonal fruits bursting with flavor and nutrients.
- **Signature Kale Tonic:** A refreshing blend of kale, Fuji apple, English cucumber, and lemon, packed with antioxidants and flavor.
- **Avocado Toast:** Creamy avocado atop gluten-free toast sprinkled with sea salt and fresh herbs for a delightful start to your meal.

Main Courses

Main courses that are hearty and made with the best ingredients and careful attention to detail are available for a wide range of tastes.

- **Farm Stand Breakfast Tacos:** Scrambled eggs, chorizo, avocado, and Monterey Jack cheese wrapped in corn tortillas, served with house-made pico de gallo.
- **Quinoa Power Bowl:** Nutrient-rich quinoa served with fresh vegetables, avocado, and a poached cage-free egg, drizzled with lemon vinaigrette for flavor.
- **Smoked Salmon Benedict:** Tender smoked salmon atop gluten-free English muffins, topped with poached cage-free eggs and hollandaise sauce, served with fresh fruit.

Sides

Complement your main course with a selection of delectable sides, perfect for enhancing your dining experience.

- **Fresh Seasonal Fruit:** A colorful assortment of fresh fruit sourced locally and bursting with natural sweetness.
- **Seasoned Potatoes:** Crispy roasted potatoes seasoned to perfection with herbs and spices, a delightful accompaniment to any meal.
- **Mixed Greens Salad:** A refreshing blend of mixed greens, cherry tomatoes, cucumbers, and balsamic vinaigrette, a light and flavorful side option.

Gluten-Free Desserts

Conclude your meal sweetly with indulgent gluten-free desserts that will satisfy your cravings.

- **Flourless Chocolate Cake:** A rich and decadent chocolate cake made without gluten, topped with a velvety ganache for the ultimate chocolate experience.
- **Fresh Berries with Whipped Cream:** Juicy berries paired with luscious whipped cream, a light and refreshing dessert option perfect for any occasion.

First Watch Gluten-Free Menu PDF

By making a gluten-free menu, First Watch shows that it is still committed to giving all of its customers a diverse and welcoming eating experience. Quality, freshness, and taste are important to First Watch, so they make sure that people who can't eat gluten can still enjoy a tasty meal.

Important Links of First Watch

Link Description	
Official Website	First Watch
Facebook	First Watch Facebook
Twitter	First Watch Twitter
Instagram	First Watch Instagram
Locations	First Watch Locations
Menu	First Watch Menu

Link Description	
Careers	First Watch Careers

Don't forget that your health is important, and **First Watch** ensures you can enjoy their tastes without any problems! Let's go to the Frequently Asked Questions of **First Watch Gluten-Free Menu**. Check the **First Watch Allergen Menu**.

Frequently Asked Questions

Does First Watch offer a gluten-free menu?

First Watch offers a dedicated gluten-free menu with various options, including breakfast classics, salads, sandwiches, and more.

Are First Watch's gluten-free offerings certified gluten-free?

While First Watch takes precautions to prevent cross-contamination and offers gluten-free options, its kitchens are not certified gluten-free environments.

Can I customize my order to make it gluten-free?

Absolutely! First Watch encourages patrons to customize their orders, including gluten-free options, to accommodate dietary preferences and restrictions.

Are First Watch's gluten-free pancakes available at all locations?

Most First Watch locations offer gluten-free pancakes as part of their gluten-free menu. However, availability may vary by location.

Does First Watch offer gluten-free bread for sandwiches and toast?

Yes, First Watch provides gluten-free bread as an alternative for sandwiches and toast upon request.

Are First Watch's gluten-free options suitable for individuals with celiac disease?

While First Watch offers gluten-free options, individuals with celiac disease should exercise caution as cross-contamination may occur in the kitchen.

Are there First Watch gluten-free options available for kids?

Yes, First Watch offers gluten-free options for kids, including pancakes, eggs, bacon, and fresh fruit.

Does First Watch offer gluten-free beverages?

While many beverages at First Watch are naturally gluten-free, patrons should check with their server regarding specific ingredients or potential cross-contamination concerns.

Are nutritional information and allergen details available for First Watch's gluten-free menu items?

Yes, First Watch provides comprehensive nutritional information and allergen details, including gluten content, for its menu items upon request.

Can I order delivery or takeout for gluten-free options from First Watch?

Yes, First Watch offers delivery and takeout options for its gluten-free menu items, allowing patrons to enjoy their favorite dishes from their homes.