FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person's Wolszczak Jay Anthony	Requiring (Month/D	2. Date of Event Requiring Statement (Month/Day/Year) 10/01/2021 3. Issuer Name and Ticker or Trading Symbol First Watch Restaurant Group, Inc. [FWRG]						
(Last) (First) (Middle) C/O FIRST WATCH RESTAURAN	Т		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner		File	5. If Amendment, Date of Original Filed (Month/Day/Year)		
GROUP, INC. 8725 PENDERY PLACE, SUITE 20	01		X Officer (give title below) General Counse	Other (below)	specify 6. (Cl	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person		
(Street) BRADENTON FL 34201			General Godinge	i una secrea			by More than One Person	
(City) (State) (Zip)								
Table I - Non-Derivative Securities Beneficially Owned								
1. Title of Security (Instr. 4)			2. Amount of Securities Beneficially Owned (Inst 4)			4. Nature of Indirect Beneficial Ownership (Instr. 5)		
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)								
1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of	5. Ownership Form: Direct (D)	6. Nature of Indirect Beneficial Ownership (Instr.	
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	or Indirect (I) (Instr. 5)	5)	
Stock Option (right to buy)	(1)	07/18/2028	Common stock	177,570 ⁽¹⁾	8.45	D		
Stock Option (right to buy)	(2)	04/24/2029	Common stock	69,055 ⁽²⁾	12.68	D		

Explanation of Responses:

- 1. Represents stock options awarded on July 18, 2018, pursuant to the Issuer's 2017 Omnibus Equity Incentive Plan (the "Plan"). Unvested stock options vest in installments as follows: (a) 21,308 options on each of July 18, 2022 and the first anniversary thereof; and (b) 23,676 options on each of the first two anniversaries of the closing of the Issuer's initial public offering (the "IPO") and on the 273rd day following the second anniversary of the closing of the IPO, subject to earlier forfeiture or acceleration.
- 2. Represents stock options awarded on April 24, 2019, pursuant to the Plan. Unvested stock options vest in installments as follows: (a) 8,286 options on April 24, 2022, and 8,287 options on each of the first two anniversaries thereof; and (b) 9,207 options on each of the first two anniversaries of the closing of the IPO, and 9,208 options on the 273rd day following the second anniversary of the closing of the IPO, subject to earlier forfeiture or acceleration.

Remarks

Exhibit 24 - Power of Attorney, incorporated herein by reference

By: /s/ Jay Wolszczak 10/01/2021

** Signature of Reporting Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 5 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints Christine Hermann of First Watch Restaurant Group, Inc. (the "Company"), the undersigned's true and lawful attorney-in-fact to:

- prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934 or any rule or regulation of the SEC;
- 2. execute for and on behalf of the undersigned with respect to the Company, Schedules 13D and 13G and Forms 3, 4, and 5 in accordance with Sections 13 and 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;
- 3. do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Schedules 13D or 13G or Form 3, 4, or 5, complete and execute any amendment or amendments thereto, and timely file such form with the SEC and any stock exchange or similar authority; and
- 4. take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorney-in-fact, in serving in such capacity at the request of the undersigned, is not assuming, nor is the Company assuming any of the undersigned's responsibilities to comply with Sections 13 and 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorney-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 13th day of August, 2021.

/s/ Jay Wolszczak

Name: Jay Wolszczak