FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D	.C. 20549
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Check this box if no longer subject
to Section 16. Form 4 or Form 5
obligations may continue. See
Inaterration 1/h)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
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hours per response	: 0.5							

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

1. Name and Address of Reporting Person* Jones John Daniel					2. Issuer Name and Ticker or Trading Symbol First Watch Restaurant Group, Inc. [FWRG]										all app Direc	licable)			Owner (specify	
(Last)	Last) (First) (Middle) C/O FIRST WATCH RESTAURANT GROUP,					3. Date of Earliest Transaction (Month/Day/Year) 03/12/2024								Λ	below C	v) hief Opera	ations	below) s Officer		
INC. 8725 PENDERY PLACE, STE. 201					4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person							
(Street) BRADENTON FL 34201													Form filed by More than One Reporting Person					orting		
					Rul	Rule 10b5-1(c) Transaction Indication														
(City)	(Si	rate) (2	Zip)		Check this box to indicate that a transaction was made pursuant satisfy the affirmative defense conditions of Rule 10b5-1(c). See															
		Table	I - N	on-Deriva	tive S	Secui	rities	Acc	quired	l, Dis	sposed of	, or E	Benefici	ally	Own	ed				
1. Title of Security (Instr. 3) 2. Transacti Date (Month/Day)					Executification if any	Deemed cution Date, ny nth/Day/Year)		3. Transaction Code (Instr. 8) 4. Securities Ac Disposed Of (D)					and 5) Secur Bene		cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	(A) or (D)	Price	Tran		ansaction(s) str. 3 and 4)			(111501.4)	
Common Stock 03/12/20					024						1,977	D	\$24.4	3 ⁽²⁾	(2) 43,165			D		
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																			
1. Title of Derivative Security (Instr. 3)	Derivative Conversion Date Execution Date, Security or Exercise (Month/Day/Year) if any					Transaction Code (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			e and int of ities rlying ative ity (Instr. 4)			9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	у	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exerci	isable	Expiration Date	Title	or Number of Shares							

Explanation of Responses:

- 1. Represents the number of shares sold by First Watch Restaurant Group, Inc. on behalf of the reporting owner which sale is mandatory pursuant to First Watch Restaurant Group, Inc.'s policies to cover necessary tax withholding obligations in connection with the vesting of restricted stock units. Such sales do not represent a discretionary trade by the reporting owner.
- 2. The price reported in Column 4 is a weighted average price for the 1,977 shares. The individual range of sale prices for this transaction is \$24.26 to \$24.43. The reporting owner undertakes to provide to First Watch Restaurant Group, Inc., any security holder of First Watch Restaurant Group, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of Common Shares sold at each separate price within the range set forth in this Footnote.

Remarks:

/s/ Jay Wolszczak, as attorney-03/14/2024 in-fact for John Daniel Jones

** Signature of Reporting Person

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 4 (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.