FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: 3235-028							
Estimated average burden							
hours per response:	0.5						

Instruction 1(b).				uant to Section 16(a) Section 30(h) of the In		es Exchange Act of 1934 npany Act of 1940					
1. Name and Addres Sorensen Lau (Last)		rson [*] (Middle)		issuer Name and Tick <u>rst Watch Resta</u>	•	Symbol Dup, Inc. [FWRG		ationship of Reporti (all applicable) Director Officer (give title below)	10% C Other below	Owner (specify	
C/O FIRST WATCH RESTAURANT GROUP, INC.				Date of Earliest Transa /09/2023	action (Month/	Day/Year)	Chief People Officer				
8725 PENDERY PLACE, STE. 201			4.1	f Amendment, Date of	Original Filed	l (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street) BRADENTON	FL	34201					X	Form filed by On Form filed by Mo Person	1 0		
(City)	(State)	(Zip)									
	Та	able I - Non	-Derivative	Securities Acq	uired, Disj	oosed of, or Benef	icially	Owned			
1. Title of Security (Instr. 3) 2. Transact Date			2. Transaction Date	2A. Deemed Execution Date,	3. Transaction	4. Securities Acquired (A Disposed Of (D) (Instr. 3,		5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect	

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)						5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)		(1150. 4)
Common Stock	03/09/2023		Α		22,551 ⁽¹⁾	Α	\$ <mark>0</mark>	48,142 ⁽²⁾	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)												
tion	3A Deemed	4	5 Number	6 Date Exercisable and	7 Title and	8 Price of	9 1					

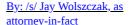
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares					

Explanation of Responses:

1. Represents restricted stock units which vest in three equal annual installments beginning on March 9, 2024, subject to earlier forfeiture or acceleration.

2. On October 5, 2021, AI Fresh Holdings Limited Partnership distributed to its limited partners, for no consideration, an aggregate of 48,170,596 shares of the Issuer's common stock, representing each such partner's pro-rata interest in such shares. The aforementioned distribution was made in accordance with the exemptions afforded by Rules 16a-13 and 16a-9 of the Securities Exchange Act of 1934. Includes 25,591 shares of common stock beneficially owned by the Reporting Person immediately following such distribution.

Remarks:



03/13/2023

** Signature of Reporting Person Date

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

 \star 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.

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