FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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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 Lilak Stephani		on*		2. Date of Event Requiring Statement (Month/Day/Year) 3. Issuer Name and Ticker or Trading Symbol 6/17/2022 First Watch Restaurant Group, Inc. [FWRG]					
(Last) (First) (Middle) C/O FIRST WATCH RESTAURANT GROUP, INC. 8725 PENDERY PLACE, STE. 201				4. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner Officer (give title below) Other (specify below)			5. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line)		
(Street) BRADENTON (City)	FL (State)	34201 (Zip)	_					-	Dne Reporting Person Nore than One Reporting Person
(0.9)	(outo)	(=.p)	Table I - No	on-Derivat	tive Securities Beneficially Ov	wned			
1. Title of Security (Instr. 4)					mount of Securities Beneficially ned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)		4. Nature of Indirect Beneficial Ownership (Instr. 5)	
					e Securities Beneficially Own ants, options, convertible sec				
1. Title of Derivative Security (Instr. 4)			2. Date Exercis Expiration Date (Month/Day/Yea	S	B. Title and Amount of Securities Under Security (Instr. 4)	rlying Derivative	4. Conversion or Exercise	cise or Indirect (I) (Instr. 5) ve	6. Nature of Indirect Beneficial Ownership (Instr. 5)
				xpiration ate Ti	īitle	Amount or Number of Shares	Price of Derivative Security		

Explanation of Responses:

Remarks:

Exhibit 24 - Power of Attorney, incorporated herein by reference

No securities are beneficially owned.

By: /s/ Jay Wolszczak as attorney-in-fact 06/21/2022 for Stephanie Lilak

** Signature of Reporting Person

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 Jay Wolszczak, Jody Gale and Christine Hermann of First

1. prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the

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 Se

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 Su

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 benu The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsu 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 IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 17th day of June, 2022.

/s/ Stephanie Lilak

Name: Stephanie Lilak