UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

August 9, 2023
Date of Report (date of earliest event reported)

First Watch Restaurant Group, Inc.

(Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation or organization)

Title of each class

001-40866 (Commission File Number)

82-4271369 (I.R.S. Employer Identification Number)

8725 Pendery Place, Suite 201, Bradenton, FL 34201 (Address of principal executive offices and zip code) (941) 907-9800 (Registrant's telephone number, including area code)

Check the appropriate box below if t	he Form 8-K filing is intended t	o simultaneously satisfy th	he filing obligation of the	registrant under any of	f the following provisions:

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Trading Symbol FWRG

Common stock, \$0.01 par value

Name of each exchange on which registered The Nasdaq Stock Market LLC (Nasdaq Global Select Market)

 $Indicate\ by\ check\ mark\ whether\ the\ registrant\ is\ an\ emerging\ growth\ company\ as\ defined\ in\ Rule\ 12b-2\ of\ the\ Exchange\ Act.$

Emerging growth company $\ oxtimes$

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \boxtimes

Item 7.01 - Regulation FD Disclosure.

Chris Tomasso, President and CEO, and Mel Hope, Chief Financial Officer, of First Watch Restaurant Group, Inc. (the "Company") are scheduled to give a presentation at a meeting with investors on August 10, 2023, for a non-deal roadshow. The presentation materials are attached hereto as Exhibit 99.1. The presentation materials are also available on the Investor Relations section of the Company's website at https://investors.firstwatch.com.

The information furnished under Item 7.01 of this Current Report on Form 8-K, including Exhibit 99.1, shall not be deemed to be "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that section, and shall not be deemed to be incorporated by reference into any filing under the Securities Act of 1933, as amended, or the Exchange Act, whether made before or after the date of this Current Report, regardless of any general incorporation language in the filing.

Item 8.01 - Other Events.

On August 9, 2023, the Company issued a press release announcing the acquisition of six franchise-owned restaurants, one restaurant under construction and corresponding development rights in Georgia and South Carolina. A copy of the press release is attached hereto as Exhibit 99.2.

Item 9.01 - Financial Statements and Exhibits.

(d) Exhibits.

Exhibit No. Exhibit Title or Description

99.1 Investor presentation dated August 10, 2023

99.2 Press Release of First Watch Restaurant Group, Inc. dated August 9, 2023
 104 Cover Page Interactive Data File (embedded within the Inline XBRL document)

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, as amended, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

First Watch Restaurant Group, Inc. (Registrant)

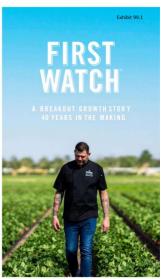
/s/ Jay Wolszczak Jay Wolszczak Date: August 9, 2023 By:

Name:

Title: Chief Legal Officer, General Counsel and Secretary







CAUTIONARY NOTE ON FORWARD-LOOKING STATEMENTS AND NON-GAAP FINANCIAL MEASURES

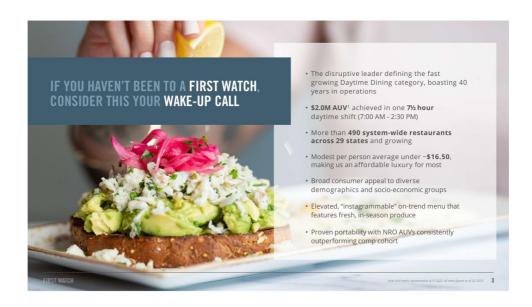


In addition to historical information, this presentation may centain a number of "Firmwed bioding statements", as defined in the Private Securities staggation Referent A. 1985, which are subject to known and unknown rais, uncertainties and converted expectation and projections referred in the Private Securities staggation Referent A. 1985, which are subject to known and unknown rais, uncertainties and converted expectations and projections referred in the Private Securities staggation Referent A. 1985, which are subject to known and unknown rais, uncertainties and converted expectations and projections referred in the Private Securities and the Private Securities Securities and the Private Securities and the Priva

Non-GAAP Financial Measures (Unsudited)

To supplement the consolidated financial statements, which are prepared in accordance with accounting principles generally accepted in the United States of America ("GAAP"), we use the following non-GAAP measures, which present operating results on an adjusted basis: (i) Adjusted EIIITOA margin, (ii) Restatuarial level operating print and (iv) Restatuarial level operating print and print of the state of the print of

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- Daypart that has consistently grown since 2019
- Daypart growth still in its early stages, with upside potential vs established lunch and dinner
- Tremendous opportunity with a vast majority of breakfast occasions still occurring at home
- High consumer appeal for breakfast all day
- Compelling unit economics

FIRST WATCH

(1) Technomic 2023.

THE ALL DAY CAFE IS CHANGING THE GAME AND BRINGING EXCITEMENT TO A GROWING DAYPART

- Operating exclusively during daytime hours
- · Inspired, chef-driven menu
- Legacy players have not evolved with consumer preferences & tastes
- Younger generations are more discerning and health focused, demanding more from brands
- Highly fragmented competitive set



HEALTH & FRESHNESS

EXPLORATION & CREATIVITY



ENGAGING ENVIRONMENTS

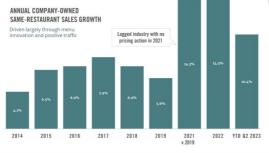
FIRST WATCH

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PROVEN ABILITY TO CONSISTENTLY DRIVE SAME-RESTAURANT TRAFFIC



FIRST WATCH

 On-trend evolving menu ensures relevancy and newness

ME-RESTAURANT Sales growth Drivers

 Great customer experiences drive frequency

 Apply targeted marketing to increase awareness

 Prior to 2020, modest average pricing of 2-3% annually to offset cost increases, with no price taken in 2021





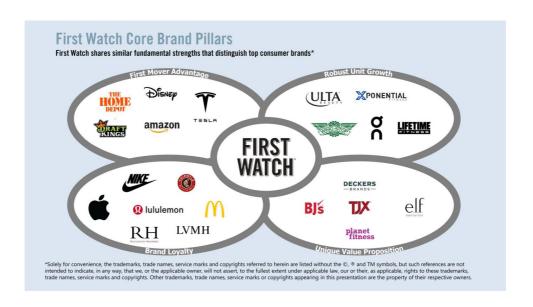


WE ARE EXCEEDING THE LONG-TERM PERFORMANCE TARGETS WE IDENTIFIED AT THE IPO

UNIT Growth SAME-RESTAURANT SALES GROWTH APPROX 3.5% SYSTEM-WIDE SALES GROWTH (1) ADJ. EBITDA GROWTH MID-TEENS

FIRST WATCH

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COMFORTING & FAMILIAR MENU MEETS INTRIGUE & INNOVATION

- Familar forms with seasonal flavors
- Early trend identification
- Five seasonal menu changes a year



FIRST WATCH

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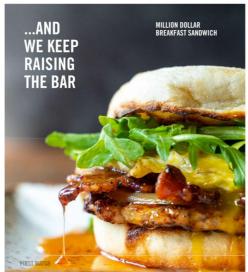






- Track record of establishing partnerships with the best makers, bakers and growers
- Menu rotates every 10 weeks to reflect the season and ensure ongoing relevancy
- Focus is on quality and freshness

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SHAREABLES CREATE ADD-ON OPPORTUNITIES

- Capitalizes on the social nature of breakfast / brunch meals
- Generates incremental sales and opportunity to test pricing with menu mix as high as 9.2% of customers
- 5.6% of customers purchased shareables Q2 2023 vs. 1.9% in 2017
- Shareables instead of appetizers or desserts (maintains table turns)

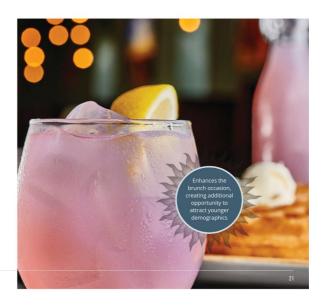
FIRST WATCH

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CRAFTED COCKTAILS

(REALLY GOOD MORNINGS)

- ~88% of system rolled out
- Highly incremental and margin accretive to all other beverages including fresh juice
 Accounts for 6% of dine-in customers at serving restaurants
- Presents continued innovation opportunity
- No physical bar needed for alcohol roll-out



WE HAVE A LOT OF DEMAND AND WE ARE FOCUSED ON SERVING IT

- Waits can range up to 90 minutes during peak periods, signifying unmet demand
- We have identified significant technology and operational initiatives within our four walls to help us actualize this opportunity

TITLE STEELINGS IN

Specialized roles to boost efficiency and throughput deficiency and throughput deficiency in the state of the state









HISTORICAL DATA



Same-Restaurant Sales & Traffic Growth

	2023			2022				2021					
	Q1	Q2	YTD Q2	Q1	Q2	Q3	Q4	FY	Q1	Q2	Q3	Q4	FY
Same-Restaurant Sales Growth	12.9%	7.8%	10.4%	27.2%	13.4%	12.0%	7.7%	14.5%	14.1%	403.5%	46.2%	36.7%	63.0%
Same-Restaurant Traffic Growth (Decline)	5.1%	(1.2%)	1.9%	21.9%	8.1%	3.7%	(0.6%)	7.7%	2.2%	360.9%	40.1%	31.9%	52.6%
Comparable Restaurant Base	328	327	327	305	304	303	301	301	270	270	270	269	269

Pre-opening Expenses "

(in thousands)																						
			2023						2	022							2	021				
	10.0	Q1	Q2	YTD Q2	=	Q1	62	Q2	, l	Q3	Q4	FY	3/0	Q1	(sec. 3	Q2		Q3	1	Q4	SEL .	FY
Other restaurant operating expenses	\$	654	\$ 643	\$ 1,297	\$	648	\$	563	\$	813	\$ 1,301	\$ 3,325	\$	724	\$	649	\$	280	\$	402	\$	2,055
Occupancy expenses	\$	382	\$ 609	\$ 991	\$	337	\$	531	\$	677	\$ 544	\$ 2,089	\$	440	\$	250	\$	230	\$	335	\$	1,255
Total Pre-opening expenses	\$	1,036	\$ 1,252	\$ 2,288	\$	985	\$	1,094	\$	1,490	\$ 1,845	\$ 5,414	\$	1,164	\$	899	\$	510	\$	737	\$	3,310

[&]quot; Pre-opening expenses are presented in one line item on the Consolidated Statements of Operations and Comprehensive Income (Loss

NON-GAAP FINANCIAL MEASURES



Adjusted EBITDA and Adjusted EBITDA margin

Adjusted EBITDA and Adjusted EBITDA margin

Management uses Adjusted EBITDA and Adjusted EBITDA
margin (i) as factors in evaluating managements
margin (ii) as factors in evaluating managements
margin (iii) internally as benchmarks to compare the Company's performances to that of its competitors and (iv) to provide investors with additional transparency of the Company's performance relative to the Company's performance based on the Company's performance based on the Company's performance relative to the Company's performance based on the Company's performance valuation to the Company's performance valua

	THIRTEEN WEEK	KS ENDED	TWENTY-SIX W	EEKS ENDED	FISCAL YEAR				
(in thousands)	June 25, 2023	June 26, 2022	June 25, 2023	June 26, 2022	2022	2021	2020		
Net income (loss)	\$7,959	\$2,707	\$17,319	\$7,347	\$6,907	(\$2,107)	(\$49,681		
Depreciation and amortization	9,441	8,400	18,558	16,623	34,230	32,379	30,72		
Interest expense	2,037	1,126	3,944	2,132	5,232	20,099	22,81		
Income taxes	2,032	1,336	6,590	3,613	5,684	2,477	(19,873		
EBITDA	21,469	13,569	46,411	29,715	52,053	52,848	(16,014		
Stock-based compensation (1)	2,125	2,808	3,622	5,102	10,374	8,596	750		
Transaction expenses (income), net (2)	1,744	300	1,997	557	2,513	(1,156)	(258		
Strategic transition costs (8)	208	721	513	1,171	2,318	2,402	4,247		
Delaware Voluntary Disclosure Agreement (6)	45		412		149	-			
Insurance (proceeds) costs, in connection with natural disasters,net (5)	(154)	*	(295)		115		15		
Impairments and loss on disposal of assets (6)	299	155	433	234	920	381	315		
Recruiting and relocation costs (7)	80	143	110	219	681	351	228		
Severance costs (8)		93	26	155	155	265	239		
Loss on extinguishment of debt					-	2,403			
COMD-19 - related charges						211	4,749		
Adjusted EBITDA	\$25,816	\$17,789	\$53,229	\$37,153	\$69,278	\$66,301	(\$5,744		
Total revenues	\$216,300	\$184,453	\$427,706	\$357,565	\$730,162	\$601,193	\$342,388		
Net income (loss) margin	3.7%	1.5%	4.0%	2.1%	0.9%	(0.4%)	(14.5%		
Adjusted EBITDA Margin	11.9%	9.6%	12.4%	10.4%	9.5%	11.0%	(1.7%		
Additional information									
Deferred rent expense (income) (9)	\$330	\$651	\$914	\$1,231	\$2,418	(\$2.011)	\$10.08		

NON-GAAP FINANCIAL MEASURES



	THIRTEEN WE	EKS ENDED	TWENTY-SIX W	EEKS ENDED	FISCAL YEAR				
(in thousands)	June 25, 2023	June 26, 2022	June 25, 2023	June 26, 2022	2022	2021	2020		
Income (Loss) from operations	\$11,343	\$5,053	\$26,674	\$12,813	\$16,913	\$22,243	(\$47,222		
Less: Franchise revenues	(3,713)	(2,771)	(7,151)	(5,214)	(10,981)	(8,850)	(4,955		
Add:									
General and administrative expenses	25,284	21,942	47,989	41,505	84,959	70,388	46,32		
Depreciation and amortization	9,441	8,400	18,558	16,623	34,230	32,379	30,72		
Transaction expenses (income), net (1)	1,744	300	1,997	557	2,513	(1,156)	(258		
Impairments and loss on disposal of assets (2)	299	155	433	234	920	381	31		
Costs in connection with natural disasters	2	(4)		- 4	382	59.0			
COVID-19 related charges					-	19	3,30		
Restaurant level operating profit	\$44,398	\$33,079	\$88,500	\$66,518	\$128,936	\$115,404	\$28,23		
Restaurant sales	\$212,587	\$181,682	\$420,555	\$352,351	\$719,181	\$592,343	\$337,43		
Income (Loss) from operations margin	5.3%	2.8%	6.3%	3.6%	2.4%	3.8%	(14.0%		
Restaurant level operating profit margin	20.9%	18.2%	21.0%	18.9%	17.9%	19.5%	8.49		
Additional information									
Deferred rent expense (income) (3)	\$280	\$601	\$814	\$1,131	\$2,219	(\$2,075)	\$10,02		

DEFINITIONS



The following definitions apply to these terms as used in this presentation:

Adjusted EBITDA: a non-GAAP financial measure, is defined as net income (loss) before depreciation and amortization, interest expense, income taxes and items that the Company does not consider in the evaluation of its ongoing core operating performance.

Adjusted EBITDA margin: a non-GAAP financial measure, is defined as Adjusted EBITDA as a percentage of total revenues.

Average Unit Volume: the total restaurant sales (excluding gift card breakage) recognized in the comparable restaurant base, which is defined as the number of company-owned First Watch branded restaurants open for 18 months or longer as of the beginning of the fiscal year ("Comparable Restaurant Base"), divided by the number of restaurants in the Comparable Restaurant Base during the period. This measurement allows management to assess changes in consumer spending patterns at our restaurants and the overall performance of our restaurant hase.

Restaurant level operating profit: a non-GAAP financial measure, is defined as restaurant sales, less restaurant operating expenses, which include food and beverage costs, labor and other related expenses, other restaurant operating expenses, pre-opening expenses and occupancy expenses. Restaurant level operating profit excludes corporate-level expenses and items that are not considered in the Company's evaluation of its ongoing core operating performance.

Restaurant level operating profit margin: a non-GAAP financial measure, is defined as Restaurant level operating profit as a percentage of restaurant sales.

Same-restaurant sales growth: the percentage change in year-over-year restaurant sales (excluding gift card breakage) for the Comparable Restaurant Base.

Same-restaurant traffic growth: the percentage change in traffic counts as compared to the same period in the prior year using the Comparable

System-wide restaurants: the total number of restaurants, including all company-owned and franchise-owned restaurants.

System-wide sales: consists of restaurant sales from our company-owned restaurants and franchise-owned restaurants. We do not recognize the restaurant sales from our franchise-owned restaurants as revenue.



BREAKFAST · BRUNCH · LUNCH

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Vice President, Investor Relations
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First Watch Announces Acquisition of Six Franchise Restaurants in Georgia and South Carolina

BRADENTON, Fla. - August 9, 2023 - First Watch Restaurant Group, Inc. (NASDAQ: FWRG) ("First Watch" or the "Company"), the leading Daytime Dining concept, announced that it has acquired, effective today six of its previously franchise-owned restaurants, one restaurant under construction and corresponding development rights in Georgia and South Carolina.

"We are excited to welcome our newest teams in Georgia and South Carolina to the First Watch company-owned system and we are thankful for a successful transition from our wonderful franchise partners who began operating their first restaurant in 2018," said Chris Tomasso, First Watch CEO and President. "We continue to execute on our long-term growth strategy by acquiring 17 franchise restaurants so far this year. We look forward to serving new communities and empowering our new restaurant teams in our You First culture."

The acquisition was funded with cash on hand.

About First Watch

First Watch's chef-driven menu includes elevated executions of classic favorites along with First Watch's chef-driven menu includes elevated executions of classic favorites along with First Watch's chef-driven menu includes elevated executions of classic favorites along with First Watch specialties such as the protein-packed Quinoa Power Bowl®, Farm Stand Breakfast Tacos, Avocado Toast, Chickichanga, Morning Meditation (juiced in-house daily), Spiked Lavender Lemonade and its signature Million Dollar Bacon. In 2023, First Watch was named the top restaurant brand in Yelp's inaugural list of the top 50 most-loved brands in the U.S. In 2022, First Watch was awarded a sought-after MenuMasters honor by Nation's Restaurant News for its seasonal Braised Short Rib Omelet, recognized with ADP's coveted Culture at Work Award and named a Most Loved Workplace® in Newsweek by the Best Practice Institute. In 2021, First Watch was recognized as FSR Magazine's Best Menu and as the fastest-growing full-service restaurant chain based on unit growth. There are more than 490 First Watch restaurants in 29 states, and the restaurant concept is majority owned by Advent International, one of the world's largest private-equity firms. For more information, visit www.firstwatch.com.

Forward-Looking Statements

In addition to historical information, this release contains a number of "forward-looking statements" as defined in the Private Securities Litigation Reform Act of 1995. Forward-looking statements include, without limitation, information concerning First Watch's acquisitions of franchise-owned restaurants, possible or assumed future results of operations, new restaurant openings, business strategies, competitive position, industry environment, potential growth opportunities and the effects of regulation. When used in this press release, the words "estimates," "projected," "expects," "anticipates," "forecasts," "intends," "believes," "seeks," "target," "may," "will," "should," "future," "propose," "preliminary," "outlook," "guidance," "on track" and variations of these words or similar expressions (or the negative versions of such words or expressions) are intended to identify forward-looking statements. Forward-looking statements in this press release are based on our current expectations and assumptions regarding our business, the economy and other future conditions. Because forward-looking statements relate to the future, by their nature, they are subject to inherent uncertainties, risks and changes in circumstances that are difficult to predict. As a result, our actual results may differ materially from those contemplated by the forward-looking statements. Important factors that could cause actual results to differ materially from those in the forward-looking statements include the following: uncertainty regarding ongoing hostility between Russia and Ukraine and the related impact on macroeconomic conditions, including inflation, as a result of such conflict or other

related events; our vulnerability to changes in economic conditions and consumer preferences; our inability to successfully open new restaurants or establish new markets; our inability to effectively manage our growth; adverse effects of the COVID-19 pandemic or other infectious diseases; potential negative impacts on sales at our and our franchisees' restaurants as a result of our opening new restaurants; a decline in visitors to any of the retail centers, lifestyle centers, or entertainment centers where our restaurants are located; lower than expected same-restaurants agrowth; unsuccessful marketing programs and limited time new offerings; changes in the cost of food; unprofitability or closure of new restaurants or lower than previously experienced performance in existing restaurants; our inability to compete effectively for customers; unsuccessful financial performance of our franchisees; our limited control over our franchisees' operations; our inability to maintain good relationships with our franchisees; conficiency in the southeast portion of the United States; damage to our reputation and negative publicity; our inability or relative to recognize, respond to and effectively manage the accelerated impact of social media; our limited number of suppliers and distributors for several of our frequently used ingredients; and shortages or disruptions in the supply or delivery of such ingredients; information technology system failures or breaches of our network security; our failure to comply with federal and state laws and regulations relating to privacy, data protection, advertising and consumer protection, or the expansion of current or the enactment of new laws or regulations relating to privacy, data protection, advertising and consumer protection; our potential liability with our gift cards under the property laws of some states; our failure to enforce and maintain our trademarks and protect our other intellectual property; litigation with respect to intellectual property in the employment eligibility

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