

Nutritional ingredient availability may vary by location  
and limited time menu items are excluded.

Nutritional information is based on 1 serving of each item

Recipe	Cal.	Cal. from Fat	Total Fat(g)	Sat. Fat(g)	Trans. fat(g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Curated Bowls</b>											
Spicy Lamb + Avocado Bowl	<b>800</b>	460	52	14	0	105	1670	49	17	11	43
Steak + Harissa Bowl	<b>610</b>	310	35	10	0	105	1830	39	7	7	37
Harissa Avocado Bowl	<b>830</b>	440	49	12	0	155	2010	62	12	12	41
Chicken + Rice Bowl	<b>700</b>	370	42	10	0	165	1810	44	7	8	40
Greek Salad Bowl	<b>580</b>	360	40	10	0	165	1810	19	8	5	37
Spicy Lamb + Sweet Potato Bowl	<b>650</b>	305	34	10	0	60	1690	63	9	15	27
Falafel Crunch Bowl	<b>860</b>	470	56	9	0	15	2210	88	18	13	24
Harissa Chicken Power Bowl	<b>620</b>	360	40	9	0	85	1660	43	11	11	25
<b>Curated Pitas</b>											
Spicy Chicken + Avocado Pita	<b>980</b>	450	51	12	0	155	2390	85	15	13	50
Steak + Feta Pita	<b>820</b>	370	42	10	0	105	1800	68	9	9	44
Greek Chicken Pita	<b>870</b>	400	45	10	0	165	2560	69	12	6	48
<b>Greens + Grains</b>											
Brown Rice	<b>310</b>	90	10	2	0	0	770	48	5	2	7
Saffron Basmati Rice	<b>290</b>	60	7	1	0	0	770	54	2	1	5
Black Lentils	<b>270</b>	70	7	1	0	0	520	37	15	3	18
SuperGreens	<b>35</b>	5	0.5	0	0	0	35	6	4	2	3
Arugula	<b>20</b>	5	0.5	0	0	0	25	3	1	2	2
Baby Spinach	<b>20</b>	5	0	0	0	0	70	3	2	0	3
Romaine	<b>20</b>	5	0	0	0	0	10	4	3	1	1
Power Greens	<b>30</b>	2	0	0	0	0	35	4	2	1	2
<b>Mains</b>											
Braised Lamb	<b>210</b>	110	12	6	0	65	450	2	1	0	24
Grilled Chicken	<b>250</b>	120	13	3	0	150	670	3	1	0	28
Falafel	<b>350</b>	230	26	2	0	0	810	24	5	3	6
Grilled Steak	<b>170</b>	80	9	3	0	85	280	1	0	0	23
Harissa Honey Chicken	<b>260</b>	120	14	3	0	135	670	7	2	3	26
Roasted Vegetables	<b>100</b>	40	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	<b>300</b>	190	21	8	0	90	680	3	1	1	24
White Sweet Potatoes	<b>180</b>	35	4	0.5	0	0	490	35	4	9	3
<b>Kids Meal</b>											
Kids Saffron Basmati Rice	<b>150</b>	30	3.5	0.5	0	0	390	27	1	0	3
Kids Brown Rice	<b>150</b>	45	5	1	0	0	390	24	2	1	3
Kids Black Lentils	<b>130</b>	30	3.5	0	0	0	260	18	7	2	9
Kids Chicken	<b>120</b>	60	7	1.5	0	75	330	1	1	0	14
Kids Harissa Honey Chicken	<b>130</b>	60	7	1.5	0	65	340	4	1	2	13
Kids White Sweet Potatoes	<b>90</b>	15	2	0	0	0	240	17	2	5	2
Kids Falafel	<b>170</b>	120	13	1	0	0	400	12	2	1	3
Kids Spicy Lamb Meatballs	<b>150</b>	100	11	4	0	45	340	2	0	1	12
Kids Roasted Vegetables	<b>50</b>	20	2	0	0	0	300	7	3	3	2
Kids Braised Lamb	<b>110</b>	60	6	3	0	30	230	1	0	0	12
Kids Grilled Steak	<b>90</b>	40	4.5	1.5	0	40	140	0	0	0	11
Kids Pita Chips	<b>140</b>	40	4	0.5	0	0	310	20	2	1	5
<b>Toppings</b>											
Shredded Romaine	<b>5</b>	0	0	0	0	0	0	1	0	0	0
Pita Crisps	<b>70</b>	70	11	1.5	0	0	25	6	0	0	1
Sumac Slaw	<b>30</b>	15	1.5	0	0	0	170	3	1	1	1
Tomato + Onion	<b>20</b>	15	1.5	0	0	0	125	2	0	1	0
Persian Cucumber	<b>15</b>	10	1	0	0	0	110	1	0	1	0
Tomato + Cucumber	<b>5</b>	0	0	0	0	0	0	1	0	1	0
Kalamata Olives	<b>35</b>	25	3	0.5	0	0	360	2	2	0	0
Fiery Broccoli	<b>35</b>	25	2.5	0	0	0	170	2	1	1	1
Pickled Onions	<b>20</b>	0	0	0	0	0	0	5	0	4	0
Salt-Brined Pickles	<b>5</b>	0	0	0	0	0	180	0	0	0	0
Crumbled Feta	<b>35</b>	20	2.5	1.5	0	10	125	0	0	1	3
Fire-Roasted Corn	<b>45</b>	25	2.5	0	0	0	105	5	1	2	1
Avocado	<b>110</b>	90	10	1.5	0	0	0	6	4	0	1
<b>Dips + Spreads</b>											
Tzatziki	<b>30</b>	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	<b>50</b>	25	2.5	0	0	0	90	4	2	0	2
Roasted Eggplant	<b>50</b>	40	5	0.5	0	0	160	2	1	0	0
Crazy Feta®	<b>70</b>	50	6	3	0	15	230	1	0	0	4
Harissa	<b>70</b>	50	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	<b>40</b>	10	1.5	0	0	0	105	5	2	1	2
<b>Dressings</b>											
Balsamic Date Vinaigrette	<b>60</b>	35	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	<b>30</b>	20	2	1	0	5	190	1	0	0	2

Recipe	Cal.	Cal. from Fat	Total Fat(g)	Sat. Fat(g)	Trans. fat(g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Dressings</b>											
Lemon Herb Tahini	<b>70</b>	50	6	1	0	0	140	4	2	0	2
Tahini Caesar	<b>90</b>	70	8	1	0	0	250	3	1	0	2
Greek Vinaigrette	<b>130</b>	120	14	2	0	0	230	1	0	0	0
Skhug	<b>80</b>	80	9	1	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	<b>70</b>	60	7	1	0	0	270	1	0	1	0
Garlic Dressing	<b>180</b>	170	20	1.5	0	0	90	0	0	0	0
<b>Sides</b>											
Whole Pita	<b>320</b>	50	6	1	0	0	700	54	6	3	13
Side Pita	<b>80</b>	15	1.5	0	0	0	180	14	2	1	3
Pita Chips	<b>280</b>	80	8	1	0	0	630	41	5	2	10
Sumac Sour Cream + Onion Pita Chips	<b>290</b>	80	9	3.5	0	0	740	43	5	3	10
Greyston Chocolate Chip Blondie	<b>140</b>	45	5	3	0	35	10	22	0	16	2
Greyston Brownie	<b>150</b>	80	9	6	0	45	10	17	1	13	2
Whisked! Apricot Honey (DMV)	<b>220</b>	80	9	6	0	40	150	34	1	19	3
Whisked! Salted Dark Chocolate Oat Cookie	<b>240</b>	120	13	7	0	35	115	31	3	17	4
<b>Drinks*</b>											
Classic Lemonade - Kids (12 oz)	<b>200</b>	0	0	0	0	0	0	52	0	50	0
Classic Lemonade - Small (16 oz)	<b>260</b>	0	0	0	0	0	0	69	0	66	0
Classic Lemonade - Large (22 oz)	<b>360</b>	0	0	0	0	0	0	95	0	91	0
Classic Lemonade (CA) - Kids (12 oz)	<b>160</b>	0	0	0	0	0	0	41	0	39	0
Classic Lemonade (CA) - Small (16 oz)	<b>210</b>	0	0	0	0	0	0	55	0	52	0
Classic Lemonade (CA) - Large (22 oz)	<b>290</b>	0	0	0	0	0	0	75	0	71	0
Black Tea Unsweetened - Kids (12 oz)	<b>0</b>	0	0	0	0	0	10	0	0	0	0
Black Tea Unsweetened - Small (16 oz)	<b>0</b>	0	0	0	0	0	15	0	0	0	0
Black Tea Unsweetened - Large (22 oz)	<b>0</b>	0	0	0	0	0	20	0	0	0	0
Sweet Tea - Kids (12 oz)	<b>110</b>	0	0	0	0	0	10	28	0	28	0
Sweet Tea - Small (16 oz)	<b>150</b>	0	0	0	0	0	15	37	0	37	0
Sweet Tea - Large (22 oz)	<b>200</b>	0	0	0	0	0	20	51	0	51	0
Jasmine Green Tea - Kids (12 oz)	<b>0</b>	0	0	0	0	0	10	0	0	0	0
Jasmine Green Tea - Small (16 oz)	<b>0</b>	0	0	0	0	0	15	0	0	0	0
Jasmine Green Tea - Large (22 oz)	<b>0</b>	0	0	0	0	0	20	0	0	0	0
Strawberry Citrus - Kids (12 oz)	<b>100</b>	0	0	0	0	0	10	26	1	24	0
Strawberry Citrus - Small (16 oz)	<b>140</b>	0	0	0	0	0	10	35	1	32	0
Strawberry Citrus - Large (22 oz)	<b>190</b>	0	0	0	0	0	15	48	1	44	1
Cucumber Mint Lime - Kids (12 oz)	<b>130</b>	0	0	0	0	0	0	33	0	31	0
Cucumber Mint Lime - Small (16 oz)	<b>180</b>	0	0	0	0	0	0	44	0	41	1
Cucumber Mint Lime - Large (22 oz)	<b>240</b>	0	0	0	0	0	0	61	1	57	1
Blueberry Lavender - Kids (12 oz)	<b>110</b>	0	0	0	0	0	10	27	0	25	0
Blueberry Lavender - Small (16 oz)	<b>140</b>	0	0	0	0	0	10	36	0	34	0
Blueberry Lavender - Large (22 oz)	<b>190</b>	0	0	0	0	0	15	50	0	46	0
Pineapple Apple Mint Juice - Kids (12 oz)	<b>80</b>	5	0	0	0	0	5	22	1	17	0
Pineapple Apple Mint Juice - Small (16 oz)	<b>110</b>	5	0.5	0	0	0	10	29	1	23	0
Pineapple Apple Mint Juice - Large (22 oz)	<b>160</b>	5	0.5	0	0	0	10	39	1	31	1
Tangerine Aleppo - Kids (12oz)	<b>140</b>	0	0	0	0	0	11	37	0	35	1
Tangerine Aleppo - Small (16 oz)	<b>180</b>	0	0	0	0	0	15	49	0	46	1
Tangerine Aleppo - Large (22oz)	<b>250</b>	0	0	0	0	0	23	67	0	63	1
Maine Root Soda (Fountain) - Kids (12 oz)	<b>145</b>	0	0	0	0	0	35	35	0	35	0
Maine Root Soda (Fountain) - Small (16 oz)	<b>190</b>	0	0	0	0	0	50	50	0	50	0
Maine Root Soda (Fountain) - Large (22oz)	<b>270</b>	0	0	0	0	0	60	60	0	60	0
Maine Root Soda (Bottled)	<b>145</b>	0	0	0	0	0	35	35	0	35	0
Maine Root Diet Soda (Fountain) - Kids (12oz)	<b>0</b>	0	0	0	0	0	30	0	0	0	0
Maine Root Diet Soda (Fountain) - Small (16 oz)	<b>0</b>	0	0	0	0	0	40	0	0	0	0
Maine Root Diet Soda (Fountain) - Large (22oz)	<b>0</b>	0	0	0	0	0	50	0	0	0	0
Spindrift Grapefruit	<b>17</b>	0	0	0	0	0	0	4	0	3	0
Spindrift Raspberry Lime	<b>5</b>	0	0	0	0	0	0	1	0	1	0
Spindrift Lemon	<b>3</b>	0	0	0	0	0	0	1	0	0	0
Spindrift Half Tea + Half Lemon	<b>5</b>	0	0	0	0	0	0	1	0	0	0
Chocolate Milk	<b>150</b>	25	2.5	1.5	0	10	200	22	0	21	8
1% Milk	<b>110</b>	25	2.5	1.5	0	15	125	12	0	12	8
Honest Apple Juice	<b>35</b>	0	0	0	0	0	15	9	0	8	0

# NUTRITION AND ALLERGEN GUIDE (CONTINUED)

# CAVA

While we take great care to identify allergens and avoid contamination, we encourage guests to review this guide routinely if you have any food allergies or specific dietary restrictions. We cannot guarantee that our ingredients are 100% free of allergens or animal products, particularly given our reliance on supplier information, potential for cross-contact\* with other foods in shared preparation and cooking areas, and potential ingredient substitutions, which may occur due to supply chain matters and variations in supplier practices. Nutritional ingredient availability may vary by location and limited time menu items are excluded.

● Contains **ALLERGEN** ● **DIET** Contains Compliant Ingredients

\*May be prepared in a facility that also prepares salmon.

Recipe	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish	Vegan	Vegetarian
<b>CURATED BOWL</b>											
Spicy Lamb + Avocado Bowl		●				●					
Steak + Harissa Bowl		●				●					
Harissa Avocado Bowl		●				●					
Chicken + Rice Bowl		●				●					
Greek Salad Bowl		●				●					
Spicy Lamb + Sweet Potato Bowl		●				●					
Falafel Crunch Bowl	●	●				●					●
Harissa Chicken Power Bowl		●				●					
<b>CURATED PITAS</b>											
Spicy Chicken + Avocado Pita	●	●				●					
Steak + Feta Pita	●	●				●					
Greek Chicken Pita	●	●				●					
<b>GREENS + GRAINS</b>											
Brown Rice									●	●	
Saffron Basmati Rice									●	●	
Black Lentils									●	●	
SuperGreens									●	●	
Arugula									●	●	
Baby Spinach									●	●	
Romaine									●	●	
Power Greens									●	●	
<b>PITAS</b>											
Pita	●								●	●	
<b>KIDS MEAL</b>											
Kids Saffron Basmati Rice									●	●	
Kids Brown Rice									●	●	
Kids Black Lentils									●	●	
Kids Chicken											
Kids Harissa Honey Chicken											
Kids Falafel	●								●	●	
Kids Spicy Lamb Meatballs											
Kids Roasted Vegetables									●	●	
Kids Braised Lamb											
Kids Grilled Steak											
Kids White Sweet Potatoes									●	●	
Kids Pita Chips	●								●	●	
<b>DIPS + SPREADS</b>											
Tzatziki		●									●
Hummus						●			●	●	
Roasted Eggplant									●	●	
Crazy Feta®		●									●
Harissa									●	●	
Red Pepper Hummus						●			●	●	
<b>MAINS</b>											
Braised Lamb											
Grilled Chicken											
Grilled Steak											
Falafel	●								●	●	
Harissa Honey Chicken											
Roasted Vegetables									●	●	
Spicy Lamb Meatballs											
White Sweet Potatoes									●	●	
<b>TOPPINGS</b>											
Sunac Slaw									●	●	
Tomato + Onion									●	●	
Persian Cucumber									●	●	
Kalamata Olives									●	●	

	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish	Vegan	Vegetarian
<b>TOPPINGS</b>											
Fiery Broccoli										●	●
Pickled Onions										●	●
Salt-Brined Pickles										●	●
Crumbled Feta		●									●
Fire-Roasted Corn										●	●
Avocado										●	●
Shredded Romaine										●	●
Pita Crisps	●									●	●
Tomato + Cucumber										●	●
<b>DRESSINGS</b>											
Balsamic Date Vinaigrette										●	●
Yogurt Dill		●									●
Lemon Herb Tahini						●				●	●
Tahini Caesar						●				●	●
Greek Vinaigrette										●	●
Skhug										●	●
Hot Harissa Vinaigrette										●	●
Garlic Dressing										●	●
<b>SIDES</b>											
Side Pita	●									●	●
Pita Chips	●									●	●
Sumac Sour Cream Pita Chips	●	●									●
Greyston Blondie	●	●	●	●							●
Greyston Brownie	●	●		●							●
Whisked! Apricot Honey	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●
<b>DRINKS</b>											
Classic Lemonade										●	●
Classic Lemonade (CA)										●	●
Sweet Tea										●	●
Jasmine Green Tea										●	●
Unsweetened Black Tea										●	●
Strawberry Citrus										●	●
Pineapple Apple Mint										●	●
Cucumber Mint Lime										●	●
Blueberry Lavender										●	●
Tangerine Aleppo										●	●
Maine Root Soda (Fountain)										●	●
Maine Root Soda (Bottled)										●	●
Spindrift Grapefruit										●	●
Spindrift Lemon										●	●
Spindrift Raspberry Lime										●	●
Spindrift Half Tea + Half Lemon										●	●
1% Milk		●									●
Chocolate Milk			●								●
Honest Apple Juice										●	●