

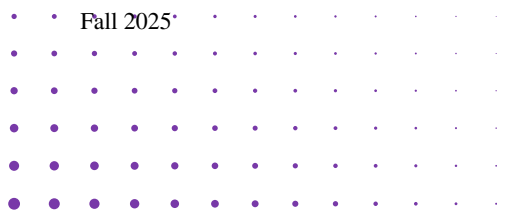


# CAVA

## Cava

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Curated Bowls</b>						
Greek Salad	585	10	1830	19	8	37
Chicken + Rice	710	10	1830	43	7	40
Steak + Harrissa	615	10	1800	39	7	36
Falafel Crunch	860	9	2230	88	18	24
<b>Curated Pitas</b>						
Crispy Falafel	945	6	2420	88	11	22
Steak + Feta	810	10	1870	66	9	45
Greek Chicken	870	10	2650	68	12	48
Steak + Feta	810	10	1870	66	9	45
Garlic Chicken + Veggies	790	8	2110	68	10	35
<b>Build Your Own Bowl: Greens + Grains</b>						
Brown Rice	310	2	770	48	4	7
Saffron Bastami Rice	290	1	770	54	1	5
Black Lentils	270	1	520	37	15	18
Arugula	20	0	25	3	1	2
Baby Spinach	20	0	70	3	2	3
Splendid Greens	20	0	20	4	3	1
Super Greens	40	0	30	8	4	3
Romaine	20	0	10	4	3	1

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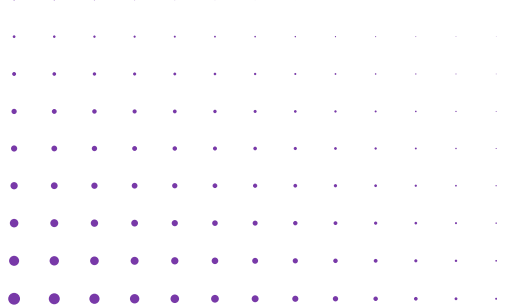




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<b>Build Your Own Bowl: Mains</b>						
Grilled Chicken	250	3	670	3	1	28
Falafel	350	2	810	24	1	6
Harissa Honey Chicken	260	3	670	7	2	26
Roasted Vegetables	100	0.5	600	14	5	3
Grilled Steak	170	3	280	1	0	23
<b>Build Your Own Bowl: Dips and Spreads</b>						
Tzatziki	35	1.5	60	1	0	2
Hummus	45	0	115	4	2	2
Roasted Eggplant	50	0.5	160	2	1	0
Harissa	70	1	250	5	1	1
Red Pepper Hummus	40	0	125	5	2	2
Crazy Feta	70	3	230	1	0	4
<b>Build Your Own Bowl: Toppings</b>						
Shredded Romaine	5	0	0	1	0	0
Pita Crisps	70	1.5	25	6	0	1
Cabbage Slaw	35	0	125	2	1	0
Tomato + Onion	20	0	125	2	1	0

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Persian Cucumber	15	0	110	1	0	0
Tomato + Cucumber	5	0	0	1	0	0
Kalamata Olives	35	0.5	360	2	2	0
Pickled Onions	20	0	0	5	0	0
Salt-Brined Pickles	5	0	180	0	0	0
Fire-Roasted Corn	45	0	105	5	1	1
Avocado	110	2.5	0	7	5	2
Fiery Broccoli	35	0	170	2	1	1
Crumbled Feta	35	1.5	125	0	0	3
<b>Build Your Own Bowl: Dressings</b>						
Date Balsamic Vinaigrette	60	0.5	250	7	1	0
Yogurt Dill	30	1	190	1	0	2
Lemon-Herb Tahini	70	1	140	4	2	2
Tahini Caesar	90	1	250	3	1	2
Greek Vinaigrette	130	2	230	1	0	0
Skhug	80	1	150	1	0	0
Hot Harissa Vinaigrette	70	1	270	1	0	0
Garlic Dressing	180	1.5	90	0	0	0
<b>Sides</b>						
Side Pita	80	0	190	13	2	3
Pita Chips	270	1	680	40	5	10
Greyston Chocolate Chip Blondie	140	3	10	22	0	2
Whole Pita	310	1	770	53	6	13
Hot Harissa Pita Chips	270	1	980	41	5	10



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<b>Kid's Meal: Bowl + Sides</b>						
Harissa Honey Chicken	130	1.5	340	4	1	13
Falafel	170	1	400	12	1	3
Roasted Vegetables	50	0	300	7	3	2
Brown Rice	150	1	390	24	2	3
Black Lentils	130	0.5	260	18	7	9
Mini Pita	160	0.5	390	27	3	7
Pita Chips	130	0.5	340	20	2	5
Carrot Sticks	40	0	70	10	3	1
Saffron Basmati Rice	150	0.5	390	27	1	3
Chicken	120	1.5	330	1	1	14
Spicy Lamb Meatballs	150	4	340	2	0	12
Braised Lamb	110	3	230	1	0	12
Grilled Steak	90	1.5	140	0	0	11

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