

CAVA

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Curated Bowls						
Balsamic Date Chicken	645	6	1880	49	8	36
Tahini Caesar	550	7	1200	28	4	37
Steak Mezze Salad	495	9	1100	22	4	33
Curated Pitas						
Crispy Falafel	955	6	2440	88	14	22
Sweet & Spicy Chicken	740	8	2140	72	9	43
Build Your Own Bowl <i>Greens + Grains</i>						
Brown Rice	310	1.5	770	48	5	8
Saffron Basmati Rice	290	1	770	54	2	6
Black Lentils	260	1	520	37	15	17
Arugula	20	0	25	3	1	2
Baby Spinach	20	0	70	3	2	3
Romaine	20	0	10	4	3	1
Splendid Greens	20	0	15	4	3	1
Build Your Own Bowl <i>Mains</i>						
Braised Lamb	210	6	240	2	1	24
Grilled Chicken	250	3	670	3	1	28
Falafel	350	1.5	810	24	5	6
Harissa Honey Chicken	260	3	670	7	2	26
Roasted Vegetables	100	0.5	600	14	5	3
Build Your Own Bowl <i>Dips & Spreads</i>						
Tzatziki	35	1.5	60	1	0	2
Hummus	45	0	115	4	1	1
Roasted Eggplant	50	0.5	170	2	1	0
Harissa	70	1	250	5	1	1
Red Pepper Hummus	30	0	150	4	1	1

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Build Your Own Bowl						
<i>Toppings</i>						
Shredded Romaine	5	0	0	1	0	0
Pita Crisps	90	0.5	35	10	1	1
Cabbage Slaw	35	0	125	2	1	0
Tomato + Onion	20	0	125	2	0	0
Persian Cucumber	15	0	110	1	0	0
Tomato + Cucumber	10	0	0	2	0	0
Kalamata Olives	50	0	260	2	0	0
Lentil Tabbouleh	60	0	140	7	3	3
Pickled Onions	20	0	0	5	0	0
Salt-Brined Pickles	5	0	280	0	0	0
Fire-Roasted Corn	45	0	105	5	1	1
Avocado	160	2	10	9	7	2
Build Your Own Bowl						
<i>Dressings</i>						
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	240	2	0	0
Garlic Dressing	180	2	90	0	0	0
Sides						
Side Pita	80	0	190	13	2	3
Pita Chips	280	1	630	40	5	10
Greyston Blondie	140	3.5	40	22	0	2

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Kid's Meal <i>Bowl + Sides</i>						
Harissa Honey Chicken	130	1.5	335	4	1	13
Falafel	175	0.5	405	12	3	3
Roasted Vegetables	50	0.5	300	7	3	2
Brown Rice	155	1	385	24	3	4
Black Lentils	135	0.5	260	18	8	9
Mini Pita	160	0.5	350	27	3	7
Pita Chips	140	0.5	315	20	2	5
Carrot Sticks	40	0	70	10	3	1

Winter 2024