

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)
Curated Bowls											
Greek Salad	600	380	42	9	0	165	1730	19	4	5	37
Harissa Avocado	885	480	53	12	0	155	2060	65	13	13	42
Tahini Caesar	550	280	31	7	0	155	1200	28	4	6	37
Chicken + Rice	715	380	43	10.25	0	165	1870	42.5	3	9	40
Steak Mezze Salad	495	290	33	9	0	105	1100	22	4	9	33
Spicy Greens	780	470	53	7	0	15	2180	61	7	11	24
Curated Pitas											
Crispy Falafel	955	520	58	6.0	0	0	2440	88	14	8	22
Greek Chicken	895	415	46	10	0	165	2560	67	9	6	48
Spicy Chicken + Avocado	1030	495	55	12	0	155	2460	86	16	14	50
Spicy Lamb Meatball	865	425	47	11	0	90	2020	70	9	10	40
Steak + Feta	800	360	41	10	0	110	1830	65	8	8	44
Greens + Grains											
Brown Rice	310	90	10	1.5	0	0	770	48	5	2	8
Saffron Basmati Rice	290	55	6	1	0	0	770	54	2	0	6
Black Lentils	260	65	7	1	0	0	520	37	15	3	17
SuperGreens	40	0	0	0	0	0	30	8	4	3	3
Arugula	20	0	0	0	0	0	25	3	1	2	2
Baby Spinach	20	0	0	0	0	0	70	3	2	0	3
Romaine	20	0	0	0	0	0	10	4	3	1	1
SplendidGreens®	20	0	0	0	0	0	15	4	3	1	1
Mains											
Braised Lamb	210	110	12	6	0	65	240	2	1	0	24
Grilled Chicken	250	120	13	3	0	150	670	3	1	0	28
Falafel	350	235	26	1.5	0	0	810	24	5	3	6
Grilled Steak	160	70	8	3	0	85	260	1	0	0	23
Harissa Honey Chicken	260	125	14	3	0	135	670	7	2	3	26
Roasted Vegetables	100	40	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	300	200	22	8	0	90	680	3	1	1	24
Kids Meal											
Kids Pita Chips	140	35	4.0	0.5	0	0	315	20	2	1	5
Kids Saffron Basmati Rice	145	30	3	0.5	0	0	385	27	1	0	3
Kids Brown Rice	155	45	5	1	0	0	385	24	3	1	4
Kids Black Lentils	130	30	4	0.5	0	0	260	19	8	2	9
Kids Mini Pita	160	25	3	0.5	0	0	350	27	3	2	7
Carrot Sticks	40	0	0	0	0	0	70	10	3	5	1
Kids Chicken	125	60	7	1.5	0	75	335	2	1	0	14
Kids Harissa Honey Chicken	130	65	7	1.5	0	65	335	4	1	2	13
Kids Falafel	175	115	13	0.5	0	0	405	12	3	2	3
Kids Spicy Lamb Meatballs	150	100	11	4	0	45	340	2	1	1	12
Kids Roasted Vegetables	50	20	2	0.5	0	0	300	7	3	3	2
Kids Braised Lamb	105	55	6	3	0	33	120	1	1	0	12
Kids Grilled Steak	80	35	4	2	0	43	130	1	0	0	12
Toppings											
Shredded Romaine	5	0	0	0	0	0	0	1	0	0	0
Pita Crisps	90	40	4.5	0.5	0	0	35	10	1	1	1
Cabbage Slaw	35	30	3	0	0	0	125	2	1	1	0
Tomato + Onion	20	20	2	0	0	0	125	2	0	1	0
Persian Cucumber	15	10	1	0	0	0	110	1	0	1	0
Tomato + Cucumber	10	0	0	0	0	0	0	2	0	1	0
Kalamata Olives	50	40	4.5	0	0	0	260	2	0	0	0
Fiery Broccoli	35	25	2.5	0	0	0	170	2	1	1	1
Pickled Onions	20	0	0	0	0	0	0	5	0	4	0
Salt-Brined Pickles	5	0	0	0	0	0	280	0	0	0	0
Crumbled Feta	35	20	2.5	2.3	0	10	125	0	0	1	3
Fire-Roasted Corn	45	30	3	0	0	0	105	5	1	2	1
Avocado	160	135	15	2	0	0	10	9	7	1	2
Dips + Spreads											
Tzatziki	35	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	45	20	2.5	0	0	0	115	4	1	0	1
Roasted Eggplant	50	40	4.5	0.5	0	0	170	2	1	0	0
Crazy Feta®	70	55	6	3	0	10	220	1	0	0	3
Harissa	70	55	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	30	10	1	0	0	0	150	4	1	1	1

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)
Dressings											
Balsamic Date Vinaigrette	60	30	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	30	20	2	1	0	5	190	1	0	0	2
Lemon-Herb Tahini	70	55	6	1	0	0	140	4	2	0	2
Tahini Caesar	90	70	8	1	0	0	250	3	1	0	2
Greek Vinaigrette	130	125	14	2	0	0	230	1	0	0	0
Skhug	80	80	9	1	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	70	65	7	1	0	0	240	2	0	1	0
Garlic Dressing	180	180	20	2	0	0	90	0	0	0	0
Sides											
Side Pita	80	20	2	0	0	0	190	13	2	1	3
Pita Chips	280	70	8	1	0	0	630	40	5	2	10
Greystone Chocolate Chip Blondie	140	45	5	3	0	35	10	22	0	16	2
Greystone Brownie	150	80	9	6	0	45	10	17	1	13	2
Whisked! Apricot Honey	270	100	11	7	0	45	190	42	1	24	3
Whisked! Salted Dark Chocolate Oat Cookie (DMV)	290	135	15	9	0	40	160	37	3	21	4
Drinks											
Classic Lemonade - Kids (12 oz)	200	0	0	0	0	0	0	52	0	50	0
Classic Lemonade - Small (16 oz)	260	0	0	0	0	0	0	69	0	66	0
Classic Lemonade - Large (22 oz)	360	0	0	0	0	0	0	95	0	91	0
Classic Lemonade (CA) - Kids (12 oz)	160	0	0	0	0	0	0	41	0	39	0
Classic Lemonade (CA) - Small (16 oz)	210	0	0	0	0	0	0	55	0	52	0
Classic Lemonade (CA) - Large (22 oz)	290	0	0	0	0	0	0	75	0	71	0
Sweet Tea - Kids (12 oz)	110	0	0	0	0	0	10	28	0	28	0
Sweet Tea - Small (16 oz)	150	0	0	0	0	0	15	37	0	37	0
Sweet Tea - Large (22 oz)	200	0	0	0	0	0	20	51	0	51	0
Jasmine Tea - Kids (12 oz)	0	0	0	0	0	0	10	0	0	0	0
Jasmine Tea - Small (16 oz)	0	0	0	0	0	0	15	0	0	0	0
Jasmine Tea - Large (22 oz)	0	0	0	0	0	0	20	0	0	0	0
Strawberry Citrus - Kids (12 oz)	100	0	0	0	0	0	10	26	1	24	0
Strawberry Citrus - Small (16 oz)	140	0	0	0	0	0	10	35	1	32	0
Strawberry Citrus - Large (22 oz)	190	0	0	0	0	0	15	48	1	44	1
Cucumber Mint Lime - Kids (12 oz)	130	0	0	0	0	0	0	33	0	31	0
Cucumber Mint Lime - Small (16 oz)	180	0	0	0	0	0	0	44	0	41	1
Cucumber Mint Lime - Large (22 oz)	240	0	0	0	0	0	0	61	1	57	1
Blueberry Lavender - Kids (12 oz)	110	0	0	0	0	0	10	27	0	25	0
Blueberry Lavender - Small (16 oz)	140	0	0	0	0	0	10	36	0	34	0
Blueberry Lavender - Large (22 oz)	190	0	0	0	0	0	15	50	0	46	0
Pineapple Apple Mint Juice - Kids (12 oz)	80	5	0	0	0	0	5	22	1	17	0
Pineapple Apple Mint Juice - Small (16 oz)	110	5	0.5	0	0	0	10	29	1	23	0
Pineapple Apple Mint Juice - Large (22 oz)	160	5	0.5	0	0	0	10	39	1	31	1
Maine Root Soda (Fountain) - Kids (12 oz)	145	0	0	0	0	0	35	35	0	35	0
Maine Root Soda (Fountain) - Small (16 oz)	190	0	0	0	0	0	50	50	0	50	0
Maine Root Soda (Fountain) - Large (22 oz)	270	0	0	0	0	0	60	60	0	60	0
Maine Root Soda (Bottled)	145	0	0	0	0	0	35	35	0	35	0
Maine Root Diet Soda (Fountain) - Kids (12 oz)	0	0	0	0	0	0	30	0	0	0	0
Maine Root Diet Soda (Fountain) - Small (16 oz)	0	0	0	0	0	0	40	0	0	0	0
Maine Root Diet Soda (Fountain) - Large (22 oz)	0	0	0	0	0	0	50	0	0	0	0
Spindrift Grapefruit	17	0	0	0	0	0	0	4	0	3	0
Spindrift Cucumber	2	0	0	0	0	0	0	0	0	0	0
Spindrift Raspberry Lime	9	0	0	0	0	0	0	2	0	1	0
Spindrift Lemon	3	0	0	0	0	0	0	0	0	0	0
Spindrift Half Tea + Half Lemon	5	0	0	0	0	0	0	1	0	0	0
Horizon 1% Milk	110	20	2.5	1.5	0	15	125	12	0	12	8
Horizon Chocolate Milk	150	30	3	2	0	15	220	24	1	22	9
Honest Apple Juice	40	0	0	0	0	0	15	9	0	8	0
*All self-service juice and fountain beverage nutrition information is calculated without ice.						CAVA-MKT-GID-0524-NutritnReg					

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

	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
TOPPING											
Cabbage Slaw										●	●
Tomato + Onion										●	●
Persian Cucumber										●	●
Tomato + Cucumber										●	●
Kalamata Olives										●	●
Fiery Broccoli										●	●
Pickled Onions										●	●
Salt-Brined Pickles										●	●
Crumbled Feta		●									●
Fire-Roasted Corn										●	●
Avocado										●	●
Shredded Romaine										●	●
Pita Crisps	●		●			●				●	●

DRESSINGS											
Balsamic Date Vinaigrette										●	●
Yogurt Dill		●									●
Lemon-Herb Tahini						●				●	●
Tahini Caesar						●				●	●
Greek Vinaigrette										●	●
Skhug										●	●
Hot Harissa Vinaigrette										●	●
Garlic Dressing										●	●

SIDES											
Side Pita	●		●			●				●	●
Pita Chips	●		●			●				●	●
Greyston Blondie	●	●	●	●							●
Greyston Brownie	●	●		●							●
Whisked! Apricot Honey	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●

DRINKS											
Classic Lemonade										●	●
Classic Lemonade (CA)										●	●
Sweet Tea										●	●
Jasmine Tea										●	●
Unsweetened Black Tea										●	●
Strawberry Citrus										●	●
Pineapple Apple Mint										●	●
Cucumber Mint Lime										●	●
Blueberry Lavender										●	●
Maine Root Soda (Fountain)										●	●
Maine Root Soda (Bottled)										●	●
Spindrift Grapefruit										●	●
Spindrift Cucumber										●	●
Spindrift Lemon										●	●
Spindrift Raspberry Lime										●	●
Spindrift Half Tea + Half Lemon										●	●
Horizon 1% Milk		●									●
Horizon Chocolate Milk		●									●
Honest Apple Juice										●	●