

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>											
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 + RightRice®	750	400	44	10	0	170	1810	45	8	8	46
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
<b>Curated Pitas</b>											
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
<b>Greens + Grains</b>											
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
RightRice®	370	90	10	1	0	0	510	53	9	0	18
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
<b>Mains</b>											
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
<b>Kids Meal</b>											
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 Right Rice®	185	45	5	0.5	0	0	255	27	5	0	9
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
<b>Toppings</b>											
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
<b>Dips + Spreads</b>											
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)
<strong>Dressings</strong>											
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
<strong>Sides</strong>											
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
Greyston Chocolate Chip Blondie	140	45	5	3	0	35	10	22	0	16	2
Greyston 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
<strong>Drinks</strong>											
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
<b>TOPPING</b>											
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	●		●			●				●	●

<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	●		●			●				●	●
Greyston Blondie	●	●	●	●							●
Greyston Brownie	●	●		●							●
Whisked! Apricot Honey	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●

<b>DRINKS</b>											
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										●	●