CAVA

Nutritional and Allergen Guide

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)
Curated Bowls											
Spicy Lamb + Avocado	**800**	460	52	14	0	105	1670	49	17	11	43
Steak + Harissa	**620**	320	36	10	0	105	1780	39	7	7	36
Harissa Avocado	**830**	440	49	12	0	155	2010	62	12	12	41
Chicken + Rice	**700**	370	42	10	0	165	1810	44	7	8	40
Greek Salad	**580**	360	40	10	0	165	1810	19	8	5	37
Garlicky Chicken Shawarma	**600**	300	34	6	0	65	1580	50	5	10	27
Falafel Crunch	**860**	470	56	9	0	15	2210	88	18	13	24
Curated Pitas											
Spicy Chicken + Avocado	**980**	450	51	12	0	155	2390	85	15	13	50
Steak + Feta	**820**	370	42	10	0	105	1800	68	9	9	44
Chicken Shawarma	**640**	230	26	3.5	0	50	1680	70	10	8	33
Greek Chicken	**870**	400	45	10	0	165	2560	69	12	6	48
Greens + Grains											
Brown Rice	**310**	90	10	2	0	0	770	48	5	2	7
Saffron Basmati Rice	**290**	60	7	1	0	0	770	54	2	1	5
Black Lentils	**270**	70	7	1	0	0	520	37	15	3	18
SuperGreens	**35**	5	0.5	0	0	0	35	6	4	2	3
Arugula	**20**	5	0.5	0	0	0	25	3	1	2	2
Baby Spinach	**20**	5	0	0	0	0	70	3	2	0	3
Romaine	**20**	5	0	0	0	0	10	4	3	1	1
SplendidGreens®	**20**	0	0	0	0	0	20	4	3	1	1
Mains											
Braised Lamb	**210**	110	12	6	0	65	450	2	1	0	24
Grilled Chicken	**250**	120	13	3	0	150	670	3	1	0	28
Falafel	**350**	230	26	2	0	0	810	24	5	3	6
Grilled Steak	**170**	80	9	3	0	85	280	1	0	0	23
Harissa Honey Chicken	**260**	120	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**	190	21	8	0	90	680	3	1	1	24
Chicken Shawarma	**100**	25	3	0.5	0	50	460	1	0	0	16
Kids Meal											
Kids Pita Chips	**140**	40	4	0.5	0	0	310	20	2	1	5
Kids Saffron Basmati Rice	**150**	30	3.5	0.5	0	0	390	27	1	0	3
Kids Brown Rice	**150**	45	5	1	0	0	390	24	2	1	3
Kids Black Lentils	**130**	30	3.5	0	0	0	260	18	7	2	9
Kids Mini Pita	**160**	25	3	0.5	0	0	350	27	3	2	7
Carrot Sticks	**35**	0	0	0	0	0	65	10	2	5	1
Kids Chicken	**120**	60	7	1.5	0	75	330	1	1	0	14
Kids Harissa Honey Chicken	**130**	60	7	1.5	0	65	340	4	1	2	13
Kids Chicken Shawarma	**50**	15	1.5	0	0	25	230	1	0	0	8
Kids Falafel	**170**	120	13	1	0	0	400	12	2	1	3
Kids Spicy Lamb Meatballs	**150**	100	11	4	0	45	340	2	0	1	12
Kids Roasted Vegetables	**50**	20	2	0	0	0	300	7	3	3	2
Kids Braised Lamb	**110**	60	6	3	0	30	230	1	0	0	12
Kids Grilled Steak	**90**	40	4.5	1.5	0	40	140	0	0	0	11
Toppings											
Shredded Romaine	**5**	0	0	0	0	0	0	1	0	0	0
Pita Crisps	**70**	70	11	1.5	0	0	25	6	0	0	1
Cabbage Slaw	**35**	25	3	0	0	0	125	2	1	1	0
Tomato + Onion	**20**	15	1.5	0	0	0	125	2	0	1	0
Persian Cucumber	**15**	10	1	0	0	0	110	1	0	1	0
Tomato + Cucumber	**5**	0	0	0	0	0	0	1	0	1	0
Kalamata Olives	**35**	25	3	0.5	0	0	360	2	2	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	180	0	0	0	0
Crumbled Feta	**35**	20	2.5	1.5	0	10	125	0	0	1	3
Fire-Roasted Corn	**45**	25	2.5	0	0	0	105	5	1	2	1
Avocado	**110**	90	10	1.5	0	0	0	6	4	0	1
Dips + Spreads											
Tzatziki	**30**	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	**50**	25	2.5	0	0	0	90	4	2	0	2
Roasted Eggplant	**50**	40	5	0.5	0	0	160	2	1	0	0
Crazy Feta®	**70**	50	6	3	0	15	230	1	0	0	4
Harissa	**70**	50	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	**40**	10	1.5	0	0	0	105	5	2	1	2
Dressings											
Balsamic Date Vinaigrette	**60**	35	4	0.5	0	0	250	7	1	5	0

CAVA

NUTRITION AND ALLERGEN GUIDE (CONTINUED)

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
CURATED BOWL											
Spicy Lamb + Avocado		●				●					
Steak + Harissa		●				●					
Harissa Avocado		●				●					
Chicken + Rice		●				●					
Greek Salad		●				●					
Garlicky Chicken Shawarma		●				●					
Falafel Crunch	●	●				●					●
CURATED PITAS											
Spicy Chicken + Avocado	●	●				●					
Steak + Feta	●	●				●					
Chicken Shawarma	●					●					
Greek Chicken	●	●				●					
GREENS + GRAINS											
Brown Rice										●	●
Saffron Basmati Rice										●	●
Black Lentils										●	●
SuperGreens										●	●
Arugula										●	●
Baby Spinach										●	●
Romaine										●	●
SplendidGreens®										●	●
PITAS											
Pita	●									●	●
KIDS MEAL											
Kids Pita Chips	●									●	●
Kids Saffron Basmati Rice										●	●
Kids Brown Rice										●	●
Kids Black Lentils										●	●
Kids Mini Pita	●									●	●
Carrot Sticks										●	●
Kids Chicken											
Kids Harissa Honey Chicken											
Kids Falafel	●									●	●
Kids Spicy Lamb Meatballs											
Kids Roasted Vegetables										●	●
Kids Braised Lamb											
Kids Grilled Steak											
Kids Chicken Shawarma											
DIPS + SPREADS											
Tzatziki		●									●
Hummus						●				●	●
Roasted Eggplant										●	●
Crazy Feta®		●									●
Harissa										●	●
Red Pepper Hummus						●				●	●
MAINS											
Braised Lamb											
Grilled Chicken											
Grilled Steak											
Falafel	●									●	●
Harissa Honey Chicken											
Roasted Vegetables										●	●
Spicy Lamb Meatballs											
Chicken Shawarma											
TOPPINGS											
Cabbage Slaw										●	●
Tomato + Onion										●	●