

Ingredient availability may vary by location.

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>											
Balsamic Date Chicken	<b>645</b>	305	34	6	0	150	1880	49	8	11	36
Greek Salad	<b>600</b>	380	42.0	9.0	0	165	1730	19	4	5	37
Harissa Avocado	<b>885</b>	480	53.0	12.0	0	155	2060	65	13	13	42
Tahini Caesar	<b>550</b>	280	31.0	7.0	0	155	1200	28	4	6	37
Chicken + RightRice®	<b>750</b>	400	44.0	10.0	0	170	1810	45	8	8	46
Steak Mezze Salad*	<b>495</b>	290	33.0	9	0	105	1100	22	4	9	33
Spicy Greens	<b>780</b>	480	53.0	8	0	15	2200	59	7	10	23
<b>Curated Pitas</b>											
Crispy Falafel	<b>955</b>	520	58.0	6.0	0	0	2440	88	14	8	22
Greek Chicken	<b>895</b>	415	46.0	10.0	0	165	2560	67	9	6	48
Spicy Chicken + Avocado	<b>1030</b>	495	55.0	12.0	0	155	2460	86	16	14	50
Spicy Lamb Meatball	<b>865</b>	425	47.0	11.0	0	90	2020	70	9	10	40
Sweet + Spicy Chicken	<b>740</b>	270	30.0	8	0	150	2140	72	9	14	43
Steak + Feta*	<b>800</b>	360	41	10	0	110	1830	65	8	8	44
<b>Greens + Grains</b>											
Brown Rice	<b>310</b>	90	10.0	1.5	0	0	770	48	5	2	8
Saffron Basmati Rice	<b>290</b>	55	6.0	1.0	0	0	770	54	2	0	6
RightRice®	<b>370</b>	90	10.0	1.0	0	0	510	53	9	0	18
Black Lentils	<b>260</b>	65	7.0	1.0	0	0	520	37	15	3	17
SuperGreens	<b>40</b>	0	0.0	0.0	0	0	30	8	4	3	3
Arugula	<b>20</b>	0	0.0	0.0	0	0	25	3	1	2	2
Baby Spinach	<b>20</b>	0	0.0	0.0	0	0	70	3	2	0	3
Romaine	<b>20</b>	0	0.0	0.0	0	0	10	4	3	1	1
SplendidGreens®	<b>20</b>	0	0.0	0.0	0	0	15	4	3	1	1
<b>Mains</b>											
Braised Lamb	<b>210</b>	110	12.0	6.0	0	65	240	2	1	0	24
Grilled Chicken	<b>250</b>	120	13.0	3.0	0	150	670	3	1	0	28
Falafel	<b>350</b>	235	26.0	1.5	0	0	810	24	5	3	6
Grilled Steak*	<b>160</b>	70	8	3.0	0	85	260	1	0	0	23
Harissa Honey Chicken	<b>260</b>	125	14.0	3.0	0	135	670	7	2	3	26
Roasted Vegetables	<b>100</b>	40	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	<b>300</b>	200	22.0	8.0	0	90	680	3	1	1	24
<b>Kid's Meal</b>											
Kid's Pita Chips	<b>140</b>	35	4.0	0.5	0	0	315	20	2	1	5
Kid's Saffron Basmati Rice	<b>145</b>	30	3.0	0.5	0	0	385	27	1	0	3
Kid's Brown Rice	<b>155</b>	45	5.0	1.0	0	0	385	24	3	1	4
Kid's Black Lentils	<b>130</b>	30	4.0	0.5	0	0	260	18	8	2	9
Kid's Mini Pita	<b>160</b>	25	3.0	0.5	0	0	350	27	3	2	7
Carrot Sticks	<b>40</b>	0	0.0	0.0	0	0	70	10	3	5	1
Kid's Chicken	<b>125</b>	60	7.0	1.5	0	75	335	2	1	0	14
Kid's Harissa Honey Chicken	<b>130</b>	65	7.0	1.5	0	65	335	4	1	2	13
Kid's Falafel	<b>175</b>	115	13.0	0.5	0	0	405	12	3	2	3
Kid's Spicy Falafel	<b>145</b>	100	11	1	0	0	310	10	4	2	3
Kid's Spicy Lamb Meatballs	<b>150</b>	100	11.0	4.0	0	45	340	2	1	1	12
Kid's Roasted Vegetables	<b>50</b>	20	2.0	0.5	0	0	300	7	3	3	2
Kid's Braised Lamb	<b>105</b>	55	6.0	3	0	33	120	1	1	0	12
Kid's Grilled Steak*	<b>80</b>	35	4	2	0	43	130	1	0	0	12
<b>Toppings</b>											
Shredded Romaine	<b>5</b>	0	0.0	0.0	0	0	0	1	0	0	0
Pita Crisps	<b>90</b>	40	4.5	0.5	0	0	35	10	1	1	1
Cabbage Slaw	<b>35</b>	30	3.0	0.0	0	0	125	2	1	1	0
Tomato + Onion	<b>20</b>	20	2.0	0.0	0	0	125	2	0	1	0
Persian Cucumber	<b>15</b>	10	1.0	0.0	0	0	110	1	0	1	0
Tomato + Cucumber	<b>10</b>	0	0.0	0.0	0	0	0	2	0	1	0
Kalamata Olives	<b>50</b>	40	4.5	0.0	0	0	260	2	0	0	0
Fiery Broccoli	<b>35</b>	25	2.5	0.0	0	0	170	2	1	1	1
Pickled Onions	<b>20</b>	0	0.0	0.0	0	0	0	5	0	4	0
Salt-Brined Pickles	<b>5</b>	0	0.0	0.0	0	0	280	0	0	0	0
Crumbled Feta	<b>35</b>	20	2.5	2.3	0	10	125	0	0	1	3
Fire-Roasted Corn	<b>45</b>	30	3.0	0.0	0	0	105	5	1	2	1
Avocado	<b>160</b>	135	15.0	2.0	0	0	10	9	7	1	2
Roasted White Sweet Potato	<b>180</b>	35	4	0.5	0	0	490	35	1	9	3

Dips + Spreads	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)
Tzatziki	35	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	45	20	2.5	0.0	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	6.0	3.0	0	10	220	1	0	0	3
Harissa	70	55	6.0	1.0	0	0	250	5	1	2	1
Red Pepper Hummus	30	10	1.0	0.0	0	0	150	4	1	1	1

Dressings											
Balsamic Date Vinaigrette	60	30	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	30	20	2.0	1.0	0	5	190	1	0	0	2
Lemon-Herb Tahini	70	55	6.0	1.0	0	0	140	4	2	0	2
Tahini Caesar	90	70	8.0	1.0	0	0	250	3	1	0	2
Greek Vinaigrette	130	125	14.0	2.0	0	0	230	1	0	0	0
Skhug	80	80	9.0	1.0	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	70	65	7.0	1.0	0	0	240	2	0	1	0
Garlic Dressing	180	180	20.0	2.0	0	0	90	0	0	0	0

Sides											
Side Pita	80	20	2.0	0.0	0	0	190	13	2	1	3
Pita Chips	280	70	8.0	1.0	0	0	630	40	5	2	10
Greyston Blondie	140	55	6.0	3.5	0	30	40	22	0	17	2
Greyston Brownie	150	80	9.0	6.0	0	45	10	17	1	13	2
Whisked! Apricot Honey	270	100	11.0	7.0	0	45	190	42	1	24	3
Whisked! Salted Dark Chocolate Oat Cookie (DMV)	290	135	15.0	9.0	0	40	160	37	3	21	4

Drinks											
Classic Lemonade - Regular (16 oz)	180	0	0.0	0.0	0	0	0	46	0	44	0
Classic Lemonade - Large (24 oz)	260	0	0.0	0.0	0	0	0	69	0	66	0
Classic Lemonade (CA) - Regular (16 oz)	130	0	0.0	0.0	0	0	0	35	0	33	0
Classic Lemonade (CA) - Large (24 oz)	200	0	0.0	0.0	0	0	0	53	0	50	0
Sweet Tea - Regular (16 oz)	100	0	0.0	0.0	0	0	15	27	0	26	0
Sweet Tea - Large (24 oz)	150	0	0.0	0.0	0	0	15	37	0	37	0
Jasmine Tea - Regular (16 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Jasmine Tea - Large (24 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Strawberry Citrus - Regular	100	0	0	0	0	0	10	25	1	23	0
Strawberry Citrus - Large	150	0	0	0	0	0	15	38	1	35	0
Cucumber Mint Lime - Regular (16 oz)	110	0	0	0	0	0	0	29	0	27	0
Cucumber Mint Lime - Large (24 oz)	170	0	0	0	0	0	0	43	0	40	0
Blueberry Lavender -Regular (16 oz)	90	0	0	0	0	0	5	22	0	21	0
Blueberry Lavender - Large(24 oz)	130	0	0	0	0	0	10	34	0	31	0
Pineapple Apple Mint Juice - Regular (16 oz)	70	5	0.5	0	0	0	0	17	1	13	0
Pineapple Apple Mint Juice - Large (24 oz)	100	10	1	0	0	0	5	25	1	20	0
Maine Root Soda (Fountain) - Regular (16 oz)	135	0	0	0	0	0	25	30	0	30	0
Maine Root Soda (Fountain) - Large (24 oz)	190	0	0	0	0	0	36	46	0	46	0
Maine Root Soda (Bottled)	165	0	0	0	0	0	35	40	0	40	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 Lemon	3	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 Blackberry	13	0	0	0	0	0	0	3	0	2	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
Spindrift Lemon	3	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 Blackberry	13	0	0	0	0	0	0	3	0	2	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 serve and fountain beverage nutritional information is calculated to include ice.  
All kid's sizes of self serve drinks are 16 oz.  
Steak in select market only.



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

<b>CAVA</b>	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										●	●
Roasted White Sweet Potato										●	●
<b>DRESSINGS</b>											
Preserved Lemon Vinaigrette										●	●
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 - Regular (16 oz)										●	●
Classic Lemonade - Large (24 oz)										●	●
Classic Lemonade (CA) - Regular (16 oz)										●	●
Classic Lemonade (CA) - Large (24 oz)										●	●
Sweet Tea - Regular (16 oz)										●	●
Sweet Tea - Large (24 oz)										●	●
Jasmine Tea - Regular (16 oz)										●	●
Jasmine Tea - Large (24 oz)										●	●
Unsweetened Black Tea - Regular (16 oz)										●	●
Unsweetened Black Tea - Large (24 oz)										●	●
Strawberry Citrus - Regular (16 oz)										●	●
Strawberry Citrus - Regular (24 oz)										●	●
Pineapple Apple Mint (16oz)										●	●
Pineapple Apple Mint (24 oz)										●	●
Cucumber Mint Lime - Regular (16 oz)										●	●
Cucumber Mint Lime - Large (24 oz)										●	●
Blueberry Lavender - Regular (16 oz)										●	●
Blueberry Lavender - Large (24 oz)										●	●
Maine Root Soda (Fountain) - Regular (16 oz)										●	●
Maine Root Soda (Fountain) - Large (24 oz)										●	●
Maine Root Soda (Bottled)										●	●
Spindrift Grapefruit										●	●
Spindrift Cucumber										●	●
Spindrift Lemon										●	●
Spindrift Raspberry Lime										●	●
Spindrift Blackberry										●	●
Horizon 1% Milk		●									●
Horizon Chocolate Milk		●									●
Honest Apple Juice										●	●

\*Steak in select market only.