

CAVA

Gluten-Free Menu Guide

CAVA's build-your-own menu is naturally gluten-friendly — every base, all six dips, and all eight dressings are gluten-free. Below is the full list so you can build a safe bowl. CAVA is not a certified gluten-free kitchen, so cross-contact is possible.

Yes = Gluten-Free | No = Contains Gluten | Verify = Confirm with staff

BASES (All Gluten-Free)

Item	Gluten-Free
Saffron Basmati Rice	Yes
Brown Rice	Yes
Black Lentils	Yes
RightRice®	Yes
SuperGreens	Yes
Arugula	Yes
Baby Spinach	Yes
Romaine	Yes
Power Greens (New 2026)	Yes

PROTEINS

Item	Gluten-Free
Grilled Chicken	Yes
Harissa Honey Chicken	Yes
Braised Lamb	Yes
Grilled Steak	Yes
Spicy Lamb Meatballs	Verify
Roasted Vegetables	Yes
Roasted White Sweet Potato	Yes
Falafel	No

Verify = listed as gluten-free but confirm with staff before ordering.

DIPS & SPREADS (All Gluten-Free)

Item	Gluten-Free
Traditional Hummus	Yes
Roasted Red Pepper Hummus	Yes
Harissa	Yes
Roasted Eggplant Dip	Yes
Crazy Feta®	Yes
Tzatziki	Yes

TOPPINGS

Item	Gluten-Free
Fire-Roasted Corn	Yes
Pickled Onions	Yes
Tomato + Cucumber Salad	Yes
Tomato + Onion Salad	Yes
Sumac Slaw (New 2026)	Yes
Kalamata Olives	Yes
Persian Cucumber	Yes
Salt-Brined Pickles	Yes
Fiery Broccoli	Yes
Avocado	Yes
Shredded Romaine	Yes
Crumbled Feta	Yes
Pita Crisps	No

DRESSINGS (All Gluten-Free)

Item	Gluten-Free
Garlic Dressing	Yes
Greek Vinaigrette	Yes
Hot Harissa Vinaigrette	Yes
Lemon Herb Tahini	Yes
Skhug	Yes
Balsamic Date Vinaigrette	Yes
Tahini Caesar	Yes
Yogurt Dill	Yes

NOT Gluten-Free — Avoid These

- Pita Bread (wheat + flax seed)
- Pita Chips / Pita Crisps (wheat)
- Falafel (wheat flour used as binder)
- Packaged sides & desserts (cookies, brownies)

For informational purposes only. Always confirm allergen details with restaurant staff.