

CAVA

Nutrition Guide • All values per serving

CURATED BOWLS										
Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Spicy Lamb + Avocado Bowl	800	52	14	0	105	1670	49	17	11	43
Steak + Harissa Bowl	620	35	10	0	105	1830	39	7	7	37
Harissa Avocado Bowl	830	49	12	0	155	2010	62	12	12	41
Chicken + Rice Bowl	700	42	10	0	165	1810	44	7	8	40
Greek Salad Bowl	580	40	10	0	165	1810	19	8	5	37
Falafel Crunch Bowl	860	56	9	0	15	2210	88	18	13	24
Salmon + Yogurt Dill	710	43	9	0	110	1870	49	5	10	35
Salmon + Strawberry Sesame	700	43	9	0	110	1860	46	7	13	36

CURATED PITAS										
Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Spicy Chicken + Avocado	930	48	11	0	155	2290	80	13	13	48
Steak + Feta Pita	820	42	10	0	105	1800	68	9	9	44
Greek Chicken	720	30	9	0	170	2230	64	8	6	48

BASES										
Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Brown Rice	310	10	2	0	0	770	48	5	2	7
Saffron Basmati Rice	290	7	1	0	0	770	54	2	1	5
Black Lentils	270	7	1	0	0	520	37	15	3	18
Super Greens	35	0.5	0	0	0	35	6	4	2	3
Arugula	20	0.5	0	0	0	25	3	1	2	2
Baby Spinach	20	0	0	0	0	70	3	2	0	3
Romaine	20	0	0	0	0	10	4	3	1	1

Power Greens	30	0	0	0	0	35	4	2	1	2
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MAINS

Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Braised Lamb	210	12	6	0	65	450	2	1	0	24
Grilled Chicken	250	13	3	0	150	670	3	1	0	28
Falafel	350	26	2	0	0	810	24	5	3	6
Grilled Steak	170	9	3	0	85	280	1	0	0	23
Harissa Honey Chicken	260	14	3	0	135	670	7	2	3	26
Roasted Vegetables	100	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	300	21	8	0	90	680	3	1	1	24
Glazed Salmon	320	23	3.5	0	90	630	5	0	5	23

DRESSINGS

Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Balsamic Date Vinaigrette	60	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	30	2	1	0	5	190	1	0	0	2
Lemon Herb Tahini	70	6	1	0	0	140	4	2	0	2
Strawberry Sesame	60	5	0.5	0	0	130	3	1	2	1
Greek Vinaigrette	130	14	2	0	0	230	1	0	0	0
Skhug	80	9	1	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	70	7	1	0	0	270	1	0	1	0
Garlic Dressing	180	20	1.5	0	0	90	0	0	0	0

DIPS + SPREADS

Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Tzatziki	30	2.5	1.5	0	10	60	1	0	1	2
Hummus	50	2.5	0	0	0	90	4	2	0	2
Roasted Eggplant	50	5	0.5	0	0	160	2	1	0	0

Crazy Feta	70	6	3	0	15	230	1	0	0	4
Harissa	70	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	40	1.5	0	0	0	105	5	2	1	2

TOPPINGS

Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Shredded Romaine	5	0	0	0	0	0	1	0	0	0
Pita Crisps	70	11	1.5	0	0	25	6	0	0	1
Sumac Slaw	30	1.5	0	0	0	170	3	1	1	1
Tomato + Onion	20	1.5	0	0	0	125	2	0	1	0
Persian Cucumber	15	1	0	0	0	110	1	0	1	0
Kalamata Olives	35	3	0.5	0	0	360	2	2	0	0
Fiery Broccoli	35	2.5	0	0	0	170	2	1	1	1
Pickled Onions	20	0	0	0	0	0	5	0	4	0
Crumbled Feta	35	2.5	1.5	0	10	125	0	0	1	3
Fire-Roasted Corn	45	2.5	0	0	0	105	5	1	2	1
Avocado	110	10	1.5	0	0	0	6	4	0	1

SIDES

Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Whole Pita	320	6	1	0	0	700	54	6	3	13
Side Pita	80	1.5	0	0	0	180	14	2	1	3
Pita Chips	280	8	1	0	0	630	41	5	2	10
Greyston Chocolate Chip Blondie	140	5	3	0	35	10	22	0	16	2
Greyston Brownie	150	9	6	0	45	10	17	1	13	2

KIDS MEAL

Item	Cal.	Fat(g)	Sat.Fat(g)	Trans Fat(g)	Chol.(mg)	Sodium(mg)	Carb.(g)	Fiber(g)	Sugar(g)	Protein(g)
Kids Saffron Basmati Rice	150	3.5	0.5	0	0	390	27	1	0	3

Kids Brown Rice	150	5	1	0	0	390	24	2	1	3
Kids Black Lentils	130	3.5	0	0	0	260	18	7	2	9
Kids Chicken	120	7	1.5	0	75	330	1	1	0	14
Kids Falafel	170	13	1	0	0	400	12	2	1	3
Kids Spicy Lamb Meatballs	150	11	4	0	45	340	2	0	1	12
Kids Roasted Vegetables	50	2	0	0	0	300	7	3	3	2
Kids Braised Lamb	110	6	3	0	30	230	1	0	0	12
Kids Grilled Steak	90	4.5	1.5	0	40	140	0	0	0	11
Kids Pita Chips	140	4	0.5	0	0	310	20	2	1	5

* While we take great care to identify allergens and avoid contamination, we cannot guarantee our ingredients are 100% free of allergens. Trans fat values of 0 indicate less than 0.5g per serving. Information is subject to change.