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Savory satisfaction

# SPICY LAMB + AVOCADO

Flavorful layers of protein and greens to keep you going.

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**Bowls**

Pitas

Kids Meal

Drinks

Sides

Desserts

 Recent Orders



**SPICY LAMB + AVOCADO**

795 Cal

Spicy lamb meatballs, avocado, Crazy Feta®, red pepper hummus, pickled onions, lentils, lemon herb tahini, more



**FALAFEL CRUNCH**

860 Cal

Falafel, roasted veggies, hummus, Crazy Feta®, pickled onions, pita crisps, lentils, rice, greens, skhug, more



**STEAK + HARISSA**

615 Cal

Steak, Crazy Feta®, red pepper hummus, tomato + onion, cucumber, feta, slaw, brown rice, greens, harissa vinaigrette



## CHICKEN + RICE

710 Cal

Grilled chicken, brown rice, tzatziki, hummus, feta, pickled onion, tomato, arugula, Greek vinaigrette, and more.



## HARISSA AVOCADO

840 Cal

Harissa honey chicken, Crazy Feta®, hummus, fire-roasted corn, avocado, rice, SuperGreens, harissa vinaigrette, more

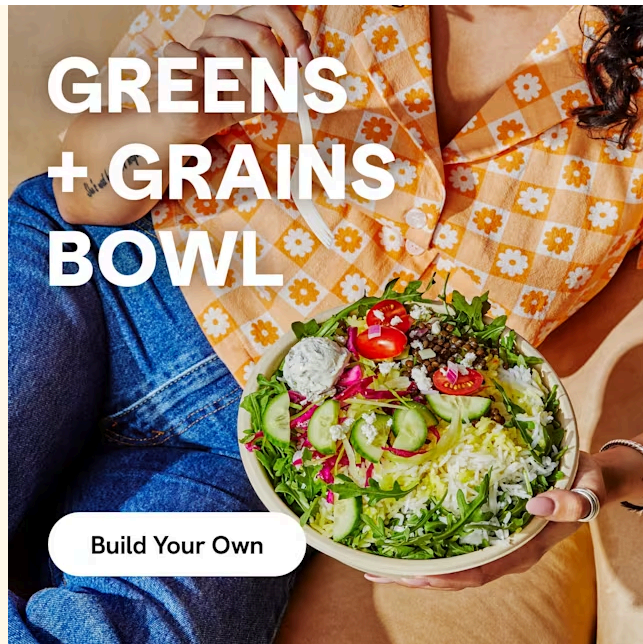


## GREEK SALAD

585 Cal

Grilled chicken, tzatziki, hummus, feta, cucumber, tomato + onion, Kalamata olives, romaine, arugula, Greek vinaigrette

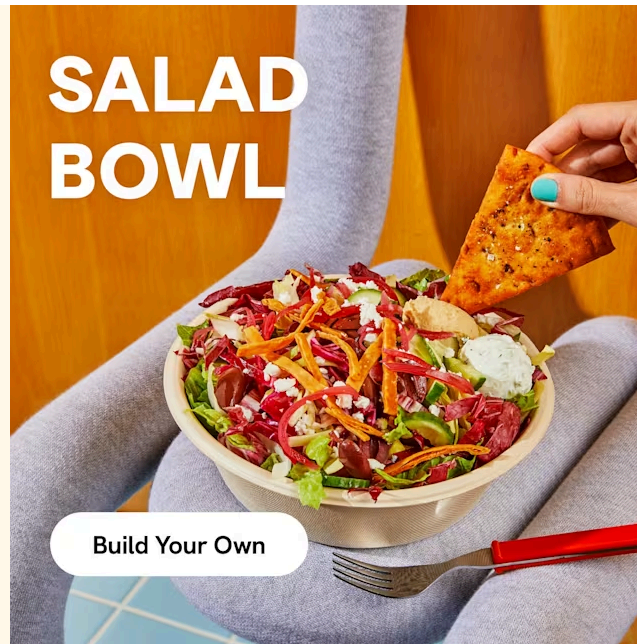




## GREENS + GRAINS BOWL

360-1495 Cal

Mix and match your favorite greens and grains to build a bowl just the way you like it.



## SALAD BOWL

240-1330 Cal

Choose your greens: arugula, SuperGreens, baby spinach, romaine, or SplendidGreens®.



## GRAINS BOWL

480-1660 Cal

Choose your grain bowl base: saffron basmati rice, brown basmati rice, or black lentils.

# PITAS





### **GARLIC CHICKEN + VEGGIE**

790 Cal

Grilled chicken, roasted veggies, tzatziki, feta, tomato + onion, pickles, cabbage slaw, garlic dressing.



### **STEAK + FETA**

810 Cal

Steak, Crazy Feta®, red pepper hummus, feta, pickles, romaine, garlic dressing, Greek vinaigrette.



### **CRISPY FALAFEL**

945 Cal

Falafel, hummus, roasted eggplant, pickles, cabbage slaw, tomato + onion, garlic dressing, skhug.



### SPICY CHICKEN + AVOCADO

970 Cal

Harissa honey chicken, Crazy Feta®, hummus, avocado, pickles, feta, corn, pickled onions, hot harissa vinaigrette.



### GREEK CHICKEN

870 Cal

Grilled chicken, hummus, tzatziki, pickles, tomato + onion, olives, feta, romaine, Greek vinaigrette.



### PITA

540-1610 Cal

Fill our fluffy and perfectly chewy pita with your unique combo of ingredients. Made with sprouted grains.

## KIDS MEAL



## KIDS PITA

505-1210 Cal

A mini version of our build-your-own pita with a side of pita chips or carrots sticks. Choose milk or juice.

# DRINKS





### **PINEAPPLE APPLE MINT**

160 Cal

This super refreshing juice is made in-house with pineapple, apple cider, fresh mint, and lime juice.



### **BLUEBERRY LAVENDER**

190 Cal

Made in-house from a purée of blueberries and lavender.



### **CUCUMBER MINT LIME**

240 Cal

A cure to any midday slump. Sweet and refreshing, balanced out with fresh lime juice. Made in-house.



## **CLASSIC LEMONADE**

360 Cal

A sweet lemonade that's never cloying thanks to the clear fresh lemon taste. Made in-house.



## **JASMINE TEA**

0 Cal

This iced green tea offers just a hint of pleasant floral notes. Made in-house.



## **UNSWEET TEA**

0 Cal

A refreshing pick-me-up of iced black tea. Brewed in-house and unsweetened for a balanced, smooth taste.



## FOUNTAIN SODA

270 Cal

Choose from a selection of Maine Root fountain sodas.



## SPINDRIFT LEMON

3 Cal

Sparkling lemon water that tastes like the real thing —because it is! There's real lemon juice in each can.



## SPINDRIFT HALF TEA & HALF LEMON

5 Cal

Real-squeezed lemon juice meets Argentinian black tea in this pitch perfect pairing. Crisp and refreshing.



## OPEN WATER STILL

0 Cal

Open Water still water is made in aluminum cans, the most recycled packaging in the world.



## OPEN WATER SPARKLING

0 Cal

Open Water sparkling water is made in aluminum cans, the most recycled packaging in the world.



## KIDS APPLE JUICE

40 Cal

Organic apple juice from Honest Kids. No sugar added.





## KIDS MILK

110 Cal

Organic 1% milk.



## KIDS CHOCOLATE MILK

150 Cal

Organic 1% chocolate milk.

# SIDES



## **CLASSIC PITA CHIPS**

270 Cal

Made in-house in small batches, our pita chips are meant for big dipping. Crispy outside, soft inside.



## **SIDE PITA**

310 Cal

Our warm, fluffy, and perfectly chewy pita is made exclusively for CAVA by Brooklyn-based Damascus bakery.



## **SIDE CRAZY FETA®**

210 Cal

Feta whipped with jalapeño, onion, and olive oil for just that right level of spicy. A CAVA signature.



### **SIDE HUMMUS**

135 Cal

Chickpeas puréed with tahini, lemon juice, fresh garlic, salt. No oil here! A guest favorite and CAVA classic.



### **SIDE HARISSA**

210 Cal

A Greek spin on a traditional North African spicy chili pepper paste with a vibrant tomato flavor.



### **SIDE TZATZIKI**

105 Cal

Made with the best Greek yogurt, fresh shredded cucumber, and dill. Thick, creamy, and brightens everything.



### **SIDE RED PEPPER HUMMUS**

120 Cal

Something magical happens when fresh roasted red peppers are puréed with chickpeas, tahini, and garlic.



### **SIDE ROASTED EGGPLANT**

150 Cal

Roasted eggplant blended with lemon juice, parsley, onions, and garlic. Sleeper hit!

## **DESSERTS**



**SALTED CHOCOLATE OAT  
COOKIE**

290 Cal

If an oatmeal cookie and a salted chocolate chip cookie had a baby. Made in partnership with Whisked.



**GREYSTON BLONDIE**

140 Cal

A blondie with a super soft, almost-gooey inside. Handcrafted by Greyston Bakery for CAVA.



**GREYSTON BROWNIE**

150 Cal

Intensely chocolatey brownie, with a fudgy, almost-gooey inside. Handcrafted by Greyston Bakery for CAVA.

**Nutrition + Ingredients**





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