

# CAVA



NUTRITIONAL INFORMATION

WINTER 2022

Nutritional information is based on 1 serving of each item

Curated Bowls	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)
Greek Salad	600	380	42.0	9.0	0	165	1730	19	4	5	37
Harissa Avocado	885	485	54.0	12.0	0	155	1660	56	13	13	41
Tahini Caesar	550	280	31.0	7.0	0	155	1200	28	4	6	37
Lentil Avocado	770	530	59.0	7.0	0	0	1610	56	20	13	16
Chicken + RightRice	745	390	43.0	10.0	0	165	1750	45	8	8	45
White Sweet Potato + Feta	700	335	37.0	7.0	0	85	1760	64	11	9	30
<b>Curated Pitas</b>											
Crispy Falafel	955	520	58.0	6.0	0	0	2440	88	14	8	22
Greek Chicken	895	415	46.0	10.0	0	165	2560	67	9	6	48
Spicy Chicken + Avocado	1030	495	55.0	12.0	0	155	2460	86	16	14	50
Spicy Lamb Meatball	865	425	47.0	11.0	0	90	2020	70	9	10	40
<b>Greens + Grains</b>											
Brown Rice	310	90	10.0	1.5	0	0	770	48	5	2	8
Saffron Basmati Rice	290	55	6.0	1.0	0	0	770	54	2	0	6
RightRice	370	90	10.0	1.0	0	0	510	53	9	0	18
Black Lentils	260	65	7.0	1.0	0	0	520	37	15	3	17
SuperGreens	40	0	0.0	0.0	0	0	30	8	4	3	3
Arugula	20	0	0.0	0.0	0	0	25	3	1	2	2
Baby Spinach	20	0	0.0	0.0	0	0	70	3	2	0	3
Romaine	20	0	0.0	0.0	0	0	10	4	3	1	1
SplendidGreens	20	0	0.0	0.0	0	0	15	4	3	1	1

Pitas	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)
Pita	320	45	6.0	1.0	0	0	700	53	6	3	13
<b>Kid's Meal</b>											
Kid's Pita Chips	140	35	4.0	0.5	0	0	315	20	2	1	5
Kid's Saffron Basmati Rice	145	30	3.0	0.5	0	0	385	27	1	0	3
Kid's Brown Rice	155	45	5.0	1.0	0	0	385	24	3	1	4
Kid's Black Lentils	185	45	5.0	0.5	0	0	255	26	5	0	9
Kid's Mini Pita	160	25	3.0	0.5	0	0	350	27	3	2	7
Carrot Sticks	40	0	0.0	0.0	0	0	70	10	3	5	1
Kid's Chicken	125	65	7.0	1.5	0	75	335	2	1	0	14
Kid's Harissa Honey Chicken	130	65	7.0	1.5	0	65	335	4	1	2	13
Kid's Falafel	175	115	13.0	0.5	0	0	405	12	3	2	3
Kid's Grilled Meatballs	120	70	8.0	3.5	0	35	270	1	0	0	13
Kid's Spicy Lamb Meatballs	150	100	11.0	4.0	0	45	340	2	1	1	12
Kid's Roasted Vegetables	50	25	3.0	0.5	0	0	300	7	3	3	2
Kid's Braised Lamb	105	55	6	3	0	33	120	1	1	0	12
Kid's Roasted White Sweet Potato	90	20	2.0	0.0	0	0	210	18	3	5	2
<b>Dips + Spreads</b>											
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	0.8	0.0	0	0	150	4	1	1	1

\* Side Dip order is equivalent to 3 servings of a dip.

Proteins	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)
Braised Lamb	210	110	12.0	6.0	0	65	240	2	1	0	24
Grilled Chicken	250	120	13.0	3.0	0	150	670	3	1	0	28
Falafel	350	235	26.0	1.5	0	0	810	24	5	3	6
Grilled Meatballs	240	145	16.0	7.0	0	75	540	1	0	0	25
Harissa Honey Chicken	260	125	14.0	3.0	0	135	670	7	2	3	26
Roasted Vegetables	100	40	4.5	0.5	0	0	600	14	5	5	3
Roasted White Sweet Potato	180	35	3.5	0.0	0	0	420	35	6	9	3
Spicy Lamb Meatballs	300	200	22.0	8.0	0	90	680	3	1	1	24
Toppings											
Shredded Romaine	5	0	0.0	0.0	0	0	0	1	0	0	0
Pita Crisps	90	40	4.5	0.5	0	0	35	10	1	1	1
Cabbage Slaw	35	30	3.0	0.0	0	0	125	2	1	1	0
Tomato + Onion	20	20	2.0	0.0	0	0	125	2	0	1	0
Persian Cucumber	15	10	1.0	0.0	0	0	110	1	0	1	0
Tomato + Cucumber	10	0	0.0	0.0	0	0	0	2	0	1	0
Kalamata Olives	50	40	4.5	0.0	0	0	260	2	0	0	0
Lentil Tabbouleh	60	20	2.5	0.0	0	0	140	7	3	1	3
Pickled Onions	20	0	0.0	0.0	0	0	0	5	0	4	0
Salt-Brined Pickles	5	0	0.0	0.0	0	0	280	0	0	0	0
Crumbled Feta	35	20	2.5	2.3	0	10	125	0	0	1	3
Fire-Roasted Corn	45	30	3.0	0.0	0	0	105	5	1	2	1
Avocado	160	135	15.0	2.0	0	0	10	9	7	1	2

Dressings	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)
Preserved Lemon Vinaigrette	130	125	14.0	2.0	0	0	60	1	0	0	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
<b>Sides</b>											
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	160	80	9.0	6.0	0	40	65	18	1	14	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
<b>Drinks</b>											
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)	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

Drinks	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)
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
Unsweetened Black Tea - Regular (16 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Unsweetened Black Tea - Large (24 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Pineapple Apple Mint - Regular (16 oz)	70	5	0.5	0.0	0	0	0	17	1	13	0
Pineapple Apple Mint - Large (24 oz)	100	9	1.0	0.0	0	0	5	25	1	20	0
Cucumber Mint Lime - Regular (16 oz)	110	0	0.0	0.0	0	0	0	29	0	27	0
Cucumber Mint Lime - Large (24 oz)	170	0	0.0	0.0	0	0	0	43	0	40	0
Blueberry Lavender - Regular (16 oz)	90	0	0.0	0.0	0	0	5	22	0	21	0
Blueberry Lavender - Large (24 oz)	130	0	0.0	0.0	0	0	10	34	0	31	0
Maine Root Soda (Fountain) - Regular	110	0	0.0	0.0	0	0	25	30	0	30	0
Maine Root Soda (Fountain) - Large (24 oz)	160	0	0.0	0.0	0	0	36	46	0	46	0
Maine Root Soda (Bottled)	165	0	0.0	0.0	0	0	35	40	0	40	0
Spindrift Grapefruit	17	0	0.0	0.0	0	0	0	4	0	3	0
Spindrift Cucumber	2	0	0.0	0.0	0	0	0	0	0	0	0
Spindrift Lemon	3	0	0.0	0.0	0	0	0	0	0	0	0
Spindrift Raspberry Lime	9	0	0.0	0.0	0	0	0	2	0	1	0
Spindrift Blackberry	13	0	0.0	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	3.0	2.0	0	15	220	24	1	22	9
Honest Apple Juice	40	0	0.0	0.0	0	0	5	10	0	9	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.

## ALLERGEN DETAIL MENU + INGREDIENTS

X = Contains Allergen

Curated Bowls	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
Greek Salad		X				X					
Harissa Avocado		X				X					
Tahini Caesar	X	X	X			X					
Lentil Avocado	X		X			X				X	X
Chicken + RightRice		X				X					
White Sweet Potato + Feta		X				X					
<b>Curated Pitas</b>											
Crispy Falafel	X		X			X				X	X
Greek Chicken	X	X	X			X					
Spicy Chicken + Avocado	X	X	X			X					
Spicy Lamb Meatball	X		X			X					
<b>Greens + Grains</b>											
Brown Rice										X	X
Saffron Basmati Rice										X	X
RightRice										X	X
Black Lentils										X	X
SuperGreens										X	X
Arugula										X	X
Baby Spinach										X	X
Romaine										X	X
SplendidGreens										X	X

Pitas	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
Pita	X		X			X				X	X
<b>Kid's Meal</b>											
Kid's Pita Chips	X		X			X				X	X
Kid's Saffron Basmati Rice										X	X
Kid's Brown Rice										X	X
Kid's Black Lentils										X	X
Kid's Mini Pita	X		X			X				X	X
Carrot Sticks										X	X
Kid's Chicken											
Kid's Harissa Honey Chicken											
Kid's Falafel	X		X							X	X
Kid's Grilled Meatballs											
Kid's Spicy Lamb Meatballs											
Kid's Roasted Vegetables										X	X
Kid's Braised Lamb											
<b>Dips + Spreads</b>											
Tzatziki		X									X
Hummus						X				X	X
Roasted Eggplant										X	X
Crazy Feta		X									X
Harissa										X	X
Red Pepper Hummus						X				X	X

\*Side Dip order is equivalent to 3 servings of a dip.

Proteins	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
Braised Lamb											
Grilled Chicken											
Falafel	X		X							X	X
Grilled Meatballs											
Harissa Honey Chicken											
Roasted Vegetables										X	X
Roasted White Sweet Potato										X	X
Spicy Lamb Meatballs											
Toppings											
Shredded Romaine										X	X
Pita Crisps	X		X							X	X
Cabbage Slaw										X	X
Tomato + Onion										X	X
Persian Cucumber										X	X
Tomato + Cucumber										X	X
Kalamata Olives										X	X
Lentil Tabbouleh										X	X
Pickled Onions										X	X
Salt-Brined Pickles										X	X
Crumbled Feta		X									X
Fire-Roasted Corn										X	X
Avocado										X	X

Dressings	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
Preserved Lemon Vinaigrette										X	X
Yogurt Dill		X									X
Lemon-Herb Tahini						X				X	X
Tahini Caesar						X				X	X
Greek Vinaigrette										X	X
Skhug										X	X
Hot Harissa Vinaigrette										X	X
Garlic Dressing										X	X
<b>Sides</b>											
Side Pita	X		X			X				X	X
Pita Chips	X		X			X				X	X
Greyston Blondie	X	X	X	X							X
Greyston Brownie	X	X		X							X
Whisked! Apricot Honey	X	X		X							X
Whisked! Salted Dark Chocolate Oat	X	X	X	X							X
<b>Drinks</b>											
Classic Lemonade - Regular (16 oz)										X	X
Classic Lemonade - Large (24 oz)										X	X
Classic Lemonade (CA) - Regular (16)										X	X
Classic Lemonade (CA) - Large (24 oz)										X	X
Sweet Tea - Regular (16 oz)										X	X

Drinks	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
Sweet Tea - Large (24 oz)										X	X
Jasmine Tea - Regular (16 oz)										X	X
Jasmine Tea - Large (24 oz)										X	X
Unsweetened Black Tea - Regular (16 oz)										X	X
Unsweetened Black Tea - Large (24 oz)										X	X
Strawberry Citrus - Regular (16 oz)										X	X
Strawberry Citrus - Regular (24 oz)										X	X
Cucumber Mint Lime - Regular (16 oz)										X	X
Cucumber Mint Lime - Large (24 oz)										X	X
Blueberry Lavender - Regular (16 oz)										X	X
Blueberry Lavender - Large (24 oz)										X	X
Maine Root Soda (Fountain) - Regular										X	X
Maine Root Soda (Fountain) - Large (24 oz)										X	X
Maine Root Soda (Bottled)										X	X
Spindrift Grapefruit										X	X
Spindrift Cucumber										X	X
Spindrift Lemon										X	X
Spindrift Raspberry Lime										X	X
Spindrift Blackberry										X	X
Horizon 1% Milk		X									X
Horizon Chocolate Milk		X									X
Honest Apple Juice										X	X