

The Ultimate Cava Menu Guide

July 2024

Cava has around 300 locations all over the US, serving healthy Mediterranean meals prepared with fresh, high-quality ingredients.

Their menu is super flexible, with 38 ingredients that you can mix and match using their "build-your-own" meal option to create over 17 billion combinations. This level of variety and customization is one of the reasons why food enthusiasts cannot get enough of Cava!

ITEM	CALORIES	PRICE
Spicy Greens Bowl	780	\$15.84
Greek Salad Bowl	600	\$10.97
Lemon Chicken Bowl	630	\$10.14
Lentil Avocado Bowl	770	\$10.95
Greek Chicken Pita	600	\$10.97
Classic Lemonade	885	\$14.62
Cava Kids Milk	885	\$14.62
Greyston Brownie	600	\$10.97

[Cava Menu PDF](#)

JUMP DOWN TO

- Cava Bowls ↓
- Cava Pitas ↓
- Cava Kids Meal ↓
- Drinks ↓
- Sides ↓
- Desserts ↓
- Vegan Menu ↓
- Secret Menu ↓
- Toppings ↓

The **Cava's menu** is divided into six sections - bowls, pitas, drinks, kids meals, sides, and desserts. Each section offers plenty of delicious veg and non-veg options to cater to the needs of all kinds of customers.

Cava menu meals have a perfect balance of base ingredients, proteins, veggies, toppings, dressings, and dips, providing all the nutrients you need to stay hale and hearty.

Keep reading the article to find everything about the Cava menu, including Cava menu with calories, Cava menu with prices, Cava secret menu, and more.

FREE POLL!

🇺🇸 What you want to try at Cava Restaurant near me?

CAVAMENUS

- Steak Mezze Salad
- Harissa Avocado Bowl
- Spicy Lamb Meatballs
- Grilled Chicken
- Other

[SEE RESULTS](#)

[Table of Content](#) +

Cava Bowls

Cava bowls are one of their most selling products. They are known for their huge portions (4 oz full portion), fresh and ripe veggies, and flavorful sauces. The best part is that you can customize them by mixing any ingredients you want and creating unique combinations that are totally your creations.



Cava Bowls Menu

Healthy, Delicious, and Made for You



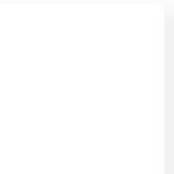
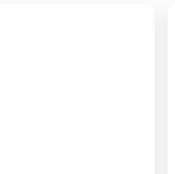



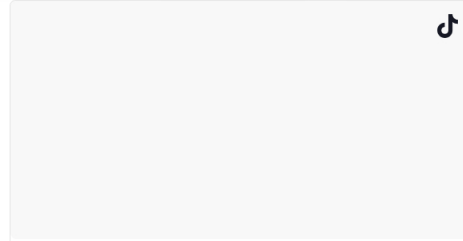
CAVA-MENUS.COM

Cava bowls are packed with nutrient-dense bases (grains or greens), proteins (chicken, lamb meat, falafels, etc.), toppings (chopped or pickled veggies), dressings (yogurt dill, herb tahini, etc.), and spreads (hummus, crazy feta, etc.). Order them if you are looking for a well-rounded meal that offers essential nutrients required for a healthy mind, body and soul.

Check out this [Cava bowls menu](#) to find popular vegan and non-vegan options you can enjoy at Cava.




1. Cava Non-Vegan Bowls

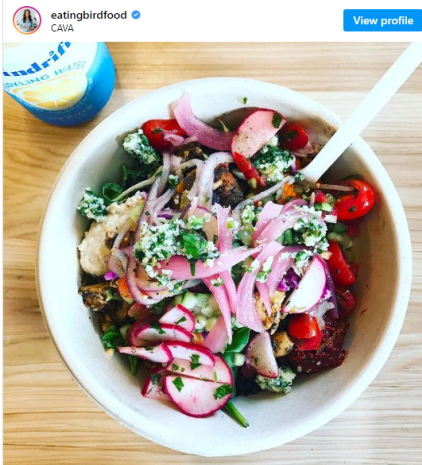
				
Steak Mezze Salad 495 Calories \$16.55	Spicy Greens Bowl 780 Calories \$12.85	Chicken + Rice Bowl 715 Calories \$12.85	Greek Salad Bowl 600 Calories \$12.85	Tahini Caesar 550 Calories \$12.85



@hannahsykesburch
I worked at cava so I promise you can trust me
#cava
#cavabowl
#cavaorder
#cavareview
#healthy
🎵 PRETTY BOY FLOW – Sturdyyoungin

2. Cava Vegan Bowls

		
Greens + Grains Bowl 360-1495 Calories \$12.85	Salad Bowl 240-1330 Calories \$12.85	Grain Bowl 480-1660 Calories \$12.85



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@cava lunch dates never disappoint. Had a blast catching up with my lady love @restoring_radiance while devouring this bowl. 🌿💕🍷 The new spring menu items are 🥰 Those sumac radishes tho! 🥰

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Cava Pitas


Cava pitas are chewy and nutty wraps mainly made of fresh wheat flour, a mixture of nine living grains, water, and olive oil.

Brooklyn-based Damascus bakery prepares pitas exclusively for this food chain. No artificial ingredients are added to them, which makes them a great choice for health-conscious eaters. Also, you get plenty of dressing options like Greek Vinaigrette, light tahini Caesar, etc. and unlimited toppings to fill your pita as you like.

1. Cava Non-Vegan Pitas

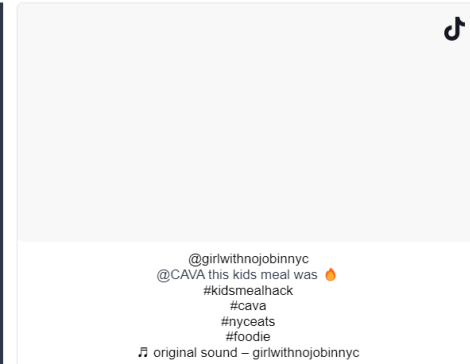
			
Steak & Feta Pita 800 Calories \$16.55	Spicy Chicken & Avocado 1030 Calories \$17.60	Spicy Lamb Meatball Pita 865 Calories \$15.50	Greek Chicken Pita 895 Calories \$12.85

2. Cava Vegan Pitas


Crispy Falafel Pita 955 Calories \$12.85

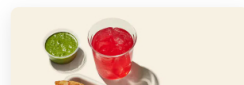
Cava Kids Meal

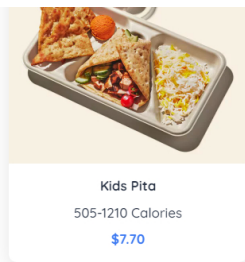
Kids meal is actually a half pita with a few pita chips/carrots and a dip on the side. Pita has basic ingredients like the spread, protein, and toppings, which you can choose yourself. You also get a kid's drink of your choice.



@girlwithnojobinnyc
@CAVA this kids meal was 🍷
#kidsmealhack
#cava
#nyceats
#foodie
🔊 original sound – girlwithnojobinnyc

Kids Pita





[Kids Drinks Menu](#) ↓














Cava Drinks

Cava drinks come in various flavors that complement meals. Most are made of fresh fruits and prepared in-house by experts, while others are famous products of reputed beverage companies.

Each drink is available in three sizes:

- Kids (12 oz)
- Small (16 oz)
- Large (22 oz)

Here is the detailed Cava drinks menu.

 <p>Strawberry Citrus 190 Calories \$3.60</p>	 <p>Blueberry Lavender 190 Calories \$3.60</p>	 <p>Cucumber Mint Lime 240 Calories \$3.60</p>	 <p>Classic Lemonade 360 Calories \$3.60</p>	 <p>Jasmine Tea 0 Calories \$3.60</p>
 <p>Fountain Soda 270 Calories \$3.60</p>	 <p>Spindrift Lemon 3 Calories \$3.00</p>	 <p>Spindrift half tea & half Lemon 5 Calories \$3.00</p>	 <p>Open Water Still 0 Calories \$3.00</p>	 <p>Open Water Sparkling 0 Calories \$3.00</p>
 <p>Kids Apple Juice 40 Calories \$3.00</p>	 <p>Kids Milk 110 Calories \$3.00</p>	 <p>Kids Chocolate Milk 150 Calories \$3.00</p>		



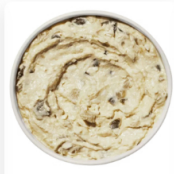

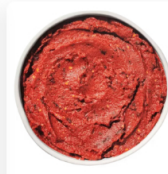


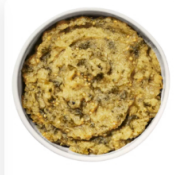




Cava Sides


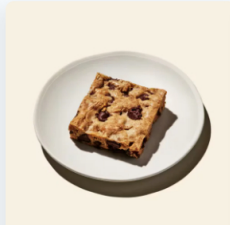
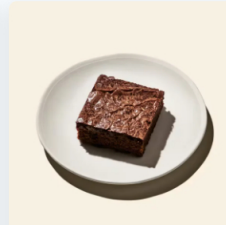
Cava offers one-of-a-kind pita chips and six authentic dips as sides. Customer favorite Cava pita chips are a crispy version of their regular pitas. Their sauces are made in-house with fresh ingredients that, when mixed, give a new taste experience.

Combine dips with any meal you want to enhance its overall taste and aroma to your liking. You can even buy them from thousands of supermarkets to enjoy them while snacking at home.

 <p>Cava Pita Chips 280 Calories \$2.90</p>	 <p>Cava Side Pita 320 Calories \$2.45</p>	 <p>Side Crazy Feta 210 Calories \$4.35</p>	 <p>Side Hummus 135 Calories \$3.55</p>	 <p>Side Harissa 210 Calories \$3.55</p>
 <p>Tzatziki Side 105 Calories \$3.55</p>	 <p>Red Pepper Hummus 90 Calories \$3.55</p>	 <p>Roasted Eggplant Dip 150 Calories \$3.75</p>		

Cava Desserts

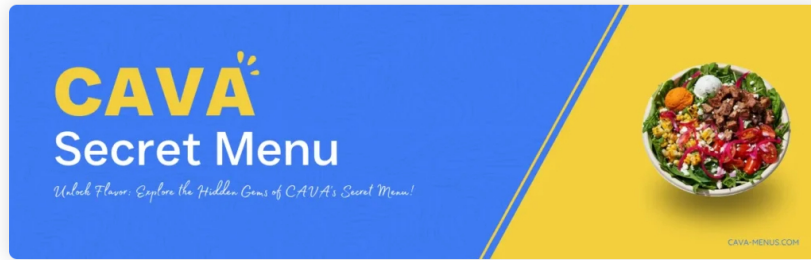
End your meal on a happy note and satisfy your sweet tooth with a delicious Cava dessert. The Cava dessert menu is simple yet satisfying, consisting of an oat cookie and two super-soft brownies. These products are made from natural base ingredients by other bakeries exclusively for Cava.

 <p>Salted Chocolate Oat Cookie 290 Calories \$3.35</p>	 <p>Greyston Blondie 140 Calories \$2.80</p>	 <p>Greyston Brownie 150 Calories \$2.80</p>
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Cava Secret Menu

Cava secret menu items are customized products built by fans according to their individual likes and dietary preferences. They got famous for their distinct taste and became a part of a fan-made secret menu.

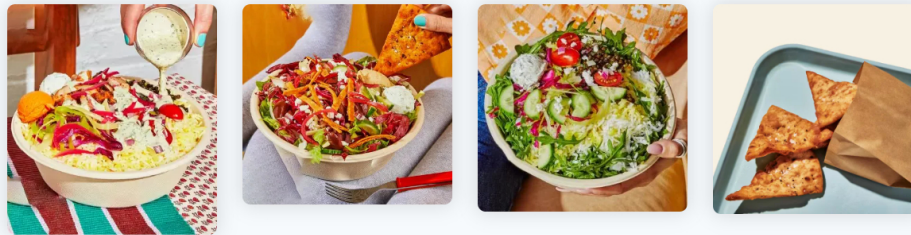
their distinct taste and become a part of a full-time secret menu.



- ✔ **Cava Nachos:** Ask the staff for a personalized pita chips dish. Tell them to add pita chips over the tzatziki sauce. Then, choose a protein of your choice. Pile up a variety of toppings over it, including tomato, onion, banana peppers, cheese, pickled onions, and harissa.
- ✔ **Cava Roasted Veggie Bowl:** Request roasted seasonal veggies on a bowl of brown rice base. Add a protein of your choice. Top with pickled onions and feta. Add some spice with lemon herb tahini and hot harissa vinaigrette.
- ✔ **Cava Unlimited Bowl:** Choose a base you like and add all the available unlimited toppings until your bowl is full. Spice it up with any sauce you prefer.
- ✔ **Cava Mediterranean Power Bowl:** Choose any kind of rice from the available options. Top with roasted chicken, a mix of fresh veggies, feta cheese, hummus, and garlic dressing. For extra energy, add a few seeds as well. This power-packed meal provides proteins, carbs, healthy fats, and a variety of minerals and vitamins. You can customize it however you want.
- ✔ **Balsamic Date Chicken Bowl:** Ask for a brown rice bowl with spinach, tomato, cabbage, roasted red pepper hummus, roasted eggplant dip, and grilled chicken. Request more seasonal veggie mix to increase your bowl portion and nutrients.

Cava Vegan Menu

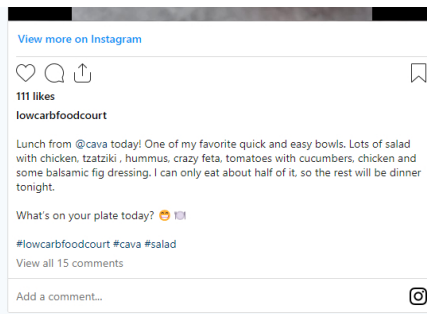
Cava provides plenty of food items free of animal-derived ingredients to cater to diverse customer needs and preferences. Here are some popular Cava vegan options you should try next time.



ITEM	CALORIES	PRICE
Grains Bowl	480-1660 Cal	\$12.85
Salad Bowl	240-1330 Cal	\$12.85
Grains & Greens Bowl	360-1465 Cal	\$12.85
Side Pita	320 Cal	\$2.45
Pita Chips	280 Cal	\$2.90

You can turn a non-veg item into a purely plant-based meal using Cava's build-your-own meal option. Here are their vegan ingredients you can mix to make a complete veg meal.





Bases:

ITEM	CALORIES
Brown Rice	310 Cal
Lentils	260 Cal
Falafel	350 Cal
Roasted Veggies	100 Cal

Dips:

- Roasted eggplant
- Roasted red pepper hummus
- Plain hummus
- Harissa



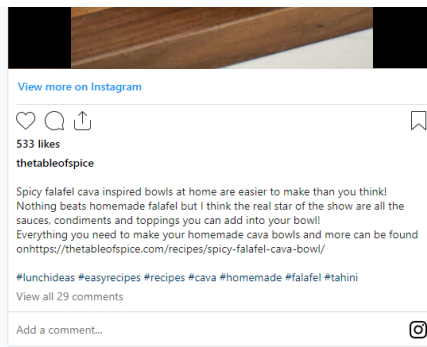
DIPS	CALORIES
Roasted eggplant	50 Cal
Roasted red pepper hummus	30 Cal
Plain hummus	45 Cal
Harissa	70 Cal

Toppings:

ITEM	CALORIES
Pita crisps	90 Cal
Persian cucumber	15 Cal
Pickled cucumber	10 Cal
Pickled onion	20 Cal
Cabbage	35 Cal
Roasted corn	45 Cal
Avocado	160 Cal
Salt brined pickles	5 Cal
Shredded romaine	5 Cal

Cava provides you with your ingredients list while booking your order. So make sure you check it to confirm you have all plant-based ingredients.



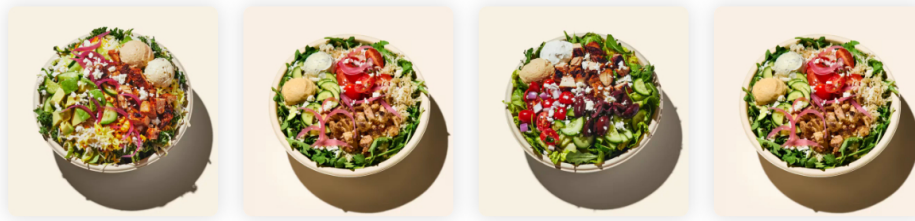


Cava Gluten-Free Menu

Cava has gluten-free ingredients, so people with certain health concerns can also enjoy their meals like others. If you have gluten intolerance, inform Cava staff about it. They are knowledgeable enough to guide you thoroughly and take necessary precautionary measures to avoid accidents.

Here are popular gluten-free menu items:

1. Harissa avocado bowl
2. Chicken & RightRice bowl
3. Greek salad bowl
4. Balsamic date chicken



ITEM	CALORIES	PRICE
Harissa avocado bowl	885 Cal	\$17.60
Chicken & RightRice bowl	715 Cal	\$12.85
Greek salad bowl	600 Cal	\$12.55
Balsamic date chicken	645 Cal	\$10.97

Try these gluten-free bases:

ITEM	CALORIES
Brown rice	310 Cal
White basmati rice	290 Cal
Lentils	260 Cal
Fresh greens	40 Cal

Choose these gluten-free proteins to make a bowl:

ITEM	CALORIES
Grilled chicken	250 Cal
Braised lamb	210 Cal
Honey harissa chicken	260 Cal
Spicy lamb meatballs	300 Cal

Gluten-free spread options include:

ITEM	CALORIES
Roasted red pepper hummus	30 Cal
Roasted eggplant	50 Cal
Tzatziki	35 Cal
Crazy Feta	70 Cal
Hummus	45 Cal
Harissa	70 Cal

Add the following gluten-free toppings:

ITEM	CALORIES
Pita crions	90 Cal

Persian cucumber	15 Cal
Pickled cucumber	10 Cal
Pickled onion	20 Cal
Cabbage	35 Cal
Roasted corn	45 Cal
Avocado	160 Cal
Salt brined pickles	5 Cal
Shredded romaine	5 Cal

The following greens & grains are gluten-free:

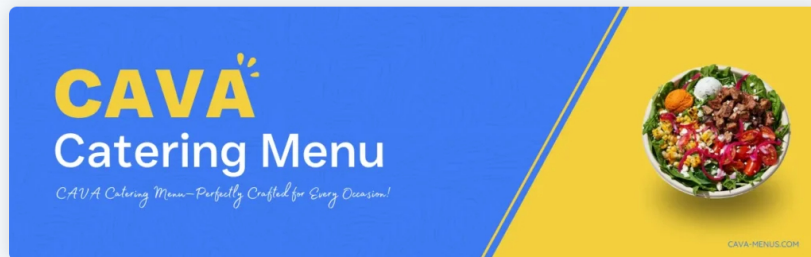
ITEM	CALORIES
SuperGreens	40 Cal
Splendid Greens	20 Cal
Baby spinach	10 Cal
Arugula	10 Cal
Romaine	20 Cal

Cava Catering Menu

Cava [provides catering services](#) for family gatherings, corporate events, and other special functions. Their catering menu has the following options:

Pita Pack: Contains ten wraps of your choice. You can add up to five more sandwiches to your pack if you need more than ten.

ITEM	CALORIES	PRICE
Greek Chicken Pita	805	\$12.85
Crispy Falafel Pita	855	\$12.85
Spicy chicken & avocado pita	1030	\$17.60
Steak & feta pita	855	\$12.85



Curated Bowls: They come in the following flavors:

- Grilled chicken & rice bowl
- Spicy greens bowl
- Steak mezze salad bowl
- Harissa avocado bowl
- Grilled chicken vegetables bowl
- Spicy lamb meatball bowl
- Falafel avocado bowl
- Greek salad bowl

Sides Pack: You can order either one kind of dip or three flavors of dip in a pack.

- Pita chips
- Eggplant
- Hummus
- Red pepper hummus
- Crazy feta
- Tzatziki

Sweets: These are their regular brownies and cookies.

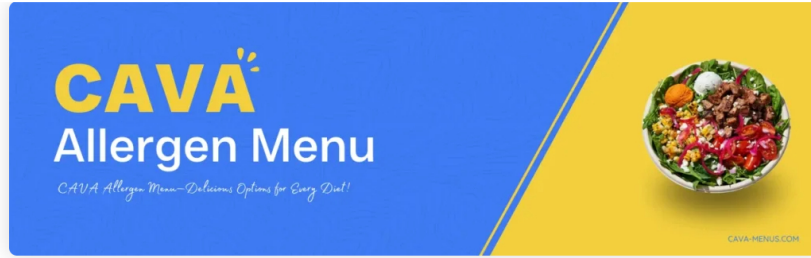
- Cookies (either ten cookies or one in a pack)
- Brownies (either ten brownies or one in a pack)

Drinks: These include their regular drinks.

- House-made 1-gallon juice of your choice
- House-made 1-gallon limeade
- House-made 1-gallon tea
- Bottled water
- Assorted Spindrift

Group Bowl Bar: Choose this option if you want to make your bowls or pitas.

Cava Ingredients Menu



Cava Menu Dips

Cava presents six dip options that provide a burst of flavor. Each dip is made from a different set of ingredients that give them distinct tastes. They include:

- Tzatziki
- Harissa
- Hummus
- Red pepper hummus
- Crazy feta
- Roasted eggplant

Crumbled feta	35 Cal
Cabbage slaw	35 Cal
Fire roasted corn	45 Cal
Tomato + onion	20 Cal
Tomato + cucumber	10 Cal
Salt-brined pickles	5
Avocado	160
Pickled onions	20

Cava menu build-your-own (customization)

At Cava, you can choose from several protein, base, topping, dressing, and dip options to build a bowl or pita that perfectly meets your dietary requirements. Know that the price of your meal increases as you add more ingredients. So, make sure you pair the right combination of items to get the best value for your money.

Top Cava menu recommendations

Cava.com menu offers a bunch of pre-designed items and countless customization options. Sometimes, choosing one from numerous varieties can feel overwhelming. To save you trouble, we have picked the most popular Cava order options that can simplify your buying decision.

Try the following items during your next visit:

- Harissa avocado bowl
- Steak greens bowl
- Spicy green bowl
- Greens + grains bowl
- Spicy lamb meatball pita
- Market spice bowl
- Custom bowl combination: Half romaine, half brown rice, tzatziki, onion, cucumber, half honey chicken, half grilled chicken, corn, and garlic cream.
- Custom bowl combination: White basmati rice, harissa honey chicken, pickled onion, fire-roasted corn, cucumber + tomatoes, tomatoes + onion, eggplant dip, red pepper hummus, and spicy harissa.

Cava hacks

Make the most of your Cava visit with these interesting Cava hacks:

- Cava kids hack:** If the regular pita portion is too much for you or you just want to save some bucks, order a kid's meal. It costs less than a regular meal but provides everything, including protein, dip, dressing, topping, side, and drink.
- 1-for-2-meals hack:** Buy any Cava bowl you want. Request the staff to add some extra rice and unlimited toppings. Now buy a side pita. Eat the bowl as much as you want and use the remaining portion to create another complete meal with the pita, giving you two meals for a lower price.

How to order at Cava?

Cava provides three convenient ordering methods to serve distinct needs of their customers. Choose the one that best suits your circumstances:

- Digital drive-thru:** Place an online order and pick up your food at the drive-thru without leaving your vehicle.

✔ **Online delivery:** Use Cava website or Cava app to get your food delivered to your doorstep through services such as Uber Eats and DoorDash.

✔ **In-store ordering:** Check the Cava restaurant near me menu on the internet. Visit your nearest Cava to order whatever you want.

Cava Customer Service

Official Cava's resources:

- **Cava Office:** 702 H Street NW, Washington, D.C
- **Sonic Contact Number:** 1-844-707-6841
- **Official Website:** <https://cava.com/>
- **Cava Locations:** <https://cava.com/locations>
- **Mobile Apps:** [Cava App](#)
- **Cava Rewards:** [Official Page](#)
- **Cava Support:** <https://support.cava.com/>
- **Cava Careers:** <https://cava.com/careers>

Cava Social Links



FAQ's

Here are some faq's related to this topic

What type of food is cava? ▾

Are cava bowls healthy? ▾

Is cava falafel gluten-free? ▾

Does Cava have a catering menu? ▾

Does Cava have a kids menu? ▾

Is Cava nut-free? ▾

Conclusion

The Cava menu is a collection of healthy, fresh meals that are either pre-designed or made-to-order. Cava bowls are their most selling items because they offer huge portions, contain various ingredients, and taste amazing. Their warm pitas wraps have almost the same ingredients as bowls.

Cava introduces new items to its menu every now and then based on customer demand and the availability of seasonal ingredients. Visit their website, app, or social media channels to stay updated on what is new.

Cava menu caters to the dietary preferences of all kinds of customers, whether they are adults, kids, veg, or non-veg. So, next time you want something nutritious yet flavorful for your family, try Cava! You will be satisfied, full and eager to come back for more!

Cava Near Me

