

CAVA Menu 2026

Full menu with prices — bowls, pitas, salads, sides, drinks & desserts

Prices below are typical national averages compiled from published menu data and are for planning purposes only. CAVA pricing varies by city, state, and individual restaurant — always confirm exact pricing in the CAVA app or at cava.com before ordering.

Build Your Own — Bowl, Pita, or Salad

Build Your Own Bowl

Choose a base, protein, dips, toppings & dressing

from \$10.95

Build Your Own Pita

Warm 9-grain pita with protein, dips & toppings

from \$9.50

Build Your Own Salad

Fresh greens base with protein, dips & dressing

from \$9.75

Protein upcharges (added to base price): Falafel +\$0.00 — Grilled Chicken +\$0.70 — Braised Lamb / Steak / Lamb Meatballs +\$2.90. All bowls include your choice of up to 2 free dips and unlimited free toppings.

Signature Bowls

Chicken + Rice Bowl

Grilled chicken, basmati rice, Crazy Feta, pickled onions

\$12.85

Greek Chicken Bowl

Grilled chicken, hummus, tzatziki, Greek vinaigrette

\$12.99

Falafel Crunch Bowl

Falafel, pita crisps, hummus, tomato + cucumber salad

\$12.49

Steak Harissa Bowl

Grilled steak, harissa, tzatziki, hot harissa vinaigrette

\$14.99

Spicy Lamb + Avocado Bowl

Lamb meatballs, Crazy Feta, hummus, avocado, tahini

\$14.99

Harissa Avocado Bowl

Choice of protein, harissa, avocado, feta, lemon herb tahini

\$12.69 - \$16.50

Greek Salad Bowl

Romaine, feta, olives, tomato + cucumber, Greek vinaigrette

\$11.25

Pitas & Salads

Chicken Shawarma Pita

Warm pita, garlicky chicken shawarma, tahini, pickles

\$11.50 - \$12.99

Falafel Pita

Warm pita, falafel, hummus, tomato + cucumber salad

\$10.95 - \$11.99**Greek Salad Pita**

Chicken, hummus, tzatziki, feta, Greek vinaigrette

\$11.99 - \$12.99**Build Your Own Salad Bowl**

Greens base, protein, dips, dressing of choice

\$9.75 - \$13.95

Sides & Dips

Crazy Feta®

Whipped feta, jalapeno, olive oil, herbs

\$3.49**Hummus**

House-made classic hummus

\$3.25**Tzatziki**

Cucumber, yogurt, garlic, dill

\$3.25**Pita Chips**

Warm, lightly salted

\$2.90**Side Pita**

Single warm 9-grain pita

\$2.00

Drinks

Mediterranean Mint Lemonade

Fresh mint, lemon

\$3.95**Fountain Drink**

Assorted sodas

\$2.95**Bottled Water****\$2.25****Iced Tea**

Unsweetened or sweetened

\$2.95

CAVA Menu 2026 (continued)

Kids Meal — Lil' Mediterranean

Kids Pita Pocket

Mini pita, protein, simple toppings, drink + cookie

\$6.50

Kids Bowl

Mini bowl, protein, simple toppings, drink + cookie

\$6.50

Desserts

Greyston Blondie

Chewy brownie-style blondie

\$3.50 - \$4.30

Salted Chocolate Oat Cookie

Soft-baked, sea salt finish

\$3.50 - \$4.30

Catering

CAVA catering includes Group Bowl Bars, curated pita packs, dips, sides, and desserts. Most catering orders require a minimum of 10 servings, with individual bowls typically running about \$12–\$17 per person. Order through the CAVA app, cava.com, or by calling your local restaurant.

Looking for calories, nutrition, or allergen details? See our free CAVA Allergen & Nutrition Guide at cavarestaurantmenu.com/cava-allergen-menu/

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