CAVA Menu 2026 With Prices & Calories

Independent printable menu by CavaMenuz.com (not affiliated with CAVA). Prices from CAVA's default online menu, checked November 2026; they vary by location and channel. Calories from CAVA's U.S. Nutrition and Allergen Guide. Confirm in the CAVA app before ordering.

Curated Bowls

Bowl	Price	Calories	Protein
Chicken + Rice	$10.65	700	40g
Greek Salad	$10.65	580	37g
Falafel Crunch	$10.65	860	24g
Steak + Harissa	$13.85	620	37g
Greek Goddess Steak Salad (new)	$13.85	470	n/a
Harissa Avocado	$14.45	830	41g
Salmon + Yogurt Dill	$14.60	710	35g
Greek Goddess Salmon (new)	$14.60	700	n/a
Spicy Lamb + Avocado	$15.35	800	43g
Pomegranate Glazed Salmon	$17.05	1,040	36g

Curated Pitas

Pita	Price	Calories	Protein
Greek Chicken	$10.65	720	48g
Steak + Feta	$13.85	820	44g
Spicy Chicken + Avocado	$14.45	930	48g

Build Your Own Bowl or Pita: $10.65

Base (greens, grains or half and half) + protein + up to 3 dips + toppings + dressing. Grilled chicken, falafel and roasted vegetables are included. Dips, toppings and dressings are free except avocado.

Upcharge	Price	Upcharge	Price
Harissa Honey Chicken	+$1.35	Avocado	+$2.45
Spicy Lamb Meatballs	+$2.25	Extra grain portion	$1.35 - $1.45
Grilled Steak	+$3.20	Extra protein portion	$3.15 - $7.25
Braised Lamb	+$3.55	Extra dip scoop	$0.95 - $1.10
Glazed Salmon	+$3.95		

Sides & Dips

Side	Price	Calories	Side	Price	Calories
Side Pita	$2.15	320	Side Tzatziki	$3.15	100
Classic Pita Chips	$2.55	280	Side Harissa	$3.15	220
Harissa BBQ Pita Chips	$2.55	280	Side Red Pepper Hummus	$3.15	110
Side Hummus	$3.15	140	Side Roasted Eggplant	$3.35	150
Side Crazy Feta®	$3.85	210			

Drinks

Drink	Price	Calories (16 oz)	Drink	Price	Calories
Classic Lemonade	$2.85	260	Fountain Soda	$2.85	190
Blueberry Lavender	$2.85	140	Spindrift Lemon	$2.45	3
Cucumber Mint Lime	$2.85	180	Spindrift Half Tea & Half Lemon	$2.45	5
Pomegranate Apple (seasonal)	$2.85	n/a	Open Water Still / Sparkling	$2.45	0
Jasmine Green Tea	$2.85	0	Unsweet Tea	$2.85	0

Desserts

Dessert	Price	Calories
Salted Chocolate Oat Cookie	$3.25	240
Greyston Blondie	$2.65	140
Greyston Brownie	$2.65	150

Kids Meal: $6.85

Kids-size base (saffron rice, brown rice or black lentils) and protein (chicken, falafel or roasted vegetables included), 1 dip, up to 3 toppings, 1 dressing, pita chips or a quarter pita, and a small organic apple juice, 1% milk or chocolate milk. 335 - 1,130 calories. Kids drinks sold separately: $2.25.

Catering (sample prices, Austin TX on ezCater)

Catering item	Price	Serves
Group Bowl Bar®	$140.00	10
Pita Pack	$115.50	10 pitas
Individually packaged bowls	$11.55 - $16.75	1 each
Classic Pita Chips & Dip	$39.00	10
Assorted Dips & Chips	$63.00	10
Cookie Platter / Brownie Platter	$42.00 / $32.00	10
Gallon tea / lemonade or juice	$14.25 / $17.25	8

Full guides, nutrition and allergens: cavamenuz.com/cava-menu-with-prices/ | Official nutrition & allergen guide: cava.com/nutrition | Catering: catering.cava.com