CAVA Catering



Page 1 MENU Page 6 NUTRITION + ALLERGEN GUIDE



GROUP BOWL BAR

For when you want to build your own.

Serves 10

1. BASES Choose 2

- ARUGULA V
- ROMAINE V
- BABY SPINACH V
- SUPER GREENS V
- SAFFRON BASMATI RICE V
- BROWN RICE V

2. MAINS Choose 1

- SPICY LAMB MEATBALLS
- GRILLED CHICKEN
- HARISSA HONEY CHICKEN
- GRILLED STEAK
- ROASTED VEGETABLES V
- FALAFEL V
  CONTAINS WHEAT

ADD-ONS

- ROASTED VEGETABLES V
- AVOCADO V
- GREENS V
- GRAINS V
- DIPS VE
  CONTAINS SESAME, MILK
- TOPPINGS VE
  CONTAINS WHEAT, MILK
- DRESSINGS VE
  CONTAINS SESAME, MILK
- SIDE PITAS V
  CONTAINS WHEAT
- SPICY LAMB MEATBALLS
- GRILLED CHICKEN
- HARISSA HONEY CHICKEN
- GRILLED STEAK
- FALAFEL V
  CONTAINS WHEAT

3. DIPS Choose 2

- TZATZIKI VE
  CONTAINS MILK
- ROASTED EGGPLANT V
- HUMMUS V
  CONTAINS SESAME
- RED PEPPER HUMMUS V
  CONTAINS SESAME
- CRAZY FETA® VE
  CONTAINS MILK
- HARISSA V

4. TOPPINGS Choose 6

- FIRE-ROASTED CORN V
- TOMATO + CUCUMBER V
- CABBAGE SLAW V
- PICKLED ONIONS V
- TOMATO + ONION V
- PERSIAN CUCUMBER V
- PITA CRISPS V
  CONTAINS WHEAT
- CRUMBLED FETA VE
  CONTAINS MILK
- KALAMATA OLIVES V
- SALT-BRINED PICKLES V
- FIERY BROCCOLI V

5. DRESSINGS Choose 2

- BALSAMIC DATE VINAIGRETTE V
- HOT HARISSA VINAIGRETTE V
- YOGURT DILL VE
  CONTAINS MILK
- LEMON HERB TAHINI V
  CONTAINS SESAME
- GREEK VINAIGRETTE V
- SKHUG V
- GARLIC DRESSING V

V = vegan VE = vegetarian GF = gluten free = mild heat = spicy

CURATED BOWLS

Individual Meals

10 - Order Minimum

SPICY LAMB + AVOCADO
CONTAINS SESAME, MILK

Spicy Lamb Meatballs, Avocado, Crazy Feta®, Red Pepper Hummus, Pickled Onions, Cucumber, Tomato + Onion, Greens, Lentils, Lemon Herb Tahini

FALAFEL CRUNCH[VE]
CONTAINS WHEAT, SESAME, MILK

Falafel, Roasted Veggies, Hummus, Crazy Feta®, Cucumber, Sumac Cabbage Slaw, Romaine, Pickled Onions, Tomato + Onion, Pita Crisps, Basmati Rice, Lentils, Skhug

STEAK + HARISSA
CONTAINS SESAME, MILK

Grilled Steak, Crazy Feta®, Red Pepper Hummus, Tomato + Onion, Cucumber, Feta, Sumac Cabbage Slaw, Brown Rice, Greens, Harissa Vinaigrette

CHICKEN + ROASTED VEGETABLES
CONTAINS SESAME

Grilled Chicken, Hummus, Roasted Eggplant Dip, Roasted Vegetables, Fire-Roasted Corn, Cucumber, Pickled Onions, Basmati Rice, Arugula, Skhug

CHICKEN + RICE
CONTAINS SESAME, MILK

Grilled Chicken, Hummus, Tzatziki, Pickled Onions, Tomato + Onion, Cucumber, Feta, Arugula, Brown Rice, Greek Vinaigrette

GREEK SALAD
CONTAINS SESAME, MILK

Grilled Chicken, Tzatziki, Hummus, Feta, Tomato + Onion, Cucumber, Kalamata Olives, Romaine, Arugula, Greek Vinaigrette

HARISSA AVOCADO
CONTAINS SESAME, MILK

Harissa Honey Chicken, Crazy Feta®, Hummus, Avocado, Corn, Cucumber, Feta, Pickled Onions, Basmati Rice, Greens, Harissa Vinaigrette

ROASTED VEGETABLE + AVOCADO[V]
CONTAINS SESAME

Roasted Vegetables, Red Pepper Hummus, Harissa, Roasted Eggplant Dip, Kalamata Olives, Tomato + Cucumber, Saffron Basmati Rice, Sumac Cabbage Slaw, Fire-Roasted Corn, Avocado, Greens





PITA PACK

Individual Meals

Serves 10-25

GARLIC CHICKEN + VEGGIE

CONTAINS WHEAT, MILK

Grilled Chicken, Roasted Veggies, Tzatziki, Tomato + Onion, Pickles, Sumac Cabbage Slaw, Feta, Garlic Dressing, Pita

STEAK + FETA

CONTAINS WHEAT, SESAME, MILK

Grilled Steak, Crazy Feta®, Red Pepper Hummus, Pickled Onions, Feta, Pickles, Romaine, Garlic Dressing, Greek Vinaigrette, Pita

GREEK CHICKEN

CONTAINS WHEAT, MILK

Grilled Chicken, Tzatziki, Tomato + Onion, Olives, Feta, Romaine, Yogurt Dill Dressing, Pita

CRISPY FALAFEL[V]

CONTAINS WHEAT, SESAME

Falafel, Hummus, Roasted Eggplant Dip, Pickles, Sumac Cabbage Slaw, Tomato + Onion, Skhug, Garlic Dressing, Pita

SPICY CHICKEN + AVOCADO

CONTAINS WHEAT, MILK

Harissa Honey Chicken, Crazy Feta®, Avocado, Pickles, Corn, Feta, Pickled Onions, Hot Harissa Vinaigrette, Pita

V = vegan VE = vegetarian GF = gluten free = mild heat = spicy



PITA CHIPS + DIP

Serves 1 - 10

PITA CHIPS WITH 1 DIP
CONTAINS WHEAT, SESAME, MILK

Choose 1: Hummus, Red Pepper Hummus, Eggplant, Tzatziki, Harissa, Crazy Feta®

PITA CHIPS WITH 3 DIPS
CONTAINS WHEAT, SESAME, MILK

Choose 3: Hummus, Red Pepper Hummus, Eggplant, Tzatziki, Harissa, Crazy Feta®

DRINKS

Serves 10 - 15

HOUSE-MADE DRINKS V
ASSORTED ONE-GALLON JUICES & LEMONADE

ONE-GALLLON TEA

ASSORTED SPINDRIFT V

BOTTLED WATER V

DESSERTS

BLONDIE VE
CONTAINS WHEAT, SOY, MILK, EGGS

1 Blondie

10 Blondies

BROWNIE VE
CONTAINS WHEAT, MILK, EGGS

1 Brownie

10 Brownies

SALTED DARK CHOCOLATE OAT COOKIE VE
CONTAINS WHEAT, SOY, MILK, EGGS

1 Cookie

10 Cookies

For pricing, please visit catering.cava.com. Item availability may vary by location. The service charge is for administration of the banquet, special function, or package deal, is not purported to be a gratuity, and will not be distributed as gratuities to the employees who provided service to the guests.

Before placing an order, please consult our Nutrition and Allergen Guide at catering.cava.com and inform our manager of any food allergies or intolerances or specific dietary restrictions. We cannot guarantee that our ingredients are 100% free of allergens or animal products, particularly given our reliance on supplier information, potential for cross-contact with other foods, including salmon and shrimp, in shared preparation and cooking areas, and potential ingredient substitutions, which may occur due to variations in supplier practices.

V = vegan VE = vegetarian GF = gluten free = mild heat = spicy

CAVA
Catering

NUTRITION AND ALLERGEN GUIDE

Nutrition Guide

While we take great care to identify allergens and avoid contamination, we encourage guests to review this guide routinely if you have any food allergies or intolerances or specific dietary restrictions. We cannot guarantee that our ingredients are 100% free of allergens or animal products, particularly given our reliance on supplier information, potential for allergen cross-contact with other foods, including salmon and shrimp, in shared preparation and cooking areas, and potential ingredient substitutions, which may occur due to variations in supplier practices. Self-service juice and fountain beverage information is calculated without ice.

See page 3 for Allergen Guide.

Recipe	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)
GROUP BOWL BAR (SERVES 10)											
Brown Rice	**2040**	580	65	12	0	0	5140	318	26	11	46
Saffron Basmati Rice	**1960**	390	44	8	0	0	5140	359	8	5	35
Super Greens	**100**	20	2	0	0	0	110	19	11	6	8
Arugula	**40**	10	1	0	0	0	40	5	2	3	4
Baby Spinach	**45**	5	1	0	0	0	160	7	4	1	6
Romaine	**70**	10	1	0	0	0	30	13	8	5	5
Tzatziki	**350**	240	27	15	1	90	620	15	0	5	21
Hummus	**510**	260	29	3.5	0	0	950	47	17	0	19
Roasted Eggplant Dip	**540**	450	51	7	0	0	1800	18	8	0	1
Crazy Feta®	**760**	590	67	30	0	140	2470	9	1	2	38
Harissa	**780**	570	64	9	0	0	2700	53	14	25	12
Red Pepper Hummus	**360**	160	18	2.5	0	0	1430	36	9	6	14
Roasted Vegetables	**440**	170	19	3	0	0	2650	63	22	24	15
Grilled Chicken	**2370**	1130	126	30	0	1435	6460	26	10	3	272
Harissa Honey Chicken	**2470**	1200	133	30	0	1285	6490	70	18	33	250
Falafel	**3460**	2320	262	18	1	0	8050	234	46	30	60
Grilled Steak	**1810**	850	94	30	0.5	880	2930	6	3	1	236
Spicy Lamb Meatballs	**3030**	1920	214	80	0	900	6740	30	9	13	237
Pita Crisps	**490**	280	32	2.5	0	0	180	44	2	1	8
Sumac Cabbage Slaw	**140**	80	9	1	0	0	850	13	5	7	3
Tomato + Onion	**200**	120	14	2	0	0	1170	17	4	10	3
Persian Cucumber	**110**	70	8	1	0	0	990	11	1	5	2
Tomato + Cucumber	**60**	5	0.5	0	0	0	15	13	3	7	3
Kalamata Olives	**300**	230	25	5	0	0	3200	20	20	0	0
Pickled Onions	**110**	0	0	0	0	0	0	30	2	22	1
Salt-Brined Pickles	**20**	0	0	0	0	0	1390	2	0	0	0
Crumbled Feta	**370**	220	25	19	0	95	1370	0	0	5	31
Fire-Roasted Corn	**500**	270	30	4	0	0	1120	58	7	19	10
Fiery Broccoli	**200**	140	16	2	0	0	1040	12	5	3	6
Avocado	**910**	740	82	12	0	0	0	49	33	0	8
Yogurt Dill	**250**	170	19	11	0.5	65	460	12	0	4	15
Lemon Herb Tahini	**600**	430	48	6	0	0	1140	31	13	1	17
Greek Vinaigrette	**1020**	970	109	15	0	0	1820	10	1	1	1
Skhug	**640**	600	68	10	0	0	1200	9	4	2	3
Garlic Dressing	**1410**	1390	157	12	0.5	0	720	4	0	1	1
Hot Harissa Vinaigrette	**530**	470	53	8	0	0	2200	11	3	4	3
Balsamic Date Vinaigrette	**490**	270	30	4.5	0	0	1960	52	5	44	1
Pita (Whole Pita)	**320**	50	6	1	0	0	700	54	6	3	13
Pita Chips (48 chips)	**2200**	600	68	8	0	0	5010	324	36	18	78
CURATED BOWLS (PER SERVING)											
Spicy Lamb + Avocado Bowl	**800**	460	52	14	0	105	1670	49	17	11	43

Allergen Guide

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● Contains **ALLERGEN** ● **DIET** Contains Compliant Ingredients

Recipe	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish (Shrimp where available)	Vegan	Vegetarian
GROUP BOWL BAR											
Brown Rice										●	●
Saffron Basmati Rice										●	●
Super Greens										●	●
Arugula										●	●
Baby Spinach										●	●
Romaine										●	●
Tzatziki		●									●
Hummus						●				●	●
Roasted Eggplant Dip										●	●
Crazy Feta®		●									●
Harissa										●	●
Red Pepper Hummus						●				●	●
Roasted Vegetables										●	●
Grilled Chicken											
Harissa Honey Chicken											
Falafel	●									●	●
Grilled Steak											
Spicy Lamb Meatballs											
Pita Crisps	●									●	●
Sumac Cabbage Slaw										●	●
Tomato + Onion										●	●
Persian Cucumber										●	●
Tomato + Cucumber										●	●
Kalamata Olives										●	●
Pickled Onions										●	●
Salt-Brined Pickles										●	●
Crumbled Feta		●									●
Fire-Roasted Corn										●	●
Fiery Broccoli										●	●
Avocado										●	●
Yogurt Dill		●									●
Lemon Herb Tahini						●				●	●
Greek Vinaigrette										●	●
Skhug										●	●
Garlic Dressing										●	●
Hot Harissa Vinaigrette										●	●
Balsamic Date Vinaigrette										●	●
Pita (Whole Pita)	●									●	●
Pita Chips (48 chips)	●									●	●
CURATED BOWLS											
Spicy Lamb + Avocado Bowl		●				●					

	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)
CURATED BOWLS (PER SERVING)											
Steak + Harissa Bowl	**620**	320	36	10	0	105	1780	39	7	7	36
Harissa Avocado Bowl	**830**	440	49	12	0	155	2010	62	12	12	41
Chicken + Rice Bowl	**700**	370	42	10	0	165	1810	44	6	8	40
Greek Salad Bowl	**580**	360	40	10	0	165	1810	19	8	5	37
Chicken + Roasted Vegetables Bowl	**590**	280	32	5	0	75	1650	56	8	10	23
Falafel Crunch Bowl	**860**	470	56	9	0	15	2210	88	18	13	24
Roasted Vegetable + Avocado Bowl	**730**	390	44	7	0	0	2300	77	17	15	15
PITA PACK (PER SERVING)											
Garlic Chicken + Veggie Pita	**800**	390	44	8	0	90	2040	69	10	9	35
Steak + Feta Pita	**820**	370	42	10	0	105	1800	68	9	9	44
Greek Chicken Pita	**720**	270	30	9	0	170	2230	64	8	6	48
Crispy Falafel Pita	**960**	520	58	6	0	0	2330	89	11	8	22
Spicy Chicken + Avocado Pita	**930**	430	48	11	0	155	2290	80	13	13	48
DESSERTS (PER SERVING)											
Greyston Chocolate Chip Blondie	**140**	45	5	3	0	35	10	22	0	16	2
Greyston Choc Fudge Brownie	**150**	80	9	6	0	45	10	17	1	13	2
Whisked! Apricot Honey Cookie	**220**	80	9	6	0	40	150	34	1	19	3
Whisked! Salted Dark Chocolate Oat Cookie	**240**	120	13	7	0	35	115	31	3	17	4
DRINKS*											
Classic Lemonade - (16 oz)	**260**	0	0	0	0	0	0	69	0	66	0
Classic Lemonade - (CA) (16 oz)	**210**	0	0	0	0	0	0	55	0	52	0
Sweet Tea - (16 oz)	**150**	0	0	0	0	0	15	37	0	37	0
Unsweetened Black Tea - (16 oz)	**0**	0	0	0	0	0	15	0	0	0	0
Jasmine Green Tea - (16 oz)	**0**	0	0	0	0	0	15	0	0	0	0
Cucumber Mint Lime - (16 oz)	**180**	0	0	0	0	0	0	44	0	41	1
Blueberry Lavender Juice - (16 oz)	**140**	0	0	0	0	0	10	36	0	34	0
Spindrift Grapefruit	**17**	0	0	0	0	0	0	4	0	3	0
Spindrift Lemon	**3**	0	0	0	0	0	0	1	0	0	0
Spindrift Raspberry Lime	**5**	0	0	0	0	0	0	1	0	1	0
Spindrift Half Tea + Half Lemon	**5**	0	0	0	0	0	0	1	0	0	0

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	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish (Shrimp where available)	Vegan	Vegetarian
CURATED BOWLS											
Steak + Harissa Bowl		●				●					
Harissa Avocado Bowl		●				●					
Chicken + Rice Bowl		●				●					
Greek Salad Bowl		●				●					
Chicken + Roasted Vegetables Bowl						●					
Falafel Crunch Bowl	●	●				●					●
Roasted Vegetables + Avocado Bowl						●				●	●
PITA PACK											
Garlic Chicken + Veggie Pita	●	●									
Steak + Feta Pita	●	●				●					
Greek Chicken Pita	●	●									
Crispy Falafel Pita	●					●				●	●
Spicy Chicken + Avocado Pita	●	●									
DESSERTS											
Greyston Chocolate Chip Blondie	●	●	●	●							●
Greyston Choc Fudge Brownie	●	●		●							●
Whisked! Apricot Honey Cookie	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●
DRINKS											
Classic Lemonade (16 oz)										●	●
Classic Lemonade (CA) (16 oz)										●	●
Sweet Tea (16 oz)										●	●
Unsweetened Black Tea (16 oz)										●	●
Jasmine Green Tea (16 oz)										●	●
Cucumber Mint Lime (16 oz)										●	●
Blueberry Lavender Juice (16 oz)										●	●
Spindrift (all flavors)										●	●