

FOR THOSE WHO SAVOR

Those who sing and dance while the world sleepwalks by. Those who wring meaning from their minutes, while others just count them.

To the appreciators, the embracers, and the devourers, you have come to the right place.

Because here, we serve lamb, not sheep. And we've made this food for you.

Good, healthful food, made with simple, colorful ingredients, steel knives, skillful hands and fire. With liberal measures, generous hearts, and gutsy flavors.

We've rendered it from family tradition, and wild imagination. With olive oil, lemon, sea salt, cracked pepper, a fistful of spice, and zero apologies.

We made this food for you, friends.

Because while others are content to feed their faces, you desire food that feeds your spirit. Food that fills you and fulfills you, too.

Refresh & Refill

Our fresh, thirst-quenching promise



Our juices and teas reflect our favorite flavors of the season and are made in small batches in each of our stores every day. Whole produce, fresh herbs, and unique flavor combinations make our juices a habit worth beginning.

When we say made from scratch, we mean it.

DIETARY INFO

We use no peanuts, tree nuts, or any other kind of nuts in our food. Our traditional hummus, roasted red pepper hummus, and lemon herb tahini contain sesame. Our pita may contain sesame.

- GF ▶ Gluten Free
- DF ▶ Dairy Free
- VT ▶ Vegetarian
- VG ▶ Vegan
- SF ▶ Soy Free

|       | GF | DF | VT | VG | SF |                   |
|-------|----|----|----|----|----|-------------------|
| BASES |    | •  | •  | •  |    | Pita              |
|       | •  | •  | •  | •  | •  | Grain Bowl        |
|       | •  | •  | •  | •  | •  | Salad             |
|       |    | •  | •  | •  |    | Mini Pita         |
|       |    | •  | •  | •  |    | Mini Pita + Soup  |
|       |    | •  | •  | •  |    | Kid's Single Mini |

|                | GF | DF | VT | VG | SF |                           |
|----------------|----|----|----|----|----|---------------------------|
| DIPS + SPREADS | •  |    | •  |    | •  | Tzatziki                  |
|                | •  | •  | •  | •  | •  | Hummus                    |
|                | •  |    | •  |    | •  | Eggplant + Red Pepper     |
|                | •  |    | •  |    | •  | Crazy Feta                |
|                | •  | •  | •  | •  | •  | Harissa                   |
|                | •  | •  | •  | •  | •  | Roasted Red Pepper Hummus |
| PROTEINS       | •  | •  |    |    | •  | Chicken                   |
|                |    | •  | •  | •  |    | Falafel                   |
|                |    | •  |    |    |    | Grilled Meatballs         |
|                | •  | •  |    |    | •  | Braised Lamb              |
|                | •  | •  |    |    |    | Spicy Lamb Meatballs      |
|                | •  | •  | •  | •  | •  | Seasonal Vegetables       |
| DRESSINGS      | •  |    | •  |    | •  | Yogurt Dill               |
|                | •  | •  | •  | •  | •  | Spicy Harissa             |
|                |    | •  | •  | •  | •  | Lemon Herb Tahini         |
|                | •  | •  | •  | •  | •  | Greek Vinaigrette         |
|                | •  |    | •  |    | •  | Sriracha Greek Yogurt     |
|                |    |    |    |    |    |                           |

|          | GF | DF | VT | VG | SF |                              |
|----------|----|----|----|----|----|------------------------------|
| TOPPINGS | •  | •  | •  | •  | •  | Shredded Romaine             |
|          |    | •  | •  | •  |    | Pita Crisps                  |
|          | •  | •  | •  | •  | •  | Cabbage Slaw                 |
|          | •  | •  | •  | •  | •  | Tomato + Onion               |
|          | •  | •  | •  | •  | •  | Diced Cucumbers              |
|          | •  | •  | •  | •  | •  | Tomato + Cucumber            |
|          | •  | •  | •  | •  | •  | Kalamata Olives              |
|          | •  | •  | •  | •  | •  | Cauliflower Quinoa Tabbouleh |
|          | •  | •  | •  | •  | •  | Pickled Onions               |
|          | •  | •  | •  | •  | •  | Lemon Wedge                  |
|          | •  | •  | •  | •  | •  | Fresh Mint                   |
|          | •  | •  | •  | •  | •  | Pickled Banana Peppers       |
| EXTRAS   | •  |    | •  |    | •  | Crumbled Feta                |
|          | •  | •  | •  | •  | •  | Seasonal Soup                |
|          |    | •  | •  | •  |    | Pita                         |
|          |    | •  | •  | •  |    | Chips                        |
|          |    |    | •  |    | •  | Dessert                      |
|          |    |    |    |    |    |                              |

MENU

# FOOD.

Ours is smarter, more transparent, healthier, and more delicious.

**Local Flavors**  
Whenever possible, we source from local farms and share recipes that reflect our favorite seasonal flavors in the NYC area.



DOWNLOAD THE CAVA GRILL LOYALTY APP TO EARN REWARDS WITH EVERY VISIT AND SUPPORT OUR COMMUNITY PARTNERS.  
[CAVAGRILL.COM/APP](#)

Lead others, follow us [@CAVAGRILL](#)



## BUILD IT

- 8.95 Pita 350-800 cal.
- 9.87 Grain Bowl 230-700 cal.
- 9.87 Salad 120-650 cal.
- 9.87 Greens + Grains 280-675 cal.
- 8.95 Mini Pitas 280-720 cal.
- 8.75 Mini Pita + Soup 240-460 cal.

## KIDS MEAL

- 6.95 Kid's Single Mini \* 350-550 cal.  
Single mini pita, hummus, meat or falafel, chips or carrot sticks, rice, and organic milk or juice.

## EXTRAS

- 7.95 Mezze  
Choice of 3 dips + pita chips. 580-820 cal.
- 4.50 Pita + Hummus<sup>o</sup> 275 cal.
- 4.50 Chips + Dip 535-610 cal.
- 2.75 Hummus<sup>o</sup> 45 cal.
- 1.75 Chips 520 cal.
- 1.75 Pita 230 cal.
- 4.25 Seasonal Soup 100-245 cal.
- 2.75 Roasted Seasonal Vegetables 90-120 cal.
- 2.75 Falafel 190 cal.

- 3.00 Featured Ovenly Dessert 280 cal.
- 4.50 Hummus To Go<sup>o</sup> 8 oz. 360 cal.

## DRINKS

- 2.75 / 3.25 Seasonal Juices + Teas (Made fresh daily) 100-200 cal.
- Fountain Sodas 165-330 cal.
- 2.25 / 2.95 Bottled Drinks  
Spindrift 100-140 cal.  
Water  
Pellegrino
- 2.45 Kid's Milk<sup>o</sup> 110 cal.

\* Price may vary for select proteins.  
<sup>o</sup> Made with organic ingredients.

EXPLORE OUR MENU

# 1

## BUILD IT

⌵ Choose a base.

- Pita
- Grain Bowl  
Saffron Basmati Rice, Brown Rice, Black Lentils<sup>o</sup>
- Salad  
SuperGreens, Arugula,<sup>o</sup> Spinach, Romaine, Mesclun
- Greens + Grains  
Mix your favorite salad greens and grains
- Mini Pitas
- Mini Pita + Soup

# 2

## DIPS + SPREADS

⌵ Choose up to three.

- Tzatziki
- Hummus<sup>o</sup>
- Eggplant + Red Pepper
- Crazy Feta 🍴
- Harissa 🍴🍴
- Roasted Red Pepper Hummus<sup>o</sup>

# 3

## PROTEINS

⌵ Pick a protein.

- Chicken
- Falafel
- Grilled Meatballs
- Braised Lamb +2.10
- Spicy Lamb Meatballs 🍴 +1.75
- Roasted Seasonal Vegetables

# 4

## TOPPINGS

⌵ Choose as many as you like.

- Shredded Romaine
- Pita Crisps
- Cabbage Slaw
- Tomato + Onion
- Diced Cucumbers
- Tomato + Cucumber
- Kalamata Olives
- Cauliflower Quinoa Tabbouleh
- Pickled Onions
- Lemon Wedge
- Fresh Mint
- Pickled Banana Peppers
- Crumbled Feta

# 5

## DRESSINGS

⌵ Select a dressing.

- Yogurt Dill
- Spicy Harissa 🍴
- Lemon Herb Tahini
- Greek Vinaigrette
- Sriracha Greek Yogurt 🍴

CREATE YOUR MEAL