



Cava Menu

🏠 / Cava Menu

If you're curious about fresh Mediterranean flavors and wondering, "What's on the Cava menu?" you're in the right place! Cava offers a variety of customizable bowls, salads, and pitas, making it easy to create the perfect meal just the way you like it. In this guide, we'll give you an overview of everything on the Cava menu, so you have all the details you need to make your choice.

We'll break down the menu into different sections, like their tasty bases, proteins, dips, spreads, and toppings, so you can see all the options available. Whether you're in the mood for a healthy lunch, a quick dinner, or just want to explore Mediterranean flavors, this guide will help you make informed choices and enjoy a personalized Cava experience.



Cava Menu With Prices

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Specials

Item	Price
Spicy Greens Bowl	\$13.84
Greek Salad Bowl	\$10.97
Lemon Chicken Bowl	\$10.14
Lentil Avocado Bowl	\$10.95
Greek Chicken Pita	\$10.97
Classic Lemonade	\$14.62
Cava Kids Milk	\$14.62
Greyston Brownie	\$10.97

Cava Catering Menu

Item	Price
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Arby's Breakfast Menu

Arby's 2 for \$7 Menu With Prices

Chick fil a Catering Menu

McDonald's big mac meal price: Calories & Nutrition

Greek Chicken Pita	\$12.85
Crispy Falafel Pita	\$12.85
Spicy Chicken & Avocado Pita	\$17.60
Steak & Feta Pita	\$12.85

Cava Vegan Menu

Item	Price
Grains Bowl	\$12.85
Salad Bowl	\$12.85
Grains & Greens Bowl	\$12.85

Cava Kids Meal Menu

Item	Price
Kid's Pita	\$6.80

Cava Sides Menu

Item	Price
Pita	\$1.80
Pita Chips	\$2.15
Hummus	\$3.05
Crazy Feta	\$3.45

Cava Desserts Menu

Item	Price
Greyston Blondie	\$2.00
Salted Chocolate Oat Cookie	\$2.99

Cava Drinks Menu

Item	Price
Blueberry Lavender	\$3.00
Pineapple Apple Mint	\$3.00
Classic Lemonade	\$3.00

Soups

Item Name	Price
Asparagus Soup	\$13.00
Burrata	\$18.00
Clams Oreganata	\$19.00
Blackened Striped Bass	\$33.00
Shrimp & Lobster	\$37.00

Dinner Starters

Item Name	Price
Calamari Fritti	\$18.00
Beef Sliders	\$17.00

Dinner Pizza

Item Name	Price
Plain Margherita	\$17.00
Chicken & Mushrooms Pizza	\$21.00
Spinach & Artichokes Pizza	\$19.00
Garden Pizza	\$19.00

Dinner Seconds

Item Name	Price
Gnocchi Pesto	\$25.00
Rigatoni ala Vodka	\$23.00
Shrimp Scampi	\$32.00
Ahi Tuna	\$31.00
Chicken Milanese	\$27.00

Lunch Primi

Item Name	Price
Beef Sliders	\$16.00

Cava Menu Hours

Day	Opening Hours
Sunday	11 AM – 9 PM
Monday	11 AM – 9 PM
Tuesday	11 AM – 9 PM
Wednesday	11 AM – 9 PM
Thursday	11 AM – 9 PM
Friday	11 AM – 9 PM
Saturday	11 AM – 9 PM

Cava Menu Holiday Hours

Date	Day	Holiday	CAVA's Hours
Jan 01	Monday	New Year's Day	10 AM – 6 PM
Jan 15	Monday	Martin Luther King Jr. Day	Regular hours (11 AM – 9 PM)
Feb 19	Monday	Presidents' Day	Regular hours (11 AM – 9 PM)
Mar 29	Friday	Good Friday	Regular hours (11 AM – 9 PM)
Mar 31	Sunday	Easter Sunday	10 AM – 6 PM
May 27	Monday	Memorial Day	Regular hours (11 AM – 9 PM)
Jul 04	Thursday	Independence Day	10 AM – 6 PM
Sep 02	Monday	Labor Day	Regular hours (11 AM – 9 PM)
Oct 14	Monday	Columbus Day	Regular hours (11 AM – 9 PM)
Nov 11	Monday	Veterans Day	Regular hours (11 AM – 9 PM)
Nov 28	Thursday	Thanksgiving	Closed
Nov 29	Friday	Black Friday	Regular hours (11 AM – 9 PM)
Dec 24	Tuesday	Christmas Eve	Usually closes by 4 or 5 PM
Dec 25	Wednesday	Christmas Day	Closed

Dec 29	Tuesday	Christmas Eve	Closed
Dec 31	Tuesday	New Year's Eve	Regular hours (11 AM – 9 PM)

Cava Menu Customer Services

Customer Service Phone Numbers:

- **Toll-Free Number:** (844) 707-6841
- **General Customer Service:** (585) 217-7063

Sales/Reservations Numbers (Location Specific):

- **Anaheim, CA:** (714) 782-7478
- **Costa Mesa, CA:** (949) 200-7637
- **Culver City, CA:** (323) 230-5027
- **Encinitas, CA:** (442) 200-6002
- **Irvine, CA:** (949) 200-7998
- **La Jolla, CA:** (858) 433-0346
- **Los Angeles, CA:** (213) 212-9838
- **Mission Viejo, CA:** (949) 200-7662
- **Pasadena, CA:** (626) 389-8775
- **San Diego, CA:** (619) 407-7100 / (619) 320-6320
- **Santa Monica, CA:** (310) 237-5591
- **Woodland Hills, CA:** (818) 860-7670

Customer Service Emails:

- **General Inquiries:** hello@cava.com
- **Privacy Inquiries:** privacy@cava.com

Corporate Office Address:

- **Cava Group Inc.**
702 H St. NW,
2nd Floor,
Washington, DC 20001, USA

Customer Service Hours:

- **Daily from 10:45 AM to 10:00 PM EST**

FAQs About Cava Menu

What is Cava's menu focus?

Cava offers a Mediterranean menu with fresh, healthy, and customizable options like bowls, pitas, salads, and sides.

Can I customize my order at Cava?

Yes, you can customize your order through the Cava app or website to fit your preferences.

What are Cava's operating hours?

Cava locations are usually open daily from 10:45 AM to 10:00 PM.

Does Cava offer a kids' menu?

Yes, Cava has a kids' menu with meal options for younger diners.

Are there vegan options available on the menu?

Yes, Cava offers a variety of vegan options, including plant-based meals.

Does Cava provide nutritional information for its menu items?

Yes, Cava provides nutritional details to help you make healthy choices.

Can I order Cava online?

Yes, you can order online through the Cava app, website, or delivery services like Grubhub and Uber Eats.

Are there any promotions or discounts available?

Cava sometimes offers promotions or discounts. Check their website or app for current deals.

Is Cava considered a healthy dining option?

Yes, Cava is known for being a healthier choice, with fresh ingredients compared to traditional fast food.

What are some popular items on the Cava menu?

Popular items include the Cava Bowl, Pita, and toppings like harissa chicken and crazy feta.

How useful was this post?

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ABOUT

Verified menu prices, calories, and nutrition info for America's most popular restaurant chains. Updated 2026.

WORKING

- Monday 9:00 - 24:00
- Tuesday 9:00 - 24:00
- Wednesday CLOSED
- Thursday 9:00 - 24:00
- Friday 9:00 - 02:00
- Saturday 9:00 - 02:00
- Sunday 9:00 - 02:00

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