

October 19th–October 23rd 2026
menu subject to change

Garden Cafe

FEATURES



Featuring Smashburgers at the Grill!
You can find them to order at the order kiosk.

The OG Smash | 'Ole Smoky | Pacific Coast Hwy

Grab the Meal Deal with Crispy Onion Rings!

MONDAY

HONEST BOWL

Go With The Grain

Rotisserie Chicken
Sriracha Salmon
Ratatouille
Sesame Carrots
Quinoa
Rice Pilaf

TUESDAY

VER'DE

Fresh Latin Kitchen

Tostadas
Choice Of
Chicken Carnitas
Beef Barbacoa
Spicy Shrimp
Impossible Chorizo
Rice and Beans

WEDNESDAY



Sticky BBQ Ribs
BBQ Meatloaf
Impossible BBQ
Meatballs
Mac & Cheese
Vegetarian Baked
Beans
JoJo Potato

THURSDAY

TANDOORI

Modern Indian Kitchen

Butter Chicken
Curry Shrimp
Basmati Rice
Garbanzo Beans
Pita Bread

FRIDAY



MD Crab Cakes
Alaskan Salmon Cakes
Scallion Potato
Saffron Rice
Garlic Kale
Sweet Brussel Sprouts
Hollandaise

volanté | eats



Employee Discount
Emp20

Account Number
29015

CONNECT WITH US

mxbonavi@sentara.com

PH: 703.523.1540

Monday, Oct. 26th Friday Oct. 30th, 2026
menu subject to change

Garden Cafe

FEATURES



Featuring Smashburgers at the Grill!
You can find them to order at the order kiosk.

The OG Smash | 'Ole Smoky | Pacific Coast Hwy

Grab the Meal Deal with Crispy Onion Rings!

MONDAY



Wings
Boneless wings
Potato Wedges
Celery
Carrots
Coleslaw
Sauces

TUESDAY



Chilaquiles
Red & Green Salsa
Cilantro Lime Chicken
Chopped Verde Brisket
Impossible Taco Meat
All the toppings

WEDNESDAY



Pollo A La Brasa
Lomo Saltado
Rice
Fries
Sopa de Quinoa

THURSDAY



Bang Bang Shrimp
Orange Chicken
Stir Fry Marinated Tofu
Edamame Fried Rice
Lo Mein Noodles
Fresh Steamed Broccoli
Stir Fried Baby Bok Choy

FRIDAY



Hot Honey Salmon
Chimichurri Chicken
Quinoa Pilaf
Saffron Rice
Harissa Butternut Squash
Garlic Brussel Sprouts



Employee Discount
Emp20
Account Number
29015

CONNECT WITH US

mxbonavi@sentara.com

PH: 703.523.1540

Monday Nov. 2nd – Friday Nov. 6th, 2026
menu subject to change

Garden Cafe

FEATURES



Featuring Smashburgers at the Grill!
You can find them to order at the order kiosk.

The OG Smash | 'Ole Smoky | Pacific Coast Hwy

Grab the Meal Deal with Crispy Onion Rings!

MONDAY

CHEESE LOUISE

honestly grate mac & cheese

White Cheddar Mac
Pimento Mac
Sautéed Kale
Buffalo Chicken
Pulled Pork
Balsamic Onions

TUESDAY

VER'DE

Fresh Latin Kitchen

Chile Relleno Special
Chorizo & Cheese
Chicken & Cheese
Cheese
Stuffed Pepper
Served with Rice,
Refried Beans

WEDNESDAY



Pickle Brined Chicken
Nashville Hot Chicken
Cornbread Stuffing
Maple Glazed
Candied Yams
Sautéed Collards
Garlic Green Beans

THURSDAY

BROTH & BOWL

Char Siu Chicken
Char Siu Pork
Ginger Shrimp
Napa Cabbage
Shitake Mushrooms
Miso Broth
Lemon Chicken Broth

FRIDAY

GREEKOUT

Choose Your Style
Pita Wrap | Grain Bowl |
Salad
Pick a Protein greek yogurt
grilled chicken, crispy herb
falafel, lamb shawarma
Topped your way

volanté | eats



Employee Discount

Emp20

Account Number

29015

CONNECT WITH US

mxbonavi@sentara.com

PH: 703.523.1540

Monday Nov. 9th – Friday Nov. 13th, 2026
menu subject to change

Garden Cafe

FEATURES



Featuring Smashburgers at the Grill!
You can find them to order at the order kiosk.

The OG Smash | 'Ole Smoky | Pacific Coast Hwy

Grab the Meal Deal with Crispy Onion Rings!

MONDAY



Baked Potato
French Fries
BBQ Pulled Chicken
Pork Carnitas
Balsamic Brussel Sprouts
Garlic Broccoli

TUESDAY



Enchiladas Choice Of
Chicken
Beef
Veggie

Served with Rice and
Beans

WEDNESDAY



Pork Chops
Catfish
Shrimp Creole
Black Eyed Peas
Collard Greens
Cajun Okra And Corn
Cajun Rice
Add Hushpuppies

THURSDAY



Caribbean Jerk Pork Roast
Mojo Chicken
Red Beans and Rice
Curry Potato
Braised Cabbage
Roasted Cauliflower
Fried Plantain

FRIDAY



An Assortment of
Steam Buns

Served with
Asian Slaw
& Spicy Peanut Noodle
Salad



Employee Discount
Emp20

Account Number
29015

CONNECT WITH US

mxbonavi@sentara.com

PH: 703.523.1540