

March 2nd-March 6th

THE RETREAT CAFE

FEATURES

MONDAY Tavola- Pasta Bar

THURSDAY Creole Queen

TUESDAY Verde- Taco/ Bowl

FRIDAY Tandoori- Indian Cuisine

WEDNESDAY Happy Hen- Fried Chicken



GLOBAL STATION:
Kazan/cheesesteaks

MONDAY

**Cantina Verde
Chicken
Torta**

Telera Sandwich Rolls
Guacamole
Salsa Verde Chicken
Queso Cotija
Pico de gallo
Seasoned French Fries

\$8.00



TUESDAY

**Mediterranean Chicken
Power Bowl**

Baby Spinach
Spring Mix
Diced Tomatoes
Red Onion
Cilantro
Cucumber
Cilantro Hummus
Mediterranean Chicken
Lemon Vinaigrette
\$8.00

WEDNESDAY

Pork Belly Fried Rice

Fried Rice
Pork Belly
Stir Fry Mushrooms
Korean Bulgogi Sauce
Green Onions
Thai Peppers
Toasted Sesame Seeds
Cilantro

**Spring Roll
8.00**

THURSDAY

Smokehouse

Smoked Ribs
Pulled BBQ Chicken
Baked Beans
Potato Wedges
Corn on the Cobb
\$8.00

Banana Pudding
\$1.55 Extra

FRIDAY

Pasta Perfection

Zucchini noodles
Rotini Pasta
Shrimp Scampi
Lemon Rosemary
Chicken
Pomodoro Sauce
Pesto Alfredo
Roasted Broccoli
Roasted Vegetables
\$8.00

SOUPS

MONDAY

Broccoli with Cheese or
Minestrone

TUESDAY

Chicken Tortilla or Baked
Potato

WEDNESDAY

Specialty Soup

THURSDAY

Chicken Noodle or Beef
Barley

CONNECT WITH US

Kxdaught@sentara.com



menu subject to change
based on availability