

March 9th-March 13th

# THE RETREAT CAFE

## FEATURES

**MONDAY**

Tavola- Spud Shack  
Baked Potato Bar

**TUESDAY**

Verde- Taco Sala

**WEDNESDAY**

Happy Hen- Fried  
Chicken

**THURSDAY**

Honest Bowl-  
Rosemary  
Chicken/Chimichurri  
Steak

**FRIDAY**

Fish & Chippie



GLOBAL STATION: Basmati Spice

**MONDAY**

Meatball & Co.  
Beef Meatball  
Or  
Turkey Meatball  
Sub  
Or  
Polenta Bowl

\$8.00



**TUESDAY**

Shrimp Po' Boy  
Or  
Cattfish Po' Boy  
  
Waffle Fries  
Hush Puppies 2each

\$8.00

**WEDNESDAY**

BBQ Meatloaf  
Braised Cabbage  
Fried Okra  
Smashed Red Potatoes  
Hoppin John  
Dinner Roll  
8.00

**THURSDAY**

Brie & Berry  
Smoked Ham  
Sandwich  
  
House Made Chips

\$8.00

**FRIDAY**

Herb Garlic Chicken  
Breast  
Buffalo Cauliflower  
Roasted Mushrooms  
Sauteed Kale  
Parsnip Mashed Potatoes  
Butternut & Spinach Wild  
Rice  
  
Curried Onion Vinaigrette  
\$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 

Please be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, sesame, peanut and tree nut products.

menu subject to change based on availability