

April 13th – April 17th

THE RETREAT CAFE

FEATURES

MONDAY Drums & Flats- Chicken Wing Bar

TUESDAY Verde- Burrito

WEDNESDAY Happy Hen- Fried Chicken

THURSDAY Zen- Asian Cuisine

FRIDAY & Okra- Braised Short Ribs/Fried Flounder

GLOBAL STATION: **Butcher's Block**



MONDAY

Island Jerk Sandwich
Homemade Kettle Chips

\$8.00

TUESDAY

French Dip Sandwich
Served with Onion Rings

&8.00

WEDNESDAY

Flank Steak with Chimichurri
Harissa Carrots
Broccolini
Brown Rice
Quinoa
Edamame Hummus
Dinner Roll

\$8.00

THURSDAY

Braised Pork Ragu
Or
Mushroom Ragu
Fettucine
Rigatoni
Roasted Vegetables
Roasted Broccoli
Basil
Parmesan
Crushed Red Pepper
Diced Tomatoes
Garlic Knots
\$8.00

FRIDAY

Crab Cakes
Rice Pilaf
Parslied Red Potatoes
Succotash
Sauted Kale
Scallions
Lemon Wedge
Cocktail Sauce
Remoulade
\$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