

May 11th – May 15th

# THE RETREAT CAFE

## FEATURES

**MONDAY** Drums & Flats- Chicken Wing Bar

**THURSDAY** Zen- Asian Cuisine

**TUESDAY** Verde- Burrito

**WEDNESDAY** Happy Hen- Fried Chicken

**FRIDAY** & Okra- Short Ribs/Fried Flounder

GLOBAL STATION: Fruto Bomba



**MONDAY**

French Dip  
Roast Beef  
Roasted Red Onions  
Provolone Cheese  
Horseradish Crema  
Arugula  
Au Jus  
Onion Rings

\$8.00



**TUESDAY**

Shrimp Scampi  
Lemon Rosemary  
Chicken  
Rotini Pasta  
Zucchini Noodles  
Pomodoro Sauce  
Pesto Alfredo  
Garlic & Chili Roasted  
Broccoli  
Roasted Vegetables

\$8.00

**WEDNESDAY**

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

\$8.00

**THURSDAY**

Meatball & Co.  
Hoagie Roll  
Beef Meatballs  
Turkey Meatballs  
Polenta  
Peppers & Onions  
Tomato Basil Sauce  
Salsa Verde  
Provolone  
Ricotta  
Basil  
Pepper Relish  
\$8.00

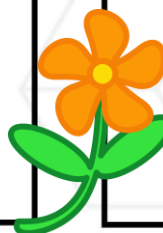


**FRIDAY**

Captains Platter  
Fried Catfish  
Fried Shrimp  
Fried Clam Strips  
Old Bay Fries  
Hush Puppies  
Kale Slaw  
Tartar Sauce  
Cocktail Sauce  
\$9.00

**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