

June 22nd – June 26th

THE RETREAT CAFE



FEATURES

MONDAY

Tavola

THURSDAY

Creole Queen

TUESDAY

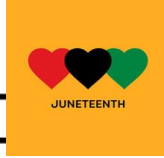
Verde- Taco/Bowl

WEDNESDAY

Happy Hen- Fried Chicken

FRIDAY

Tandoori



GLOBAL STATION: The Picklery

MONDAY

Buffalo Chicken Wrap

Crispy or Grilled Chicken
Vegetables
Dressing
Onion Rings

\$8.00



TUESDAY

Jerk Chicken/
Coconut Shrimp

Yellow Rice
Red Kidney Beans
Plantains
Rice Pudding

\$8.00

WEDNESDAY

Carnitas Bowl

Braised Pork or Beef
Spanish Rice
Cuban Black Beans
Mexican Corn

\$8.00

THURSDAY

Shrimp and Catfish
Po Boy

Popcorn Shrimp
Fried Catfish
Sweet Potatoes Fries
Waffle Fries

\$8.00

FRIDAY

Pride Wrap

Spinach Wrap
Balsamic Glazed
Chicken
Peppers
Purple Cabbage
Falafel

\$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

