

Aug 3rd – Aug 7th



THE RETREAT CAFE

FEATURES

MONDAY

Drums & Flats

THURSDAY

Zen

TUESDAY

Verde Taco

FRIDAY

Okra

WEDNESDAY

Happy Hen- Fried
Chicken

GLOBAL STATION: The Butcher's Block



MONDAY

**Firecracker
Watermelon Salad**

Cilantro
Basil
Mint
Pumpkin Seeds
Queso Cotija
Feta Cheese Crumbled
Strawberries
Choice of Honey, Lime
Juice, or Balsamic Glaze

AUGUST 3RD
\$8.00

TUESDAY

**Jerk Chicken Thighs/
(5) Coconut Shrimp**

Yellow Rice
Red Kidney Beans
Plantains
Mango Salsa
Cold Rice Pudding

\$8.00

WEDNESDAY

Pork Belly Fried Rice

Stir-Fry Mushrooms &
Vegetables
Korean Bulgogi Sauce
Spring Rolls
Green Onions
Thai Peppers
Toasted Sesame Seeds
Cilantro
Wonton Strips

\$8.00

THURSDAY

**Flank Steak /
Harissa Carrots**

Flank Steak w/
Chimichurri
Quinoa
Brown Rice
Harissa Roasted
Carrots
Broccolini
Edamame Hummus
Dinner Rolls

\$8.00

FRIDAY

**Mediterranean
Chicken Shawarma**

Lemon Chicken
Shawarma
Tzatziki Sauce
Pickled Red Onions
Romaine Lettuce
Tomatoes
Cucumbers
Warm Pitas or
Tortilla Wraps

\$8.00

SOUPS

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