

July 13th – Jul 17th

THE RETREAT CAFE

FEATURES

MONDAY

Cheese Louise

THURSDAY

Smoke House

TUESDAY

Verde Taco/Bowl

WEDNESDAY

Happy Hen- Fried
Chicken

FRIDAY

King Tide

GLOBAL STATION: Lobster Shack

MONDAY

French Dip
Sandwich

Provolone
Arugula
Roast beef
Au jus
Onion rings

\$8.00

TUESDAY

Shrimp Scampi
Zoodle Bowl

Zucchini Noodles or
Rotini Pasta
Rosemary Chicken
Pomodoro Sauce or
Pesto Alfredo
Broccoli or Roasted
Vegetable

\$8.00

WEDNESDAY

Hot Dog Concept

Hot Dogs
Carrot Dogs
Three Bean Chili
Tater Tots
Toppings

\$8.00

THURSDAY

Nashville Hot Chicken

Brioche Buns
Nashville Chicken
Nashville Hot Sauce
Onion Rings or House
Chips

\$8.00

FRIDAY

Harvest Station Herbed
Chicken Wild Rice

Parsnip Mashed
Potatoes
Butternut Squash &
Spinach Wild Rice
Roasted Mushrooms
Sauteed Kale
Tempura Cauliflower
Toppings

\$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