Nov 16th– Nov 20th

THE RETREAT CAFE

FEATURES

MONDAY — Spud Shack

TUESDAY — Verde Fresh Latin Kitchen

WEDNESDAY — Happy Hen Fried Chicken

THURSDAY — Honest Bowl

FRIDAY — Fish & Chippie

GLOBAL STATION: Lil' Dimple

MONDAY

French Dip w/ Ranch Chips

Thin Sliced Roast Beef on Sub Roll with provolone, Roasted Red Onions, Arugula, Horseradish Crema with House Made Ranch Chips

$8.00



TUESDAY

BBQ Meatloaf

Bbq Meatloaf, Seasoned Braised Cabbage, Vegetarian Hoppin John, Smashed Red Potatoes, Carolina Slaw, Pickled Red Onions, Sliced Jalapenos, Memphis BBQ Sauce

$8.00

WEDNESDAY

Pork Belly Fried Rice

Fried Rice, Stir-Fry Mushrooms & Vegetables, Pork Belly Skewers, Korean Bulgogi Sauce, Spring Rolls, Green Onions, Sliced Thai Peppers, Toasted Sesame Seeds, Cilantro, Wonton Strings

$8.00

THURSDAY

Carnitas/Beef Barbacao

Braised Pork or Braised Beef, Spanish Rice, Cuban Black Beans, Mexican Corn, Sauteed Onions & Peppers, Salsa Rojo, Cilantro, Scallions

$8.00



FRIDAY

Buddha Bowl

Grilled Chicken, Tri Colored Quinoa, Spiced Sweet Potatoes, Siracha Honey Chickpeas, Wilted Cabbage, Curry Peanut Sauce, Avocado Pulp, Sherred Carrots, Pickled Onions, Baby Tomatoes, Spring Mix, Lemon Vinaigrette, Green Goddess Dressing, Sesame Seeds, Lime Wedges, Cilantro

$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