

Nov 2nd– Nov 6th



THE RETREAT CAFE

FEATURES

MONDAY



THURSDAY



TUESDAY



FRIDAY



WEDNESDAY



GLOBAL STATION:



MONDAY

Mediterranean Power Bowl

Herbed Chicken or, Roasted Turkey, Baby Spinach, Spring Mix, Cucumbers, Tomatoes, Red Onions, Cilantro, Cilantro Hummus, Lemon Vinaigrette

\$8.00

TUESDAY

Natn'l Sandwich Day Chicken Milanese Sandwich

Chicken Schnitzel, Telera Roll, Pesto Mayo or Regular Pesto, Fresh Mozzarella, Roasted Red Peppers, Arugula, Fried Green Beans

\$8.00

WEDNESDAY

Low Country Shrimp and Grits

Cheddar Grits, Maque Choux Base, Andouille Sausage, Cajun Shrimp, Fried Catfish, Scallions, Old bay, Fresh Jalapenos, Lemon Wedges, Buns

\$8.00

THURSDAY

Jerk Chicken/Coconut Shrimp

Coconut Shrimp (5) or, Jerk Chicken Thighs Yellow Rice, Red Kidney Beans, Plantains, Mango Salsa, Cold Rice Pudding

\$8.00

FRIDAY

Natn'l Nacho Day Taco Meat or Chicken Nachos

Beef Taco Meat, or Chicken Taco Meat, Black Beans, Spicy Queso Cheese Sauce, Cilantro, Sour Cream, Salsa, Chopped Tomatoes, Jalapeno Pickled, Chopped White Onions, Red Onions, Black Olives, Tortilla Chips, Walking Taco Bag

\$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