Nov 23rd – Nov 27th

THE RETREAT CAFE

FEATURES

MONDAY — DRUMS & FLATS — AIN'T NO THANG BUT A CHICKEN WANG

TUESDAY — VERDE Fresh Latin Kitchen

WEDNESDAY — Happy Hen Fried Chicken

THURSDAY — CLOSED

FRIDAY — CLOSED

GLOBAL STATION:

The Bacon Club

MONDAY

Cranberry Pecan Chicken Salad Sandwich

Chicken Salad, Thin Sliced Turkey, Focaccia Bread, Multigrain Bread, Lettuce, Tomatoes, Arugula, Garlic Mayo, Swiss Cheese, Red Onions, House Chips

$8.00

TUESDAY

Sweet & Spicy Salmon Bowl

Herbed Salmon, Quinoa, Brown Rice, Madrin Oranges, Red Peppers, Cucumbers, Edamame, Scallions, Teriyaki, Sesame Seeds, Sweet Thai Chili

$8.00

WEDNESDAY

BBQ Pulled Pork/Chicken

BBQ Pulled Pork/ Chicken, Potato Wedges, Corn on the Cob, Baked Beans, Gold BBQ, BBQ Sauce, Banana Pudding, Brioche Buns

$8.00



THURSDAY

THANKSGIVING

Turkey Sliced, Sliced Ham, Mashed Potatoes, Stuffing, Collard Greens, Glazed Carrots, Gravy, Cranberry Sauce, Rolls

$8.00

FRIDAY

Meat / Veggie Lasagna

Meat Lagna or Veggie Lasagna, Sauteed Zucchini, Squash, and Peppers, Italian Chopped Salad, Rolls, Sherred Parmesan

$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