

Sept 7th – Sept 11th



THE RETREAT CAFE

FEATURES

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



GLOBAL STATION:
Onolicious



MONDAY



Grilled
Brats/Impossible
Peppers, Onions

Onion Rings

\$8.00



TUESDAY

Island Jerk Turkey
Sandwich

Jerk Turkey
Bread Demi Baguette
Sweet Mango Slaw
Mayo
Mango Chutney
Fried Chips

\$8.00

WEDNESDAY

Sweet & Spicy Salmon
Bowl

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

\$8.00



THURSDAY

Crabcakes

Maryland Style
Crabcakes Country Cheese
Grits or Smashed Red
Potatoes Summer Succotash
Sweet & Spicy Brussels
Sprout Choice of Sauce

\$8.00



FRIDAY

Bibimbap
Chicken Rice

Bulgogi Chicken
White Rice Shiitake
Mushrooms Zucchini,
Carrots, Spinach
Daikon Radish
Bulgogi Sauce
Top of w/ Thai Basil,
Sesame Seed

\$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