

Cafe in Sentara complex fulfills a longtime dream

By Jane Bloodworth Rowe
Correspondent

PRINCESS ANNE

Navy wife and mother Wendy Blais always dreamed of owning a restaurant, but the family's frequent moves made starting a business seem impossible.

Now things have changed. When her husband, Stephane, retired in August, the family decided to stay in Virginia Beach.

Searching for possible locations for a restaurant, Blais discovered the recently opened Sentara Princess Anne and decided to open a cafe in the complex.

Maroon's Cafe caters to the breakfast and lunch crowd, leaving her evenings at home with her children.

Blais serves soups, salads, sandwiches and breakfast fare at the cafe, 1950 Glen Mitchell Road. She opened it



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Wendy Blais, owner of Maroon's Cafe, serves Landstown Meadows resident Lisa White. Blais opened the cafe, located inside Sentara Princess Anne, in early November.

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"It's nice to have a place in here to come to," said Lisa White, a Landstown

Meadows resident who stopped in after a medical appointment for a beverage and to-go order. "We were

about the business

Maroon's Cafe is at 1950 Glen Mitchell Road in Suite 105 of Sentara Princess Anne.

Hours 7:30 a.m. to 3:30 p.m. weekdays

Phone 689-4989

starving in that office."

Blais, who does her own cooking, offers low-fat items. "People are looking for a more healthy way of eating," she said, "so I don't sell fried foods, and I try to serve a lot of fresh foods. I've developed foods that I like to cook."

The menu, which features some vegetarian items, also offers bagels, biscuits, breakfast wraps, and a variety of salads and sandwiches. Prices range from \$1.25 for a bagel to \$2.25 for a cup of soup to \$7.95 for some of

the larger sandwiches.

Stephane Blais is helping in the restaurant temporarily but said his wife "is going to be handling the whole thing by herself soon."

Their sons, Chas, 12, and Cole, 9, provided the inspiration for the cafe's name: Maroon is one of the colors of their youth football team, the Mustangs.

Blais also offers catering for office parties and other events, and Maroon's Cafe has free Internet hook-up.

"I hope to attract the college and business community," she said, referring to nearby Tidewater Community College. She's also a partner in education with Landstown High School and has provided gift certificates for students who made the principal's list.

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