



THE AFS CAFÉ AT URBAN SOUTH

*Available exclusively to The AFS Club members and their personal guests.

8 Egg White Omelet

(Breakfast only - available until 10:30am)

Choice of Mushroom | Tomatoes | Bell Peppers | Spinach | Yellow Onion | Side of Roasted Red Potatoes or Overnight Oats

8 Egg White Frittata

(Breakfast only - available until 10:30am)

Choice of Mushroom | Tomatoes | Bell Peppers | Spinach | Yellow Onion | Side of Roasted Red Potatoes or Overnight Oats

Protein Pancakes 3-piece Half Stack | 6-piece Full Stack

Sugar-Free Syrup | Fresh Berries | Sugar-Free Whipped Cream

Grilled Chicken Sandwich or Wrap

8 oz Grilled Chicken | Multi Grain Bread, Whole Grain Spinach Wrap, or Lettuce | Romain | Tomato | Low-fat Mozzarella Cheese | Fat-free Mayonnaise | Side Lime Salad

Grilled Turkey Sandwich or Wrap

8 oz Grilled Chicken | Multi Grain Bread, Whole Grain Spinach Wrap, or Lettuce | Romain | Tomato | Low-fat Mozzarella Cheese | Fat-free Mayonnaise | Side Lime Salad

Grilled Chicken Breast

8oz Grilled Chicken Breast | Red Potatoes | Broccolini | Demi-Glace

AFS Protein Salad

Add 8oz Chicken | 8pc Shrimp | 8oz Salmon | 5pc Scallops

Mixed Greens | Cherry Tomato | Red Pepper | Shredded Carrots | Cucumber | Lime Vinaigrette

Protein Wild Rice Bowl

Add 8oz Chicken | 8pc Shrimp | 8oz Salmon | 5pc Scallops

Asparagus | Seasoned Wild Rice | Roasted Vegetables

8oz Filet Mignon

Roasted Red Potatoes | Asparagus | Demi-Glace

8oz Seared Salmon

Wild Rice | Green Beans | Citrus Gremolata