



## 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