

Silo

WEST

ALL DAY MENU

BACON AND EGG ROLL	\$17.0
Bacon, fried eggs, rocket, chipotle mayo and BBQ sauce on bun	
AVOCADO ON TOAST	\$16.0
Chunky avocado, feta cheese, cherry tomato, rocket, balsamic vinegar and pangrattato on toasted sourdough	
MUSHROOM TOAST	\$17.5
Mushroom, pink hummus, poached egg and pangrattato on toasted sourdough	
POACHED EGG	\$22.0
Poached eggs, chargrilled capsicum, grilled halloumi, pesto, rocket and pangrattato on toasted sourdough	
EGGS BENEDICT	\$25.0
Poached eggs, spinach, hollandaise sauce and pangrattato on toasted sourdough Choice of smoked salmon, bacon, ham or halloumi	
EGGS YOUR WAY	\$14.5
Choice of scrambled, poached or fried eggs on toasted sourdough	
PORRIDGE	\$10.0
Oat, oat milk, banana, strawberry & maple syrup - 300g	
CROISSANT SCRAMBLED SALMON	\$25.0
Smoked salmon, scrambled eggs, rocket, chipotle mayo and pangrattato on toasted croissant	
CHEESEBREAD PULLED BEEF	\$19.0
Pulled beef, chargrilled capsicum, chives and pickled onion on cheese bread baguette	
COTOLETTA PANINI	\$18.0
Crumbed chicken tenderloins, pesto mayo, sundried tomato, pickled cucumber and chives on toasted panini	
GRILLED CHICKEN BURGER	\$19.0
Marinated chicken, rocket, tomato, red onion, cheese, aioli and chipotle mayo on bun	

STEAK SANDWICH	\$19.5
Picanha steak (rump), mayo, caramelised onion, cheese, rocket on panini bread	
BRAZILIAN "PRATO FEITO" - PF	\$25.0
Rice, black beans stew, choice of beef stew or rump steak, cassava flour, vinaigrette and salad (replace beef for chicken or halloumi)	
SILO NOURISHING BOWL	\$23.0
Quinoa, roasted vegetables, grilled halloumi, poached egg, rocket, cherry tomato, alfalfa sprouts and sesame oil (swap halloumi for Puller Beef add 4.0)	
CHORIZO PASTA	\$20.0
Chorizo, soba noodles, cherry tomato, mushroom, spinach, pesto and parmesan cheese	
ZUCCHINI SALAD	\$20.0
Zucchini, pear, rocket, olives, croutons, pine nuts, parmesan cheese and mustard dressing	
EXTRAS:	
Egg \$4.0 - Avocado \$4.0 - Smoked Salmon \$6.0 - Halloumi \$4.0 - Chorizo \$4.0 Bacon \$4.0 - Mushroom \$3.5 Roasted Tomato \$3.5 - Hash Brown \$4.0 - Ham \$4.0 Cheese \$3.0 - Gluten-Free bread is available GF	

SNACKS

TOASTED SOURDOUGH	\$6.5
Choice of butter, peanut butter, jam, vegemite, Biscoff or cream cheese	
BAGEL	\$8.0
Choice of butter, peanut butter, jam, vegemite, Biscoff or cream cheese	
SALMON BAGEL	\$15.5
Smoked salmon, cream cheese, rocket and red onion	
EMPANADAS	\$9.5
Choice of beef, chicken or chorizo	
COXINHA	\$11.0
Chicken croquette	
BRAZILIAN CHEESE BREAD 80g	\$5.0
Baguette 180g	add \$5.0
Ham and cheese	add \$2.0
CROISSANT	from \$7.0
Plain, almond, pistachio and Biscoff	
HOT CHIPS	\$11.0
Truffle Mayo and parmesan cheese	add \$5.0
GRANOLA WITH YOGHURT	\$15.0
Homemade granola, Greek yoghurt, banana, strawberry, chia seeds and coconut flakes	
BANANA BREAD	\$8.0
WAFFLE	\$8.0
Butter, jam, honey, cinnamon, Nutella or peanut butter	add \$3.5
Ice Cream	

SEE FOOD DISPLAY FOR OTHER OPTIONS. 10% SURCHARGE ON PUBLIC HOLIDAY.

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COFFEES AND TEAS

Espresso	\$3.5
Macchiato, Piccolo Latte	\$4.5
Flat White, Latte, Long Black, Chai Latte	\$5.2
Cappuccino, Hot Chocolate, Mocha	\$5.4
Sticky Chai Latte, Filtered Coffee	\$6.5

Tea (EBT, Earl Grey, Lemongrass and Ginger, Peppermint, Green, Chai, Camomile) \$5.5

Extra Shot, Decaf, Almond, Oat, Soy, Macadamia, Lactose Free, Coconut Milk add \$0.8

Large add \$0.8

Flavoured Syrups (Vanilla, Caramel, Pistachio) add \$1.5

Special Coffee

Coffee on Ice 475ml \$6.2

Iced Coffee blended with Ice Cream 475ml \$9.5

Iced Chocolate with Ice Cream 475ml \$9.5

Iced Pistachio Latte \$12.0

Iced Matcha (berry pure) \$10.0

Affogato - Ice Cream topped with Double Espresso \$8.0

Cold Brew 475ml \$7.0

Turmeric Latte / **Matcha Latte** \$5.5

Silo Blend

1kg bag beans only \$54.0

250g bag beans or ground \$24.0

ACAI

BOWL **\$19.0**
Acai puree blended with frozen banana, frozen mixed berries, frozen mango, apple juice, topped with banana, strawberry, coconut flakes, chia seeds and homemade granola

SMOOTHIE **\$12.0**
Acai puree blended with frozen banana, frozen mixed berries, frozen mango and apple juice or water

JUICES

MANLY SUNRISE **\$10.0**
Orange, carrot, celery, ginger and turmeric

LIVER SCRUBBER **\$10.0**
Beetroot, carrot, celery, lemon and kale

SUPER GREEN **\$10.0**
Kale, spinach, celery, apple, lemon, ginger and cucumber

GLOW GREEN **\$10.0**
Apple, pear, cucumber, lemon and ginger

MAKE YOUR OWN **\$11.0**
Orange, apple, pear, lemon, kale, celery, ginger, carrot, beetroot, spinach and cucumber

SMOOTHIES

WAKE UP **\$10.0**
Cocoa powder, frozen banana, Greek yoghurt, cayenne pepper and full cream milk

BERRY LOVERS **\$10.0**
Frozen mixed berries, frozen banana, Greek yoghurt, vanilla syrup and full cream milk

SYSTEM CLEAN **\$10.0**
Frozen mango, kale, spinach, chia seeds and apple juice

PROTEIN HUNTERS **\$10.0**
Frozen banana, cashew, cocoa powder, whey protein and full cream milk

MILKSHAKES **\$10.0**
Ice cream and full cream milk
Choice of chocolate, vanilla, caramel, hazelnut, strawberry or banana flavour

PISTACHIO MILKSHAKES **\$12.0**
Ice cream and full cream milk blended with pistachio sauce

EXTRAS: **add \$2.0**
Plant-based milk, whey protein, chia seeds, cayenne pepper or coconut flakes

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