

# Silo

## WEST

### ALL DAY MENU

<b>BACON AND EGG ROLL</b>	<b>\$17.0</b>
Bacon, fried eggs, rocket, chipotle mayo and BBQ sauce on charcoal bun	
<b>AVOCADO ON TOAST</b>	<b>\$15.0</b>
Chunky avocado, feta cheese, cherry tomato, rocket, balsamic vinegar and pangrattato on toasted sourdough	
<b>MUSHROOM TOAST</b>	<b>\$15.0</b>
Mushroom, pink hummus, poached egg and pangrattato on toasted sourdough	
<b>POACHED EGG</b>	<b>\$22.0</b>
Poached eggs, chargrilled capsicum, grilled halloumi, pesto, rocket and pangrattato on toasted sourdough	
<b>EGGS BENEDICT</b>	<b>\$25.0</b>
Poached eggs, spinach, hollandaise sauce and pangrattato on toasted sourdough Choice of smoked salmon, bacon, ham or halloumi	
<b>CROISSANT SCRAMBLED SALMON</b>	<b>\$25.0</b>
Smoked salmon, scrambled eggs, rocket, chipotle mayo and pangrattato on toasted croissant	
<b>CHEESEBREAD PULLED BEEF</b>	<b>\$17.0</b>
Pulled beef, chargrilled capsicum, chives and pickled onion on cheese bread baguette	
<b>COTOLETTA PANINI</b>	<b>\$18.0</b>
Crumbed chicken tenderloins, pesto mayo, sundried tomato, pickled cucumber and chives on toasted panini	
<b>GRILLED CHICKEN BURGER</b>	<b>\$19.0</b>
Marinated chicken, rocket, tomato, red onion, cheese, aioli and chipotle mayo on toasted charcoal bun	
<b>EGGS YOUR WAY</b>	<b>\$13.5</b>
Choice of scrambled, poached or fried eggs on toasted sourdough	
<b>BRAZILIAN "PRATO FEITO" - PF</b>	<b>\$24.0</b>
Rice, black beans stew, choice of beef stew or rump steak, cassava flour, vinaigrette and salad <b>(replace beef for chicken or halloumi)</b> - <b>Gluten-Free bread is available GF</b>	

**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**

Chorizo, soba noodles, cherry tomato, mushroom, spinach, pesto and parmesan cheese

**\$20.0****ZUCCHINI SALAD**

Zucchini, pear, rocket, olives, croutons, pine nuts, parmesan cheese and mustard dressing

**\$20.0****EXTRAS:**

Egg \$4.0 - Avocado \$4.0 - Smoked Salmon \$5.0 - 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 or cream cheese

**BAGEL****\$8.0**

Choice of butter, peanut butter, jam, vegemite or cream cheese

**EMPANADAS****\$8.0**

Choice of beef, chicken or palm heart

**COXINHA****\$9.0**

Chicken croquette

**BRAZILIAN CHEESE BREAD 70g****\$5.0**

Baguette

**add \$5.0**

Ham and cheese

**add \$2.0****HOT CHIPS****\$11.0**

Choice of tomato, aioli or BBQ sauce

**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

**Ice Cream**

**add \$3.5**

**SEE FOOD DISPLAY FOR OTHER OPTIONS**

**10% SURCHARGE ON PUBLIC HOLIDAYS**

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## WEST

### COFFEES AND TEAS

Espresso	\$3.5
Macchiato, Piccolo Latte	\$4.2
Flat White, Latte, Long Black, Chai Latte	\$4.9
Cappuccino, Hot Chocolate, Mocha	\$5.1
Sticky Chai Latte, Filtered Coffee	\$6.5

Tea (EBT, Earl Grey, Lemongrass and Ginger, Peppermint, Green, Chai, Camomile)	\$5.5
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Extra Shot, Decaf, Almond, Oat, Soy, Macadamia, Lactose Free	add \$0.7
Large	add \$0.8
Flavoured Syrups (Vanilla, Caramel, Hazelnut)	add \$1.5

#### **Special Coffee**

Coffee on Ice 290ml	\$5.7
Coffee on Ice 475ml	\$6.5
Iced Coffee blended with Ice Cream 475ml	\$9.5
Iced Chocolate with Ice Cream 475ml	\$9.5
<b>Iced Matcha (strawberry or mango pure)</b>	\$10.0
Affogato - Ice Cream topped with Double Espresso	\$8.0
Cold Brew 475ml	\$5.5
Turmeric Latte / <b>Matcha Latte</b>	\$5.5

#### **Silo Blend**

1kg bag beans only	\$45.0
250g bag beans or ground	\$20.0

# ACAI

## BOWL

**\$18.0**

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

## 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 or banana flavour

## EXTRAS:

**add \$2.0**

Plant-based milk, whey protein, chia seeds, spirulina, cayenne pepper or coconut flakes

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