

Silo

WEST

ALL DAY MENU

BACON AND EGG ROLL	\$16.0
Bacon, fried eggs, rocket, chipotle mayo and bbq sauce on charcoal bun	
AVOCADO ON TOAST	\$14.0
Chunky avocado, fetta cheese, cherry tomato, rocket, balsamic vinegar and pangrattato on toasted sourdough	
MUSHROOM TOAST	\$14.0
Mushroom, pink hommus, poached egg and pangrattato on toasted sourdough	
POACHED EGG	\$20.0
Poached eggs, chargrilled capsicum, grilled halloumi, pesto, rocket and pangrattato on toasted sourdough	
EGGS BENEDICT	\$21.0
Poached eggs, spinach, hollandaise sauce and pangrattato on toasted sourdough - Choice of smoked salmon, bacon, ham or halloumi	
COTOLETTA PANINI	\$16.0
Crumbled chicken tenderloins, pesto mayo, sundried tomato, pickled cucumber and chives on panini	
CROISSANT SCRAMBLED SALMON	\$23.0
Scrambled eggs, smoked salmon, rocket and chipotle mayo and pangrattato on croissant	
CHEESEBREAD PULLED BEEF	\$16.0
Pulled beef, chargrilled capsicum, chives and pickled onion on cheesebread baguette	
GRILLED CHICKEN BURGER	\$17.5
Marinated chicken, rocket, tomato, red onion, cheese, aioli and chipotle mayo on charcoal bun	
EGGS YOUR WAY	\$12.5
Choice of scrambled, poached or fried eggs on toasted sourdough	
PF - BRAZILIAN "PRATO FEITO"	\$23.0
Rice, black beans stew, choice of beef stew or rump steak, cassava flour, vinaigrette and salad	

SILO NOURISHING BOWL	\$21.0
Quinoa, roasted vegetables, grilled halloumi, poached egg, salad and sesame oil	
PULLED BEEF BOWL	\$22.0
Pulled beef, green tea noodles, kale, edamame beans, pickled ginger, carrot, beetroot and asian mayo	
CHORIZO PASTA	\$19.0
Chorizo, green tea noodles, cherry tomato, mushroom, spinach, pesto and parmesan cheese	
ZUCCHINI SALAD	\$19.0
Zucchini, pear, rocket, olives, croutons, pine nuts, parmesan cheese and mustard dressing	
EXTRAS:	
Egg \$3.5 - 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	

SNACKS

TOASTED SOURDOUGH	\$5.5
Choice of butter, peanut butter, jam, vegemite or cream cheese	
BANANA BREAD	\$8.0
GRANOLA WITH YOGHURT	\$14.0
Homemade granola, greek yoghurt, banana, strawberry, chia seeds and coconut flakes	
BAGEL	\$8.0
Choice of butter, peanut butter, jam, vegemite or cream cheese	
BRAZILIAN CHEESE BREAD	\$5.0
Ham and cheese	add \$2.0
Sundried tomato	add \$2.0
EMPANADAS	\$8.0
Choice of beef, chicken or palm heart	
COXINHA	\$7.0
Chicken croquette	
WAFFLE	\$5.0
Nutella or Honey	add \$2.0
Ice Cream	add \$2.0

SEE FOOD DISPLAY FOR OTHER OPTIONS

10% SURCHARGE ON PUBLIC HOLIDAYS

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COFFEES AND TEAS

Espresso	\$3.5
Macchiato, Piccolo Latte	\$4.0
Flat White, Latte, Long Black, Chai Latte	\$4.7
Cappuccino, Hot Chocolate, Mocha	\$4.9
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	add \$0.7
Large	add \$0.8
Flavoured Syrups (Vanilla, Caramel, Hazelnut)	add \$1.5

Special Coffee

Coffee on Ice 180ml	\$5.7
Coffee on Ice 475ml	\$6.5
Iced Coffee blended with Ice Cream 475ml	\$8.5
Iced Chocolate with Ice Cream 475ml	\$8.5
Affogato - Ice Cream topped with Double Espresso	\$8.0
Cold Brew 475ml	\$7.0
Turmeric Latte	\$5.5

Silo Blend

1kg bag beans only	\$40.0
250g bag beans or ground	\$18.0

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

Acai pure blended with frozen banana, frozen mixed berries, frozen mango and apple juice or water	\$12.0
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JUICES

MANLY SUNRISE

Orange, carrot, celery, ginger and turmeric

\$10.0

LIVER SCRUBBER

Beetroot, carrot, celery, lemon and kale

\$10.0

SUPER GREEN

Kale, spinach, celery, apple, lemon, ginger and cucumber

\$10.0

MAKE YOUR OWN

Orange, apple, pear, lemon, kale, celery, ginger, carrot, beetroot, spinach and cucumber

\$10.0

SMOOTHIES

WAKE UP

Cocoa powder, frozen banana, greek yoghurt, cayenne pepper and full cream milk

\$10.0

BERRY LOVERS

Frozen mixed berries, frozen banana, greek yoghurt, vanilla syrup and full cream milk

\$10.0

SYSTEM CLEAN

Frozen mango, kale, spinach, chia seeds and apple juice

\$10.0

PROTEIN HUNTERS

Frozen banana, cashew, cocoa powder, whey protein and full cream milk

\$10.0

MILKSHAKES

Ice cream and full cream milk

Choice of chocolate, vanilla, caramel, hazelnut or banana flavour

\$10.0

EXTRAS:

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

add \$1.0

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