



物至于此，小得盈满  
A contented mind is a perpetual feast.

小满  
Ricey  
Silo  
禾熟 盈满  
过好光景

# 我们是「小满」， 专注于传统云南过桥米线。

小满，是二十四节气之一，  
这是一年中最好的季节，  
也是人生最好的状态。

将满未盈，满而不盛，  
满而不损，一切恰好，  
亦如小满的一物一器  
亦如小满的一汤一食

我们选择最新鲜的食材，  
用最传统的方法熬制出最香醇的汤底。

一碗米线，浮油鲜汤，清淡爽滑，  
雅座躬身，“过桥”而食，  
容天下于方寸间，惬意而满足。

The idea of "Ricey Silo" was born out of an enthusiasm for great food and culture. In Yunnan China, we appreciate the fruits of our nature. Yunnan people live a life where they believe you can achieve satisfaction without having much. This is our attitude while preparing and serving our food. After years of continuous preparation and improvements, now we are excited to serve you a bowl of Yunnan's authentic crossing-the-bridge noodles. We invite you to join us on a cultural food expedition to taste our fresh and timely prepared ingredients, served with a base broth made by simmering quality chicken bones for up to 10 hours, then cooked with our chewy rice noodles at your table.

We serve our noodles using nutritious ingredients, leading to a result that requires little seasoning but is extraordinarily tasty.





汤是一碗米线的灵魂，  
选用上好的土鸡、全鸭、排骨、筒子骨、火腿等放入锅中  
煨足10个小时，时间的滋润会让高汤由清色逐渐变为浓稠  
的乳白色，味道香醇可口，鲜美浓郁。

云南正宗米线的碗需选用直径大于22厘米的陶瓷器皿，由  
蓝色点缀的汤碗衬托着乳白色的高汤，高汤之上覆盖着一层  
清透的鸡油，犹如锅盖一般，让汤底保持100°c的高温。

此时拿起小碟，将新鲜的鹌鹑蛋滑入碗中，瞬间成型。  
将生鸡胸、猪里脊分别切成薄至透明的肉片，厚度不得超  
2毫米，肉片入汤，轻轻一涮，5秒即熟。新鲜的韭菜、葱头、  
香菜也须切成0.5厘米长的小段，放入碗中，瞬间提香。

Crossing the Bridge Rice Noodle is one of the most revered and well-known dishes in Yunnan Province, China. The history of this style of noodle dates back over 100 years, and was listed as an intangible cultural heritage of Kunming (capital city of Yunnan Province). The dish is served with a large bowl of boiling hot broth, separate from the soup ingredients which are then added to create an extremely fresh aroma for the diner.

The soul of the delicacy is the broth. Made with chicken bone, pork bone and ham, the soup needs to be simmered for more than 10 hours to get a rich, gelatinous texture. Then a thin layer of glistening chicken oil is created on top to insulate the soup and keep the whole bowl piping hot.

The soup ingredients are served separately on a cutting board or plate. Common ingredients include thin slices of fresh meat, chunks of chicken, strips of bean curd sheets, shredded chives, raw quail eggs and rice noodles. Once added into the broth, the heat of the hot soup will make all the ingredients cooked in a short time and soon you can enjoy it.

## 如何享用一碗过桥米线

## How to Eat Crossing the Bridge Rice Noodle



先把鹌鹑蛋蛋清于蛋黄分离，  
蛋清拨入汤碗内。  
Separate the quail egg yolk from egg whites,  
put the egg yolk into the boiling soup.



把生肉片、生鱼片等生肉依次放入  
蛋清拌匀挂浆。  
Battered the raw chicken, fish, and beef slices in  
slightly beaten egg whites o tenderize the meat.



再下入汤中用筷子轻轻拨动烫熟，这样  
处理的肉味道鲜嫩。  
Quickly dip the meats a few times in boiling broth,  
as this will intensify the flavor



待各种肉片变得白嫩细腻后，  
再放入各种配料，如韭菜、豆  
腐皮等，喜辣者可加入辣油。  
Then, place all ingredients into the broth,  
and add chili oil base on preference



用筷子夹起米线放入汤碗。  
Use chopsticks to pick up the rice  
noodles and place it into the broth.



吃时沿着汤碗边把米线轻轻地吸进嘴里，  
滑润软糯，鲜香温柔。吃完米线后，  
或用小勺慢慢喝汤，也可端起碗大口喝汤，  
味道鲜美，汤味浓郁，营养丰富。  
Slurp the noodles, enjoy the texture and flavor that melts in your  
mouth. When the noodles are finished, take your time and enjoy  
the rich, flavorful & nutritious broth.



小满推荐  
Recommended



含海鲜  
Contain Seafood



微辣  
Mild



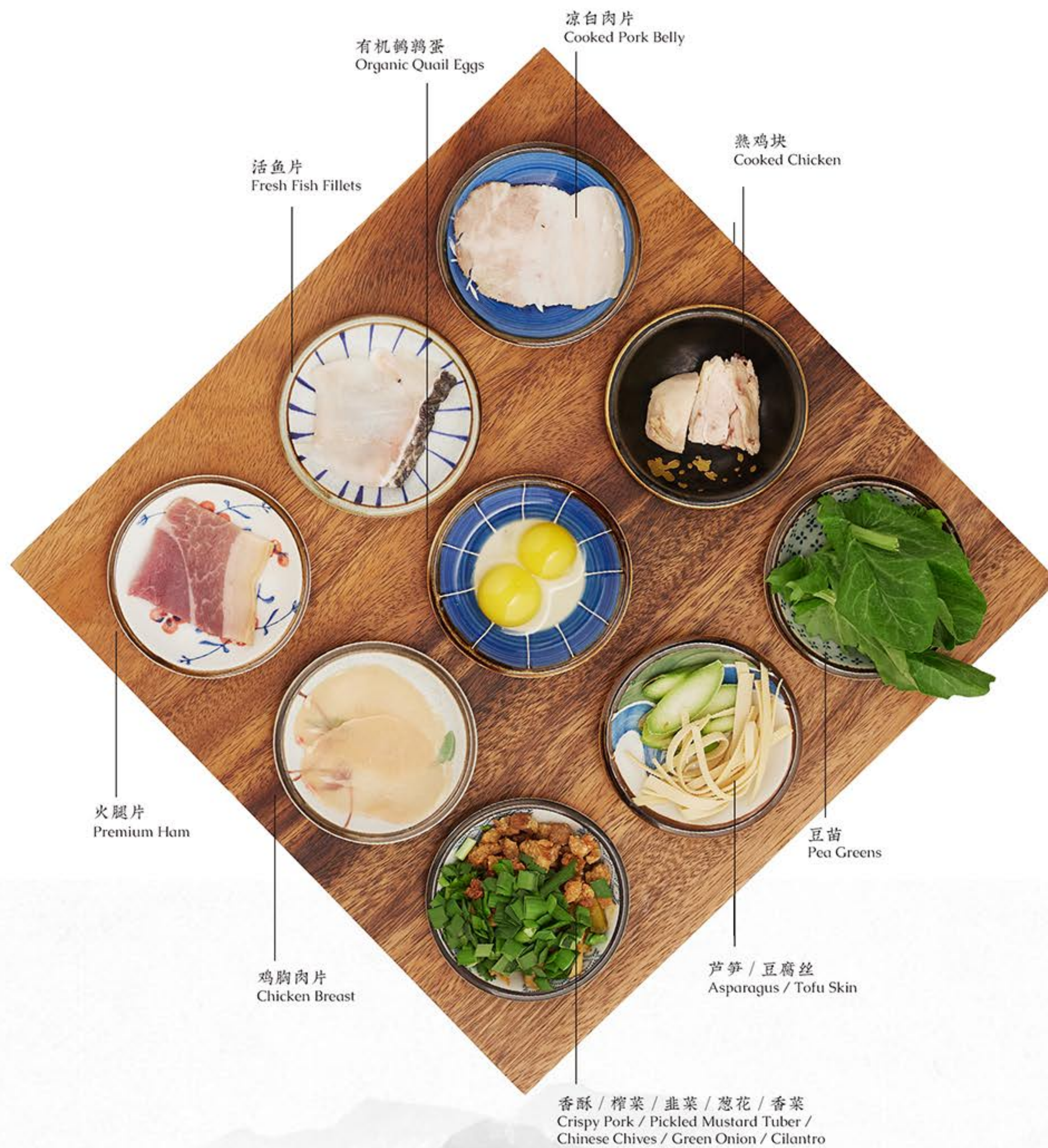
中辣  
Medium Spicy



大辣  
Very Spicy



含花生  
Contain Peanut



## 低盐原汤过桥米线 薦

Original Low Sodium  
Crossing-the-Bridge  
Rice Noodle

**\$19.99**

云南地方菜对食材自身的品质和新鲜程度都十分考究，特别是传统云南过桥米线，用料的本色本味才能滋养人心；

浮油鲜汤，看似平和，实则滚烫，肉嫩青翠，米线爽滑，汤正醇香，低油低盐，纯净自然，以味养味。

The dish is served with a large bowl of boiling broth and fresh, delectable toppings. No artificial flavors or other spices are added to the broth, allowing the original flavours of the dish to shine.

All the love and care that is put into this soup really makes it unique, allowing the freshness of the ingredients to be tasted with every bite.

传统云南过桥米线

TRADITIONAL YUNNAN  
CROSSING-THE-BRIDGE RICE NOODLE



## 鲜花海鲜过桥米线 薦

Mixed Seafood  
Crossing-the-Bridge  
Rice Noodle with Edible Flowers

\$23.99

昆明四季如春，鲜花四时不凋，  
这碗鲜花海鲜过桥米线不仅将盛开的芬芳揽入其中，  
多种海鲜的加持使汤底更加鲜美可口；

花香沁鼻，高汤暖胃，  
清甜馥郁，色香味俱全。

This rice noodle soup is comforting and packed with flavor.  
Seasonal edible flowers like chrysanthemums and lotus are added  
to offer color and fragrance. Jasmine can also be included to  
complement the fresh seafood notes of perfectly cooked shrimp  
and juicy squid.





## 和牛松茸菌香过桥米线 薦

Wagyu Beef Crossing-the-Bridge  
Rice Noodle with Matsutake

\$25.99

“雨季一到，诸菌皆出，空气里一片菌子的气味”  
这是汪曾祺先生笔下的云南

浓郁的骨汤混合着多种天然菌菇的鲜美，  
云南松茸特有的松木香将味蕾打开，  
散发着源于自然的山野灵气，  
诠释了“清、浓、爽、鲜”这四字真言，  
再搭配澳洲 M9+和牛的松软细腻，入口即化，让人流连。

Served with melt-in-your-mouth Australian M9+ wagyu beef,  
five different kinds of organic mushrooms, premium crispy pork,  
plus a variety of gorgeous vegetables, this bowl of goodness is  
a beautiful flavor bomb, luxurious and unparalleled in flavor.

经典云南米线

CLASSIC YUNNAN RICE NOODLE IN A BOWL

薦



番茄牛腩米线

Tomato Beef Stew  
Rice noodle

\$14.99



薦



杂酱豆花米线  
(干拌)

Soft Tofu & Minced Pork  
Rice Noodle with Mixed Vege  
(Served with sauce, no soup)

\$14.99





昆明鸡丝凉米线  
(干拌)

Kunming Cold Rice Noodles with  
Mixed Vege and Shredded Chicken and Pork  
(Served with sauce, no soup)

\$13.99



肠旺米线

Pork Intestine & Duck Blood  
Rice Noodle Soup

\$14.99





鸡  
丝  
米  
线

Shredded Chicken  
Rice Noodle Soup

\$14.99



焖  
肉  
米  
线

Pork Stew  
Rice Noodle Soup

\$14.99



凉菜

FEATURED COLD DISH



蒜泥白肉

Sliced Pork Belly & Cucumber with Garlic Sauce

单人份 S : 3.99  
分享份 L : 10.99



麻辣牛肉干

Marinated Beef Strips in Spicy Sauce

单人份 S : 3.99  
分享份 L : 12.99



椒麻凉鸡

Cold Cut Chicken with Chilli Sauce

单人份 S : 3.99  
分享份 L : 10.99



酱香凉拌秋葵

Okra Salad  
\$ 2.49



酱香凉拌藕片

Lotus Root Salad  
\$ 3.49



酱香凉拌海带丝

Chinese Seaweed Salad  
\$ 2.49



鬼火绿

Pepper &  
Green Onion Salad  
in Garlic Soy Sauce  
\$ 1.49

传统云南小吃

TRADITIONAL YUNNAN DISH



薦

汽锅乌骨鸡  
(每日限量40份)

Steam Pot  
Silkie Chicken

(Limited quantity  
of 40 daily)

\$ 7.49

薦

汽锅火腿香芋  
(每日限量10份)

Steam Pot Premium  
Ham with Taro

(Limited quantity  
of 10 daily)

\$ 7.49

汽锅栗子南瓜  
(甜)

Steam Pot  
Chestnut & Pumpkin  
(Sweet)

\$ 7.49

## 一人食汽锅

小满的汽锅鸡遵循古法，选用新鲜乌鸡切块后放入汽锅内，加入虫草花、枸杞、红枣、姜片等。汽锅盖盖，置于蒸锅之上，用纱布将缝隙堵上以免漏气，整个制作过程锅里不加一滴水，经过3个小时的焖蒸，蒸汽凝成足量的汤汁，成就原始而纯粹的极致美味。

Qiguoji, a chicken soup in which the chicken is steamed in a special clay pot with a steam nozzle in the middle. Chicken, herbs, and other ingredients are put into the pot to steam over heat. The broth is naturally created by steam, without the need to add extra water during cooking, so that the taste of the chicken itself can be preserved.



炸排骨

Fried Pork Ribs  
(蒜香/香辣)  
(Garlic / Spicy)  
\$ 6.49



炸豆腐

Fried Tofu  
\$ 6.49



炸鸡脆骨

Fried Chicken  
Cartilage  
\$ 6.49



炸洋芋

(洋芋为半熟, 非喜勿点)  
(Medium rare fried potato)  
Fried Potato  
\$ 2.49

传统云南甜品

TRADITIONAL YUNNAN DESSERT

薦

桂花荔枝冰稀饭

Osmanthus Ice Sticky Rice  
with Lychee

\$ 5.99



薦

玫瑰西瓜冰稀饭

Rose Ice Sticky Rice  
with Watermelon

\$ 5.99



饮品

DRINK

薦 好喝的芒果汁 Delicious Mango Juice	\$4.49
百事可乐 Pepsi	\$1.99
可口可乐 Coca Cola	\$1.99
健怡可乐 Diet Coke	\$1.99
姜汁饮料 Canada Dry	\$1.99
柠檬茶 Nestea	\$1.99
罐装气泡水 Perrier	\$2.75
Arizona 绿茶 Arizona Green Tea	\$2.99
芙洛天然碱性矿泉水 Flow Alkaline Spring Water	\$2.99
椰子水 Coconut Water	\$3.99
加多宝 Jia Duo Bao	\$2.99

