

**PILGRIMS<sup>®</sup>**

**- VEGETARIAN CAFE -**

**EST 1980**

# BREAKFAST (SERVED TILL 12)

<b>PANCAKES</b> buttermilk pancakes served with butter & organic maple syrup	15
<b>PANCAKES w/ LOT</b> buttermilk pancakes served with banana, yoghurt & organic maple syrup	17
<b>BUCKWHEAT PANCAKES</b> served with mixed berries & honey <b>gluten free</b>	17
<b>GRANOLA</b> pilgrims homemade granola, served with yoghurt, mixed berries, local honey & a side of milk	12
<b>BANANA BREAD</b> pilgrims homemade banana bread served with fresh ricotta & local honey	7
<b>FRUIT BREAD</b> berry bakery organic sourdough fruit bread served with butter	6
<b>SOURDOUGH w/ PRESERVES</b> berry bakery organic sourdough with pilgrims homemade preserves	7
<b>BREAKFAST BURGER</b> avocado, melted cheese, roast mushroom, roast tomato, fried egg, soy mayo & fresh greens on a toasted wholemeal roll	13
<b>TOMATO ROCKET &amp; FETTA SOURDOUGH</b> tomato, fetta, locally grown rocket, extra virgin olive oil & cracked pepper on berry bakery organic sourdough	14
<b>AVOCADO SOURDOUGH</b> avocado, cracked pepper & a slice of lemon on berry bakery organic sourdough	10
<b>PESTO SOURDOUGH</b> avocado, roast mushroom, pilgrims homemade pesto, local greens, extra virgin olive oil, cracked pepper & a slice of lemon on berry bakery organic sourdough	18
<b>MUSHROOM SOURDOUGH</b> roast mushroom & cracked pepper on berry bakery organic sourdough	13
<b>EGGS SOURDOUGH</b> local free range eggs, scrambled or fried on berry bakery organic sourdough	13
<b>FULL BREAKFAST</b> local free range eggs, roast mushroom, roast tomato, roast herb potato & pilgrims homemade baked beans on berry bakery organic sourdough - choose scrambled or fried eggs	22
<b>CORN FRITTERS</b> with avocado, roast tomato and pilgrims homemade chilli jam	16

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**SIDES:** roast mushroom, roast tomato, roast herb potato, pilgrims homemade baked beans, avo 4  
GF bread 1

Welcome to Pilgrims! We aim to serve you the yummiest, freshest & healthiest dishes, treats & drinks. Please sit wherever you wish & have a look at the menu. Help yourself to water and any of the magazines or papers to read. When you are ready to order please place it at the front counter and we will bring the food & drinks out to your table...

# BURGERS

**mixed grain pattie:** organic brown rice, grains, peanut & egg  
**curry lentil pattie:** lentils, organic brown rice & curry spices

<b>BLISS</b>	mixed grain pattie, fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce on a toasted wholemeal roll	<b>13</b>
<b>MILLENIUM</b>	curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing & sweet chilli sauce on a toasted wholemeal roll <b>vegan</b>	<b>13</b>
<b>SPROUT</b>	mixed grain pattie, rice salad, tabouli, cheese, tomato, sprouts, hommous & special sauce on a wrap	<b>13</b>
<b>KIDS</b>	mixed grain pattie, fried onion, cheese, sprouts & special sauce on a toasted wholemeal roll	<b>10</b>
<b>TOFU</b>	marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce on a wrap	<b>13</b>
<b>HARVEST</b>	mixed grain pattie, fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll	<b>13</b>
<b>MOUNTAIN</b>	mixed grain pattie, fried onion, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll	<b>15</b>

# PIES

## SPINACH / LENTIL / SPICY KIDNEY BEAN / CURRY LENTIL / PUMPKIN

▪ pie	<b>6</b>
▪ vegan pie	<b>7</b>
▪ pie served with hommous & sprouts	<b>8</b>
▪ pie served with avocado, tabouli, fetta, olives & greens	<b>13</b>
▪ pie served with mixed salad	<b>17</b>

# MIXED SALAD

- rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, greens, olives, fetta & hommous, dressed with extra virgin olive oil & lemon **15**
- add tofu or pattie **3**

# WRAPS

- #1** rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommous or soy mayo on a wrap **12**
- #2** avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommous or soy mayo on a wrap **12**
- #3** boiled egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommous or soy mayo on a wrap **12**

# TOASTIES

- #1** avocado, tomato, onion, cheese & cracked pepper on wholemeal bread **7**
- #2** tomato, basil, onion, cheese & cracked pepper on wholemeal bread **7**
- #3** fried egg, onion, cheese & cracked pepper on wholemeal bread **7**

**IF YOU HAVE ANY ALLERGIES PLEASE LET US KNOW SO WE CAN ACCOMMODATE YOUR NEEDS**

add #pilgrimscafe if you post any pictures while you are here!

# VEGAN MENU

**IMPORTANT:** Please advise staff if you are ordering from the VEGAN MENU

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## VEGAN BREAKFAST

### 1/ VEGAN FULL BREAKFAST

Avocado on sourdough with roast mushies, tomato, potato & pilgrims beans 22

### 2/ VEGAN PANCAKES

Buckwheat pancakes with mixed berries & maple syrup 17

### 3/ VEGAN SOURDOUGH

Avocado sourdough with roast mushies & greens 14

## LUNCH

### 1/ MILLENIUM BURGER

curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing & sweet chilli sauce on a toasted wholemeal roll 13

### 2/ VEGAN PIE PLATE

Vegan pie with avocado, tabouli, hommous, olives & greens 13

### 3/ VEGAN SALAD

Mixed salad plate with avocado & a curried lentil pattie 18

# JUICES

SMALL 7 REGULAR 8 JUMBO 11

**BOMBIE** carrot, apple, beetroot, celery, ginger

**GOLFIE** pineapple, orange, watermelon

**BOBS REEF** carrot, orange, ginger

**CRYSTALS** orange, strawberry, mango

**BLACK ROCK** orange, apple, strawberry, banana

**GREEN ISLAND** grapefruit, apple, celery

**BACK BEACH** apple, orange, mixed berries

# HOT DRINKS

regular	4	loose leaf tea	4
large	4.5	earl grey	
pot of brewed chai	5	irish breakfast	
pot of brewed spiced cocoa	5	organic english breakfast	
dandy soy latte	4	organic green	
chai latte	4	organic peppermint	
hot chocolate	4	organic chamomile	
turmeric latte chai	5	organic lemongrass	

# SHAKES

chocolate / strawberry / vanilla / caramel	7
thickshake	8
chai shake	8
pilgrims espresso shake	8
w/ bonsoy	1
w/ almond milk	1

# SMOOTHIES

banana / strawberry / mango / mixed berry	8
mango lassi	7
w/ bonsoy	1
w/ almond milk	1
w/ icecream	1
w/ yoghurt	1

# SWEETS

displayed at front counter	
muffins baked daily	5
honey oat slice	4
anzac biscuit	1
choc fudge brownie	4
date & carob ball	4

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MEXICAN MENU

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**M** **BURRITO** **invented, perfected & enjoyed by staff after many hard nights work... a perfect takeaway meal or enjoy on a plate in house** **16**  
toasted soft tortilla wrap filled with spicy red beans, refried spiced potato, cheese, guacamole, sour cream & salsa

**M** **NACHOS** **an undeniable mexican favourite which is always fun...** **19**  
corn chips with cheese grilled to perfection, spicy red beans, guacamole, sour cream & salsa

**SOFT TACOS** **perfect if you want to cruise a bit, choose your mix & roll your own...** **22**

spicy red beans or mexican black bean brew (choose one), refried spiced potato, guacamole, cheese, sour cream, tomato salsa & jalapeno salsa on a plate... served with two gently toasted pieces of tortilla bread

**ENCHILLADA** **over time proven to be our most popular meal** **22**  
soft tortilla filled with spicy red beans, rolled & baked with tomato passata & cheese... topped with sour cream, guacamole & tomato salsa, served with brown rice & refried potato

**NORTH SHORE PLATE** **a must try... a plate full of flavour & freshness...** **22**

mexican black bean brew served on a bed of organic brown rice... deliciously combined with sides of sour cream, guacamole, lettuce, tomato salsa & a slice of toasted corn bread



**BURRITO BOWL** delicious mexican meal with no breads **22**  
& orientated towards salad... a great gluten free option...  
take the basis of the garden salad described below in a bowl then add burrito ingredients

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**ESIDE** **QUESADILLA** a lighter snack perfect to share with someone **16**  
whilst having a drink, or have as a main & order a salad to go with it  
locally grown spinach sautéed in mexican spices combined with ricotta cheese- wrapped in a soft tortilla & toasted... served with a slice of lemon

**S** **GARDEN SALAD** a great stand alone meal or a perfect **15**  
addition to any dish...  
fresh locally grown salad greens, roma tomato, lebanese cucumber, spanish onion, green capsicum, fetta, kalamata olives served with roasted pine nuts & dressing to suit

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**EXTRA** jalapeno salsa **4**  
tortilla **1**

**EXTRA** **KIDS**  
nachos **10**  
cheese jaffle **5**  
roast potato & tomato sauce **5**

**EXTRA** **DESSERTS**  
brownie & ice cream **8**  
ice cream & topping of choice **5**  
cookie stack **8**

# DRINKS

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## BEER

Corona \$7

Little Creatures \$7

## WINE

House Red *glass \$7 bottle \$25*

House White *glass \$7 bottle \$25*

## COCKTAILS

Sangria  $\frac{1}{2}$  litre jug \$9 | 1 litre jug \$15

Frozen Daiquiri (*Strawberry or Mango*) \$10

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