


PILGRIMS[®]


- VEGETARIAN CAFE -


EST 1980

MENU

PILGRIMS HUSKISSON

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WELCOME TO PILGRIMS HUSKISSON!

Thanks so much for coming in today, it's a pleasure to have you here !

We look forward to serving and caring for you - get comfy and enjoy. Help yourself to some water, grab a seat, check out the menu. We aim to serve you the freshest, healthiest dishes, treats and drinks. When you're ready please place order at the front counter.

If you have any questions or need any help please feel free to ask.

BASIS & BEAUTY OF PILGRIMS FOOD

Fresh, healthy, satisfying, generous, fun, simple, earthy & unpretentious, delicious, nutritious, wholegrains, legumes, fruit & veg, good natural fats & oils, non processed & no chemicals.

DIETARY NOTE

If you have any dietary or allergy concerns please refer to the menu or ask our staff. Most items can be adjusted to suit your needs. To simplify things and assist in your choices we have included a vegan menu. If you do have allergies please consider choices and advise staff when you order.

Most importantly - if you have a nut allergy - PEANUTS are used extensively in the menu and its super important if you wish to dine, we are advised of your condition and prepare your meal accordingly.

BREAKFAST

SIDES: ROAST MUSHROOM, ROAST TOMATO, ROAST HERB POTATO, PILGRIMS HOMEMADE BAKED BEANS, AVOCADO, HALOUMI, TOFU **+4**

SERVED UNTIL 12

PANCAKES	Buttermilk pancakes served with butter & organic maple syrup	17
PANCAKES W/ LOT	Buttermilk pancakes served with banana, yoghurt & organic maple syrup	19
BUCKWHEAT PANCAKES GF	Served with mixed berries and organic maple syrup	17
GRANOLA GF	Pilgrims granola, served with yoghurt, mixed berries, local honey & a side of milk	14
ACAI BOWL GF V	Acai blended with coconut milk, protein, banana, mixed berries & peanut butter topped with granola, coconut, almonds, cacao nibs & chia seeds	15
BANANA BREAD	Pilgrims homemade banana bread served with butter - add fresh ricotta & local honey +2	7
FRUIT BREAD	Berry Bakery sourdough fruit bread served with butter	6
TOASTED SOURDOUGH	Toasted Berry Bakery sourdough with your choice of Pilgrims jam, honey, peanut butter or Vegemite	7
BREAKFAST BURGER	Avocado, melted cheese, roast mushroom, roast tomato, fried egg, mayo & Pilgrims farmed greens on a toasted wholemeal roll	14
DELUXE BREAKFAST WRAP	Avocado, fried eggs, haloumi, tomato, mushrooms, mayo, Pilgrims farmed greens & hot sauce on a toasted wrap	15
AVOCADO SOURDOUGH	Avocado, Pilgrims farmed greens, cracked pepper & a slice of lemon on toasted Berry Bakery sourdough	13
TOMATO ROCKET & FETTA	Tomato, feta, rocket, extra virgin olive oil & cracked pepper on toasted Berry Bakery sourdough	16
MUSHROOM SOURDOUGH	Roast mushroom, Pilgrims farmed green & cracked pepper on toasted Berry Bakery sourdough	14
PESTO SOURDOUGH	Avocado, roast mushroom, Pilgrims homemade pesto, Pilgrims farmed greens, extra virgin olive oil, cracked pepper & a slice of lemon on toasted Berry Bakery sourdough	18
CORN FRITTERS GF	Served with avocado, roast tomato, Pilgrims farmed greens and Pilgrims chilli jam	19
HALOUMI STACK	Grilled haloumi served with avocado, roast tomato, pesto, Pilgrims farmed greens & fried eggs on toasted Berry Bakery sourdough	20
EGGS SOURDOUGH	Local free range eggs on Berry Bakery sourdough - scrambled or fried	13
FULL BREAKFAST	Local free range eggs, roast mushroom, roast tomato, roast herb potato & Pilgrims baked beans on toasted Berry Bakery sourdough - scrambled or fried	22

LUNCH

BURGERS ARE SERVED ON A TOASTED WHOLEMEAL ROLL OR AS A WRAP/PLATE ON REQUEST
GLUTEN FREE BUNS OR GLUTEN FREE WRAPS +1

BURGERS

Mixed grain pattie: Organic brown rice, grains, peanuts & egg **Curry lentil pattie:** Lentils, organic brown rice & curry spices **GF** **V**

BLISS	Mixed grain pattie - fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce	15
MILLENNIUM V	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing & sweet chilli sauce	15
HARVEST	Mixed grain pattie - fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce	15
MOUNTAIN	Mixed grain pattie - fried onion, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce	17
KIDS	Mixed grain pattie - fried onion, cheese, sprouts & special sauce	10

PIES

SPINACH / LENTIL / SPICY KIDNEY BEAN / CURRY LENTIL / PUMPKIN / VEGAN (roast veg & black bean pie) **7**

with: hommus and sprouts **+2** / avocado, tabouli, feta, olives & Pilgrims farmed greens **+7** / mixed salad plate **+12**

MIXED SALAD Rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, greens, olives, fetta & hommus, dressed with extra virgin olive oil & lemon **GF** add: tofu / pattie / haloumi / avocado **+4** **16**

WRAPS

TOFU WRAP	Marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce	15
SPROUT WRAP	Mixed grain pattie, rice salad, tabouli, cheese, tomato, sprouts, hommus & special sauce	15
WRAP #1	Rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan mayo	14
WRAP #2	Avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan mayo	14
WRAP #3	Boiled egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan mayo	14


TOASTIES

TOASTIE #1	Avocado, tomato, onion, cheese & cracked pepper on wholemeal bread - or sourdough +1	8
TOASTIE #2	Tomato, basil, onion, cheese & cracked pepper on wholemeal bread - or sourdough +1	8
TOASTIE #3	Fried egg, onion, cheese & cracked pepper on wholemeal bread - or sourdough +1	8

VEGAN MENU

PLEASE ADVISE STAFF IF YOU ARE ORDERING FROM THE VEGAN MENU 

BREAKFAST - SERVED UNTIL 12

VEGAN PANCAKES	Buckwheat served with mixed berries and organic maple syrup	17
VEGAN BANANA BREAD	Pilgrims banana bread served with Nuttelex - add fresh banana +1	7
ACAI BOWL 	Acai blended with coconut milk, protein, banana, mixed berries & peanut butter topped with granola, coconut, almonds, cacao nibs & chia seeds	15
VEGAN BREKKY WRAP	Avocado, tofu, roast potato, fresh tomato, roast mushrooms, Pilgrims farmed greens, vegan mayo & hot sauce on a toasted wrap	15
VEGAN BREKKY BURGER	Avocado, vegan cheese, roast mushrooms, roast tomato, tofu, chilli jam, hommus & fresh greens on a toasted wholemeal roll	15
AVOCADO SOURDOUGH	Avocado, Pilgrims farmed greens, pepper & slice of lemon on toasted Berry Bakery sourdough	14
MUSHROOM SOURDOUGH	Roast mushrooms, Pilgrims farmed green & pepper on toasted Berry Bakery sourdough	14
FULL VEGAN BREAKFAST	Berry Bakery sourdough with tofu, avocado, roast mushrooms, roast tomato, roast herb potato, Pilgrims homemade baked beans & Pilgrims farmed greens & chilli jam	22

LUNCH

VEGAN BLISS BURGER	Curry lentil pattie - fried onion, avocado, vegan cheese, tabouli, sprouts & peanut sauce on a wholemeal roll	15
MILLENIUM	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing & sweet chilli sauce on a wholemeal roll	15
VEGAN TOASTIE	Avocado, tomato, onion, vegan cheese & cracked pepper on wholemeal - or sourdough +1	9
VEGAN PIE	Roast vegetable & black bean pie 7 with: hommus & sprouts +2 / avo, tabouli, greens, olives, hommus & lemon +7 / mixed salad +12	
WRAP #1	Rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan mayo	14
WRAP #2	Avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan mayo	14
TOFU WRAP	Marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce	15
VEGAN MIXED SALAD	Rice salad, tabouli, avo, lettuce, beetroot, carrot, tomato, cucumber, Pilgrims farmed greens, olives & hommus, dressed with extra virgin olive oil & lemon. add: tofu / curry lentil pattie +4	15

DRINKS

JUICES

SMALL **7** REGULAR **9** JUMBO **11**

GREEN	Apple, kale & celery
BOMBIE	Carrot, apple, beetroot, celery & ginger
GOLFIE	Pineapple, orange & watermelon
BOBS REEF	Carrot, orange & ginger
CRYSTALS	Orange, frozen strawberry & mango
BLACK ROCK	Orange, apple, frozen strawberry & banana
GREEN ISLAND	Apple, celery & grapefruit
BACK BEACH	Apple, orange & frozen mixed berries

SHAKES

CHOCOLATE / CARAMEL / STRAWBERRY / VANILLA THICKSHAKE	8
ICED CHOCOLATE OR COFFEE	9
CHAI SHAKE	8
PILGRIMS ESPRESSO SHAKE	9
ACAI SHAKE Acai, berries, honey, apple, banana, watermelon & granola	9
PROTEIN SHAKE Hemp protein, honey, berries, banana & almond milk	9
SOY / ALMOND / OAT / MACCA / COCONUT MILK	+1

SMOOTHIES

BANANA / MANGO / STRAWBERRY / MIXED BERRY	9
ADD ICECREAM / VEGAN (COCONUT YOGHURT)	+1
MANGO LASSI	8
SOY / ALMOND / OAT / MACCA / COCONUT MILK	+1

BOTTLED DRINKS

KOMBUCHA	6
GINGERBEER / COLA / LEMONADE	4.5
SPARKLING WATER	sml 4 / large 5.5

HOT DRINKS

PILGRIMS COFFEE	reg 4 / lge 4.5
(Iced Latte / long black - reg 4 / lge 4.5)	
MOCHA	reg 4 / lge 4.5
CHAI LATTE	reg 4 / lge 4.5
HOT CHOCOLATE	reg 4 / lge 4.5
SOY / ALMOND / OAT / MACCA / COCONUT MILK	+50c

POT OF BREWED CHAI	5
loose leaf chai tea brewed w/ honey & your choice of nut milk	
DANDY SOY LATTE	reg 4 / lge 4.5
MATCHA LATTE	reg 4.5 / lge 5
w/ honey & coconut milk (hot /iced)	
TURMERIC LATTE	reg 4.5 / lge 5
w/ honey & coconut milk	

ORGANIC LOOSE LEAF TEA **4.5**

English Breakfast / Earl Grey / Green / Peppermint / Chamomile / Lemongrass

SWEETS DISPLAYED AT FRONT COUNTER

MUFFINS BAKED DAILY	5
ANZAC BISCUIT	1
CHOC FUDGE BROWNIE	4
HONEY OAT SLICE	4
DATE & CAROB BALL V GF	4
GINGERBREAD MAN	3.5
PURE POPS	4.5

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MEXICAN MENU

Open Friday and Saturday nights

Join us for a relaxed & enjoyable evening at Pilgrims... Welcoming all to serve the yummiest, freshest, healthiest vegetarian Mexican inspired dishes. All dishes are prepared with kids & the middle ground in mind in terms of chilly-heat. Beans are flavoursome, spicy & are generally enjoyable in terms of heat/spicyness by most kids & adults... if you would like it hotter, order the chilly salsa to add.

MAIN

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

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 & orientated towards salad... a great gluten free option...** **22**
take the basis of the garden salad described below in a bowl then add burrito ingredients

SIDES

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

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

EXTRA

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

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

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

If you have any food allergies, please let our friendly wait staff know so that we can do our best to accommodate your needs.

DRINKS

BEERS

Local beer	7 / 10
Corona	7
James squire 150 lashes	7
Cascade light	7

WINE

	glass	bottle
house red	7	32
house white	7	32

SANGRIA *made in house – the perfect drink to enjoy with your meal adding to the experience... original, fun & yum. the perfect combination of mint, orange, lemonade, red wine & ice...*

1/2 litre jug 9




1 litre jug 15

FROZEN DAIQUIRI frozen fruit combined with a touch of lime, sugar syrup, shot of tequilla & ice then blended

strawberry 10

mango 10

for juices, smoothies & milkshakes, see the board at front counter

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