

PILGRIMS[®]

- VEGETARIAN CAFE -

EST 1980

BREAKFAST (SERVED TILL 12)

PANCAKES	buttermilk pancakes served with butter & organic maple syrup	15
PANCAKES w/ LOT	buttermilk pancakes served with banana, yoghurt & organic maple syrup	17
BUCKWHEAT PANCAKES	served with mixed berries & honey gluten free	17
GRANOLA	pilgrims homemade granola, served with yoghurt, mixed berries, local honey & a side of milk	12
BANANA BREAD	pilgrims homemade banana bread served with fresh ricotta & local honey	7
FRUIT BREAD	berry bakery organic sourdough fruit bread served with butter	6
SOURDOUGH w/ PRESERVES	berry bakery organic sourdough with pilgrims homemade preserves	7
BREAKFAST BURGER	avocado, melted cheese, roast mushroom, roast tomato, fried egg, soy mayo & fresh greens on a toasted wholemeal roll	13
TOMATO ROCKET & FETTA SOURDOUGH	tomato, fetta, locally grown rocket, extra virgin olive oil & cracked pepper on berry bakery organic sourdough	14
AVOCADO SOURDOUGH	avocado, cracked pepper & a slice of lemon on berry bakery organic sourdough	10
PESTO SOURDOUGH	avocado, roast mushroom, pilgrims homemade pesto, local greens, extra virgin olive oil, cracked pepper & a slice of lemon on berry bakery organic sourdough	18
MUSHROOM SOURDOUGH	roast mushroom & cracked pepper on berry bakery organic sourdough	13
EGGS SOURDOUGH	local free range eggs, scrambled or fried on berry bakery organic sourdough	13
FULL BREAKFAST	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
CORN FRITTERS	with avocado, roast tomato and pilgrims homemade chilli jam	16
SIDES:	roast mushroom, roast tomato, roast herb potato, pilgrims homemade baked beans, avo	4

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

BLISS mixed grain pattie, fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce on a toasted wholemeal roll **13**

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

SPROUT mixed grain pattie, rice salad, tabouli, cheese, tomato, sprouts, hommous & special sauce on a wrap **13**

KIDS mixed grain pattie, fried onion, cheese, sprouts & special sauce on a toasted wholemeal roll **10**

TOFU marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce on a wrap **13**

HARVEST mixed grain pattie, fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll **13**

MOUNTAIN mixed grain pattie, fried onion, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll **15**

PIES

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

- pie **6**
- pie served with hommous & sprouts **8**
- pie served with avocado, tabouli, fetta, olives & greens **13**
- pie served with mixed salad **17**

MIXED SALAD

- rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, greens, 15
olives, fetta & hommous, dressed with extra virgin olive oil & lemon
▪ 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

 pilgrimsmenu.com  [@pilgrimshuskisson](https://www.instagram.com/pilgrimshuskisson)

add [#pilgrimscafe](https://www.instagram.com/pilgrimscafe) if you post any pictures while you are here!

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

single origin roasters coffee

regular 4

large 4.5

pot of brewed chai 5

dandy soy latte 4

chai latte 4

hot chocolate 4

loose leaf tea 4

earl grey

irish breakfast

organic english breakfast

organic green

organic peppermint

organic chamomile

organic lemongrass

SHAKES

chocolate / strawberry / vanilla / caramel 7

thickshake 8

chai shake 8

pilgrims espresso shake 8

w/ bonsoy 1

SMOOTHIES

banana / strawberry / mango / mixed berry 8

mango lassi 7

w/ bonsoy 1

w/ icecream 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

MEXICAN MENU

DRINKS

BEERS

corona	7
james squire one fifty lashes pale ale	7
little creatures pale ale (pint)	10
cascade light	7

WHITE

house red by the glass	7
house white by the glass	7

SANGRIA made in house – the perfect drink to enjoy with your meal adding to the experience... original, fun & yum
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 & milshakes see the board at front counter ***

MAIN

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 newer addition to the menu & 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 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

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

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

EXTRAS

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**