

PILGRIMS[®]

- VEGETARIAN CAFE -

EST 1980

BREAKFAST (SERVED TILL 12)

PANCAKES buttermilk pancakes served with butter & maple syrup	15
PANCAKES w/ LOT buttermilk pancakes served w/ banana, yoghurt & maple syrup	17
BEANS ON SOURDOUGH pilgrims home made baked beans served on groundbake sourdough	12
EGGS SOURDOUGH southern highlands free range eggs, scrambled or fried on groundbake sourdough	13
FULL BREAKFAST southern highlands free range eggs, roast mushroom, roast tomato, roast herb potato & pilgrims homemade baked beans on groundbake sourdough - choose scrambled or fried eggs	22
SIDES: roast mushroom, roast tomato, roast herb potato, pilgrims homemade baked beans, halloumi, avocado	4

ALL DAY BREAKFAST

BANANA BREAD pilgrims homemade banana bread served with fresh ricotta & honey	7
SOURDOUGH w/ PRESERVES toasted groundbake sourdough topped with your choice of preserves	6
FRUIT TOAST served w/ a side of butter	6
GRANOLA pilgrims homemade granola, served with yoghurt, mixed berries, honey & a side of milk	13
ACAI BOWL blended with fruit, topped with granola, fresh strawberries, banana, honey & coconut flakes - add yoghurt/peanut butter \$2	14
BREAKFAST BURGER avocado, melted cheese, roast mushroom, roast tomato, fried egg, mayo & fresh greens on a toasted wholemeal roll	13
AVOCADO SOURDOUGH avocado, wild rocket, cracked pepper & a slice of lemon on groundbake sourdough	13
FRIED EGGS southern highlands free range eggs served on groundbake sourdough	13
MUSHROOM SOURDOUGH roast mushroom, wild rocket & cracked pepper on groundbake sourdough	13
TOMATO ROCKET & FETTA SOURDOUGH tomato, fetta, wild rocket, extra virgin olive oil & cracked pepper on groundbake sourdough - add avocado \$4	15
PESTO SOURDOUGH avocado, roast mushroom, pilgrims homemade pesto, greens, extra virgin olive oil, cracked pepper & a slice of lemon on groundbake sourdough - add a fried egg \$2	17
CORN FRITTERS ^{GF} served with roast tomatoes, chilli jam, avocado, fetta smash & rocket - add a fried egg \$2	17
HALLOUMI STACK grilled halloumi served w/ toasted sourdough, avocado, roast tomato, pesto & fried eggs - add mushroom \$4	18

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

Dietary note – If you have any (non severe) allergies or dietary requirements please let our staff know and we will do our best to accommodate your needs. Additionally please be aware that **peanuts** are used extensively in our kitchen. If your allergy is severe then unfortunately avoidance may be the best measure of caution. **Many gluten free options are also available!**

FOR VEGAN OPTIONS PLEASE SEE THE VEGAN MENU >>

BURGERS

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

• BURGERS CAN ALSO BE SERVED AS EITHER WRAPS OR PLATES

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 **13**

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

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**

MUSHROOM & HALLOUMI with rocket, tomato, avocado, & beetroot garlic sauce on a toasted wholemeal roll **15**

BAKED HERB POTATO BITES served with sweet chilli & sour cream **6**

PIES

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

- pie **6**
- pie served with hommus & 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, fresh greens, olives, fetta & hommus, dressed with extra virgin olive oil & lemon **15**

- add tofu, pattie or avocado **3**
- add roasted field mushroom or halloumi **4**

WRAPS

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

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

#1 rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommus or mayo on a wrap **13**

#2 avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommus or mayo on a wrap **13**

#3 boiled egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommus or mayo on a wrap **13**

GLUTEN FREE WRAP \$1

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**

SEE OUR BLACKBOARD AT THE COUNTER FOR DAILY SPECIALS!

PILGRIMS ONLINE

 www.pilgrims.cafe  [@pilgrims_cronulla](https://www.instagram.com/pilgrims_cronulla)  [fb.com/pilgrimsronulla](https://www.facebook.com/pilgrimsronulla)

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

VEGAN MENU

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

BREAKFAST (SERVED TILL 12)

Beans on Sourdough	pilgrims home-made baked beans served on groundbake sourdough	12
Vegan Breakfast Burger	roast mushrooms, roast tomato, roast potato, rocket, avocado and pilgrims homemade chilli jam	13
Vegan Brekky Bowl	roast herb potatoes, roast tomatoes, roast mushrooms, pilgrims home-made baked beans topped with avocado and groundbake sourdough	21

ALL DAY

Banana Bread	pilgrims homemade banana bread served with peanut butter	7
Sourdough w/ Preserves	toasted groundbake sourdough topped with your choice of preserves	6
Avocado Sourdough	avocado, wild rocket, cracked pepper and a slice of lemon on toasted groundbake sourdough	13
Mushroom Sourdough	roast mushrooms, wild rocket and cracked pepper on toasted groundbake sourdough - add avo \$4	13
Vegan Acai Bowl	^{GF} blended with fruit and topped with vegan granola, maple syrup, strawberries, banana & coconut flakes - add peanut butter \$2	14
Vegan Pie		
• served with hommus and sprouts	6	
• served with avocado, tabouli, greens and olives	8	
• served with mixed salad	13	
	17	
Vegan Bliss Burger	curry lentil pattie, fried onion, avocado, tabouli, sprouts and peanut sauce on a wholemeal roll	13
Millenium Burger	curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing and sweet chilli sauce on a wholemeal roll	13
#1 Wrap	rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts and hommus or vegan aioli on a wrap	13
#2 Wrap	avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts and hommus or vegan aioli	13
Tofu Wrap	marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce	13
Mixed Salad	rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, greens, olives and hommus, dressed with extra virgin olive oil and lemon	15
• add curry lentil pattie/tofu/avocado	3	
• add roasted field mushrooms	4	

PLEASE SEE REVERSE FOR DRINK OPTIONS. SOY, ALMOND & OAT MILK AVAILABLE FOR COFFEES, SHAKES & SMOOTHIES.

DRINKS

JUICES

SMALL 7 REGULAR 8 JUMBO 11

GREENHILLS pineapple, apple, kale, mint, ice

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 Q coffee

(soy, almond or oat milk available)

regular 4

large 5

pot of brewed chai 5

dandy latte 4

chai latte 4

dirty chai 4.5

hot chocolate 4

turmeric latte 4

loose leaf tea 4

organic earl grey

organic english breakfast

organic green

organic peppermint

organic chamomile

organic lemongrass

organic ginger

SHAKES

chocolate / strawberry / vanilla / caramel 8

thickshake 8

add malt 0.5

chai shake 8

pilgrims espresso shake 8

nutella shake 9

almond, soy or oat milk 1

SMOOTHIES

banana / strawberry / mango / mixed berry 8

mango lassi 8

w/ icecream 1

add yoghurt 1

almond, soy or oat milk 1

SWEETS

displayed at front counter

muffins baked daily 5

anzac biscuit 1.5

choc fudge brownie 4

honey oat slice 4

salted caramel slice **vegan/GF** 5.5

chocolate brownie **vegan/GF** 6

protein balls **vegan/GF** 4

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MEXICAN MENU

Open 6pm till late
Thursday, Friday & Saturday

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COCKTAILS 12

Mojito bacardi, tequila, sugar syrup, fresh lime juice, fresh mint, chilled, shaken & poured in a tall glass

Apple Mojito freshly juiced apple & pineapple, bacardi, tequila, fresh mint, chilled, shaken & poured in a tall glass

Margarita a traditional, shaken combination of tequila, cointreau, fresh lemon & lime

Spicy Granny fireball cinnamon whiskey combined w/ freshly juiced green apples, dusted w/ cinnamon sugar

Frozen Mango Daiquiri mango flesh, mango nectar, white rum & tequila, blended w/ice

Frozen Berry Daiquiri mixed berries, mango flesh & strawberries. blended w/ white rum, vanilla vodka & ice

Premium Caprioska grey goose premium vodka, freshly juiced limes, squeezed whole lime wedges, raw sugar, shaken & poured w/ soda water in a chilled tall glass

BEERS 8

Corona (Mexico)

Negra Modelo (Mexico)

Peroni (Italy)

Stone & Wood Pacific Ale (Byron Bay, NSW)

Balter XPA Pale Ale (Currumbin, QLD)

White Rabbit Dark Ale (Healesville, VIC)

RED WINE

	glass	bottle
No10 Pinot Noir (Adelaide Hills)	8	28
No10 Shiraz Padthaway (South Australia)	8	28

WHITE WINE

	glass	bottle
The Catcher Sauvignon Blanc (New Zealand)	8	28
The Catcher Pinot Grigio (South Australia)	8	28

SANGRIA glass 7 jug 20

SPIRITS

fireball cinnamon whisky	8
premium tequila served w/ lemon & salt	10
premium grey goose vodka on ice	10

BYO WINE ONLY – CORKAGE \$3.50pp

JUICES *sml 7 reg 8 jumbo 11*

GREENHILLS pineapple, apple, kale, mint, ice
BOMBIE apple, carrot, beetroot, celery, ginger
GOLFIE orange, pineapple, watermelon
BOBS REEF orange, carrot, ginger
CRYSTALS orange, strawberry, mango
BLACK ROCK orange, apple, strawberry, banana
GREEN ISLAND grapefruit, apple, celery
BACK BEACH apple, orange, mixed berries

SOFT DRINKS

hepburn springs mineral water 350ml/750ml

hepburn springs organic lemonade

hepburn springs blood orange

hepburn springs pink grapefruit

organic ginger beer

lemon lime & bitters

kombucha

apple crisp / raspberry lemonade / ginger lemon

lemon lime mint / cherry plum / peach

SHAKES

chocolate / strawberry / caramel / vanilla milkshake

thickshake

chai shake

pilgrims espresso shake

nutella shake

w/ almond or soy

SMOOTHIES

banana /strawberry /mango /mixed berry

mango lassi

add ice cream

add yoghurt

w/ almond or soy

STARTERS

(GF/DF/Vegan options available, ask when you order)

- DIPS PLATE** mexican black bean brew, house-made guacamole, sour cream and a fresh tomato spanish onion & coriander salsa served w/ a side of corn chips **16**
- QUESADILLA** spinach & ricotta sautéed in mexican spices, sandwiched in a soft tortilla & toasted served w/ a slice of lemon **16**
- CORN CHIPS & HOUSE-MADE GUACAMOLE** **10**
- GARDEN SALAD** fresh salad greens, roma tomato, cucumber, spanish onion, red capsicum, danish fetta, olives, pine nuts & dressing **14**

MAINS

- BURRITO** spicy red beans, refried potato, brown rice, cheese, guacamole, sour cream & salsa wrapped in a lightly toasted tortilla **17**
- NACHOS** corn chips w/ melted cheese, mexican red beans, guacamole, sour cream & salsa **18**
- SOFT TACOS** DIY roll your own style– choice of red or black beans, refried spiced potato, guacamole, cheese, sour cream, tomato salsa & jalapeño salsa w/ 4 lightly toasted soft taco tortillas **22**
- ENCHILADA** soft tortilla filled w/ mexican red beans, baked and topped with tomato passata and melted cheese, served w/ sour cream, guacamole and salsa with sides of refried potato and brown rice **22**
- NORTH SHORE PLATE** mexican black bean brew on a bed of brown rice, combined with sides of sour cream, guacamole, jalapeño salsa, lettuce, tomato salsa and toasted house-made corn bread **22**
- BURRITO BOWL** an open bowl with all of our burrito ingredients, minus the bread, plus extra salad **22**
- CHEF'S SPECIAL BURRITO** filled w/ spinach & ricotta, refried potato, shredded cheese, tomato salsa & avocado, wrapped in a lightly toasted tortilla wrap topped w/ passata & melted cheese **20**

EXTRAS

jalapeño salsa	3
corn chips	4
guacamole	4
sour cream	4
refried potato	4
soft taco tortilla	1
corn bread	4
vegan cheese	3
gluten free wrap	1

KIDS

quesadilla	6
kids nachos	9
cheese jaffle	5
roast potato & tomato sauce	5

KIDS DEAL

(kids under 12 only)

one of the above + glass of orange or apple juice + ice cream **12**

SET MENU

(groups of 4 or more)

28pp

ENTREES TO SHARE NACHOS & QUESADILLA

CHOICE OF BURRITO / NORTH SHORE PLATE / ENCHILADA (one per person)

6 COURSE BANQUET

(groups of 4 or more)

34pp

QUESADILLA

GARDEN SALAD

NACHOS w/ red beans

DIY SOFT TACOS w/ black beans

CHEF'S SPECIAL BURRITO filled w/ spinach & ricotta, refried potato, shredded cheese, tomato salsa & avocado, wrapped in a lightly toasted tortilla wrap topped w/ passata & melted cheese

CHOC FUDGE BROWNIES served warm w/ ice cream

DESSERTS

cookie stack

8

home-made anzac cookie ice cream sandwich w/ caramel sauce

home-made warm chocolate fudge brownie w/ ice cream

8

nutella quesadilla

12

nutella with your choice of strawberries or banana, sandwiched in a soft tortilla and toasted, topped with ice cream and dusted with icing sugar

brownie (GF/VEGAN)

6

salted caramel slice (GF/VEGAN)

5.5

protein balls (ask about our variety, GF/VEGAN)

4