

PILGRIMS®

- VEGETARIAN CAFE -

EST 1980

Cronulla

MENU

PILGRIMS CRONULLA

 www.pilgrimscronulla.com.au

Photo by Jacqueline LLanos @lovecapturepassion

 @pilgrims_cronulla

 pilgrimscronulla

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WELCOME TO PILGRIMS CRONULLA!

Please place your order at the counter when you are ready and we will bring it out to your table.
Feel free to ask if you have any questions or need any help!

DIETARY NOTE: **Please notify us if you have ANY allergies.**

Peanuts, gluten, soy, onions and garlic are used extensively in our kitchen, all due care will be taken if you advise us of any allergies but we can not take responsibility for severe allergens. As always, we will do our best to cater for you!

GFO GLUTEN FREE OPTIONS – please let us know you are ordering a **GFO** (**GFO** - **GF BREAD** +1)

VGO VEGAN OPTIONS – please let us know you are ordering a **VGO**

BREAKFAST SERVED UNTIL 12

PANCAKES	Buttermilk pancakes served w/ Pepe Saya cultured butter & pure organic maple syrup - extra Pepe Saya butter +1 / extra maple +2	19.5
PANCAKES W/ LOT	Buttermilk pancakes served w/ banana, berries, yoghurt & maple syrup - add extra maple +2	22
SCRAMBLED EGGS (GFO)	Hunter Valley free range eggs on Groundbake sourdough, garnished w/ fresh greens & served w/ Pepe Saya butter (add any sides from bottom of next page)	15
VEGAN BREKKY BOWL (GFO) (VGO)	Herb potatoes, roast tomatoes, mushrooms, house-made baked beans, avocado, fresh garnish greens & Groundbake sourdough -add tofu +4.5 / add hash browns +5	24
FULL BREAKFAST (GFO)	Hunter Valley free range eggs, mushrooms, roast tomato, roast herb potato, fresh greens & house-made baked beans on Groundbake sourdough - scrambled or fried + avo / haloumi +4.5ea	24

ALL DAY BREAKFAST

MUSHROOM SOURDOUGH (VGO) (GFO)	Roasted mushrooms, 2 fried eggs, fetta, hommus, chilli oil, lemon & fresh greens w/ Groundbake sourdough (VGO substitute w/ sesame crusted avocado)	23
HALOUMI STACK (GFO)	Grilled haloumi served w/ toasted Groundbake sourdough, avocado, roast tomato, pesto, fried eggs & fresh greens - add mushrooms / hashbrowns +5ea	22.5
CORN FRITTERS GF	served w/ avocado, Danish fetta, tomato & pepper relish, roast tomatoes & fresh garnish greens - add haloumi +4.5 / fried egg +2.5ea	21
AVOCADO SOURDOUGH VEGAN (GFO)	Groundbake sourdough served w/ hommus, fresh seasonal heirloom tomato, smashed avocado, sesame seeds, pesto, garnish greens & lemon - add a fried egg +2.5 / fetta +3.5 / haloumi +4.5	20.5
PESTO SOURDOUGH VEGAN (GFO)	Avocado, roast mushrooms, pesto, farmed greens, extra virgin olive oil, cracked pepper & a slice of lemon on Groundbake sourdough - add a fried egg +2.5	20
BREAKFAST BURGER (GFO)	Avocado, melted cheese, mushrooms, roast tomato, fried egg, mayo & rocket on a toasted wholemeal roll - add haloumi +4.5 / hash browns +5	16
VEGAN BREKKY BURGER VEGAN (GFO)	Mushrooms, roast tomato, spiced potato, wild rocket, avocado, tomato & pepper relish & vegan aioli on a toasted wholemeal roll - add vegan cheese +1 / hash browns +5	16
FRIED EGGS (GFO)	Hunter Valley free range eggs served on Groundbake sourdough, garnished w/ fresh greens (add any sides from below)	15
AÇAÍ BOWL VEGAN GF	Blended with fruit, topped with house-made granola, fresh strawberries, blueberries, banana & apple - add Peanut Butter +2.5 / Yoghurt / Nutella +2ea	16
GRANOLA GF	Served w/ yoghurt, banana, berries, honey & a side of milk of your choice	17
TOASTED SOURDOUGH (VGO) (GFO)	Groundbake sourdough, toasted & served w/ your choice of Pepe Saya butter, Nuttalex, peanut butter, jam, Nutella or Vegemite	7.5
BANANA BREAD (VGO)	Toasted banana bread served w/ your choice of Pepe Saya cultured butter, peanut butter or Nuttalex	8.5

EXTRAS

GFO - GF BREAD +1 VGO - VEGAN CHEESE +1

SIDES - UNTIL 12PM - HOUSE-MADE BAKED BEANS 4.5 / SCRAMBLED EGGS 5

ALL DAY SIDES - ROAST HERB POTATO / ROAST TOMATO / TOFU / AVOCADO / HALOUMI 4.5ea

FRIED EGG 2.5ea / FETTA 3.5 / FALAFEL / HASH BROWNS / MUSHROOMS / 5 / CORN FRITTER 6ea

SIDE SAUCES/ - PEPE SAYA BUTTER 1 / PICKLES 1 / SWEET CHILLI / PURE MAPLE SYRUP / VEGAN PESTO / TOMATO & PEPPER RELISH /

CONDIMENTS PEANUT SAUCE / HOMMUS / MAYO / VEGAN AIOLI / VEGAN CHIPOTLE AIOLI 2ea

LUNCH

BURGERS ARE SERVED ON A TOASTED WHOLEMEAL ROLL OR AS A WRAP / PLATE ON REQUEST

BURGERS

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

BLISS (VGO) (GFO)	Mixed grain pattie - fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce add vegan cheese +1	17
MILLENIUM (GFO) VEGAN	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, aioli & sweet chilli sauce	17
MOUNTAIN (GFO)	Mixed grain pattie - fried onion, pineapple, fried egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce	19
HALOUMI (GFO)	Grilled haloumi, roast field mushroom, avocado, tomato, rocket, pesto & mayo - add a fried egg +2.5	18
VEEF VEGAN (GFO)	Vegan mince pattie, lettuce, tomato, Spanish onion, pickles, vegan cheddar & house-made chipotle aioli - double pattie & cheese +5	19

COMBO - ADD A SIDE OF SWEET POTATO CHIPS TO YOUR BURGER / WRAP **+5.5**

(GFO) - GF BREAD **+1**

WRAPS

TOFU WRAP VEGAN	Marinated tofu, fried onion, quinoa salad, tomato, lettuce & peanut sauce on a soft wrap	16.5
FALAFEL WRAP VEGAN	Falafel, hommus, pickles, lettuce, tomato, tabouli, fried onion & sweet chilli on a toasted wrap - add cheese +1 / add haloumi +4.5	18.5
SALAD WRAP VEGAN	Avocado, quinoa salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommus - add cheese +1 / add haloumi +4.5 / curry lentil pattie +5	15.5

SALADS / BOWLS

MIXED SALAD GF (VGO)	Tabouli, quinoa salad, lettuce, beetroot, carrot, heirloom tomato, cucumber, fresh greens, olives, Danish fetta & hommus, dressed with extra virgin olive oil & lemon add: avocado / haloumi / tofu 4.5 add: roasted field mushroom / curry lentil pattie / falafel +5	18.5
FALAFEL BOWL GF (VGO)	Falafel, haloumi, sesame crusted avocado, tabouli, hommus, pickles, fresh greens & lemon (VGO substitute w/ roast field mushroom)	23.5

LUNCH CONTINUED...

PIES VEGAN

CHOICE OF: **MUSHROOM & POTATO / NEPALESE CURRY / MEXICAN**

with: hommus & sprouts **11** / sweet potato chips **14** / avocado, tabouli, olives & greens **17** / mixed salad plate **23.5**

TOASTIES/SAMBOS

AVO TOASTIE (VGO) (GFO)	Avocado, cheese, tomato, basil, fried onion & cracked pepper on Groundbake wholemeal bread - or on sourdough +1 - add haloumi +4.5	9.5
PESTO TOASTIE (VGO) (GFO)	Fried egg, cheese, fried onion, pesto & cracked pepper on Groundbake wholemeal bread - or on sourdough +1 (VGO substitute w/ roast field mushroom)	9.5
SALAD SAMBO (VGO) (GFO)	Fresh Groundbake wholemeal bread, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber, sprouts & fresh greens	10.5

COMBO - ADD A SIDE OF SWEET POTATO CHIPS TO YOUR TOASTIE / SAMBO **+5.5**

(GFO) - GF BREAD **+1** (VGO) - VEGAN CHEESE **+1**

SIDES

BAKED HERB POTATO BITES - Served w/ sweet chilli and sour cream or w/ vegan aioli (VGO) GF	8
SWEET POTATO FRIES - Tasmanian sweet potato chips served w/ house-made vegan chipotle aioli VEGAN GF	9

SWEETS FULL RANGE DISPLAYED AT FRONT COUNTER

MUFFINS VEGAN	6
FUNKY FUDGE BROWNIE VEGAN GF	6.5

10% SURCHARGE ON PUBLIC HOLIDAYS

DRINKS

JUICES

REGULAR 9 LARGE 12

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
ELOUERA	Celery, apple, lemon, cucumber, kale, ginger - 10 / 13

SHAKES

SOY / ALMOND / OAT MILK +1

MILKSHAKE	chocolate / caramel / strawberry / vanilla	8.5
THICKSHAKE	chocolate / caramel / strawberry / vanilla	9.5
ADD MALT +50c		
CHAI SHAKE		10
PILGRIMS ESPRESSO SHAKE		10
NUTELLA SHAKE		9
ADD PROTEIN POWDER (20G PROTEIN) VEGAN GF		+3.5

SMOOTHIES

SOY / ALMOND / OAT MILK +1

CHOICE OF: BANANA / MANGO / STRAWBERRY	9.5
ADD ICECREAM OR YOGHURT	+1
ADD PROTEIN POWDER (20G PROTEIN) VEGAN GF	+3.5
MANGO LASSI mango chunks, mango nectar & yoghurt blended	8.5

HOT DRINKS

SOY / ALMOND / OAT MILK + 50c

PABLO & RUSTY'S COFFEE	4.5 / 5.5
CARAMEL / VANILLA SYRUP +50c	
MOCHA	5 / 6
POT OF BREWED CHAI served w/ honey or maple	5.5
DANDY LATTE	4.5 / 5.5
CHAI LATTE	4.5 / 5.5
DIRTY CHAI	5 / 6
HOT CHOCOLATE	4.5 / 5.5
TURMERIC LATTE	4.5 / 5.5
Turmeric, cracked pepper, cinnamon & honey / maple	

ORGANIC LOOSE LEAF TEA

4.5

English Breakfast	Green
Earl Grey	Lemongrass & Ginger
Peppermint	Chai

BEER & WINE

BEER

CORONA / PERONI	8
BALTER XPA / STONE & WOOD PACIFIC ALE	9
BEER OF THE DAY SMP	

WINE

GLASS 8.5 / BOTTLE 29.5	
WHITE: SAUVIGNON BLANC / PINOT GRIGIO	
RED: CABERNET SAUVIGNON / SHIRAZ	

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