



**PILGRIMS<sup>®</sup>**

- VEGETARIAN CAFE -

EST 1980

**MENU**

PILGRIMS BRONTE

PILGRIMSBRONTE.COM.AU

| @PILGRIMSBRONTE



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## WELCOME TO PILGRIMS BRONTE

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### HOW TO ORDER

Thanks for stopping by, we're stoked to have you! When you're ready, please place your order at the front counter. If you have any questions about the menu, our team are here to help.

### OUR FOOD

At Pilgrims, we serve fresh, healthy and delicious vegetarian food, treats and drinks. Our menu is satisfying, generous, simple, nutritious and affordable. We cook with wholegrains, legumes, lots of fresh fruit and vegetables and natural fats and oils.

### DIETARY REQUIREMENTS

Our menu has lots of different options for people with dietary requirements and allergies. Most dishes can be adjusted to suit your needs, but please advise staff of any allergies when you order. We've also included our vegan and gluten free favourites on the menu to make it easy!

Peanuts are used extensively in our menu and kitchen. If you have a nut allergy, please let our staff know as soon as possible so we can prepare your meal accordingly.

*10% surcharge applies on Sundays, 15% on public holidays.*

# DRINKS

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## JUICE

Pilgrims Cold Pressed Small 7 | Regular 9 | Jumbo 11

**BOMBIE** Carrot, apple, beetroot, celery, ginger

**GOLFIE** Pineapple, orange, watermelon

**BOGEY HOLE** Spinach, parsley, cucumber, celery, lemon, ginger

**OJ** Straight-up

## SHAKES

**CHOCOLATE / STRAWBERRY / VANILLA / CARAMEL** 8

**THICKSHAKE / ESPRESSO SHAKE / CHAI SHAKE** 9

Ice cream +1 Soy, almond, oat or macadamia mylk +1

## SMOOTHIES

**BANANA / STRAWBERRY / MANGO / BERRY** 9

**MANGO LASSI** 9

**CRYSTALS FRAPPE** Orange, Strawberry, Mango 9

**PILGRIMS GREEN SMOOTHIE** Bogey Hole juice (cucumber, celery, lemon, ginger, spinach, parsley), banana, coconut and super greens 10

**PILGRIMS MUSCLE SMOOTHIE** Avocado, banana, protein, maple syrup and coconut mylk 10

Yoghurt +1 Soy, almond, oat or macadamia mylk +1  
Marine collagen +2 Vegan protein +2

## SWEETS

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**MUFFINS BAKED DAILY** 5

**ANZAC BISCUIT** 1.5

## HOT DRINKS

**PILGRIMS COFFEE** S 4 | L 5

**BREWED CHAI WITH HONEY** 5

**CHAI LATTE** Add coffee + .50 5

**HOT CHOCOLATE** 4

**OVVIO ORGANIC LOOSE LEAF TEA** 4.5

Earl Grey, English Breakfast, Rise & Shine, Chamomile, Peppermint, Ayurvedic Vata

Soy, almond, oat or macadamia mylk + .50

## KIDS

**JUICE** 5

**MILKSHAKE** 5

**SMOOTHIE** 5

**BABYCINO** Free with a Cino Crew keep cup! 1

## SPARKLING

**KOMBUCHA** 5

**UNLIMITED SPARKLING WATER** 5

**SLICE - HONEY OAT** 4

**CHOC FUDGE BROWNIE** 4

# BREAKFAST

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## SAVOURY

<b>TOAST</b>	Iggy's organic sourdough - <i>choose jam, peanut butter, honey or Vegemite</i>	<b>7</b>
<b>EGGS SOURDOUGH</b>	Free range eggs, Pilgrims farmed greens with Iggy's organic sourdough - <i>choose scrambled or fried eggs</i>	<b>15</b>
<b>FULL BREAKFAST</b>	Free range eggs, roast mushrooms, roast tomatoes, roast herb potatoes and Pilgrims baked beans with Iggy's sourdough - <i>choose scrambled or fried eggs</i>	<b>23</b>
<b>PESTO SOURDOUGH</b>	Avocado, roast mushrooms, Pilgrims pesto, Pilgrims farmed greens, cracked pepper and lemon on Iggy's organic sourdough	<b>18</b>
<b>CORN FRITTERS</b>	Served with avocado, roast tomato, Pilgrims chilli jam, Pilgrims farmed greens and lemon	<b>20</b>
<b>HALOUMI STACK</b>	Haloumi, fried eggs, roast tomatoes, avocado, Pilgrims chilli jam, Pilgrims farmed greens on Iggy's organic sourdough	<b>18</b>
<b>AVOCADO SOURDOUGH</b>	Avocado, cracked pepper and lemon on Iggy's organic sourdough	<b>10</b>
<b>BREKKY BURGER</b>	Avocado, cheese, roast mushrooms, roast tomatoes, fried egg, Pilgrims farmed greens and mayo on a toasted wholemeal roll	<b>14</b>
<b>BREKKY BURRITO</b>	Avocado, tomato, Pilgrims farmed greens, roast mushrooms, fried egg, haloumi, roast herb potatoes, Pilgrims pesto, mayo and sriracha on a toasted wrap	<b>16</b>

## SWEET

<b>PANCAKES</b>	Buttermilk pancakes served with butter and maple syrup	<b>18</b>
<b>PANCAKES WITH THE LOT</b>	Buttermilk pancakes served with banana, mixed berries, yoghurt and maple syrup	<b>20</b>
<b>GRANOLA</b>	Pilgrims granola, served with yoghurt, banana, mixed berries, honey and milk	<b>15</b>
<b>BANANA BREAD</b>	Served with ricotta and honey	<b>9</b>
<b>ACAÍ BOWL</b>	Açaí blended with fruit and topped with vegan granola, fresh strawberries, banana, honey and coconut flakes <b>Add:</b> Peanut butter +2	<b>15</b>

**Sides:** Roast mushrooms, roast tomatoes, roast herb potatoes, Pilgrims baked beans, avocado, haloumi **+\$4**

Gluten free bread or wrap **+\$1**

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## VEGAN FAVOURITES

<b>VEGAN FULL BREAKFAST</b>	Iggy's organic sourdough served with tofu, avocado, roast mushrooms, roast tomatoes, roast herb potatoes, Pilgrims baked beans, Pilgrims farmed greens and Pilgrims chilli jam	<b>23</b>
<b>VEGAN BREKKY BURRITO</b>	Spicy black beans, roast herb potatoes, brown rice, vegan cheese, avocado and chilli salsa on a toasted wrap	<b>16</b>
<b>MUSHROOM SOURDOUGH</b>	Iggy's organic sourdough served with roast mushrooms, avocado, Pilgrims farmed greens and lemon	<b>16</b>
<b>BUCKWHEAT PANCAKES</b>	Buckwheat pancakes served with banana, mixed berries and maple syrup	<b>19</b>
<b>ACAI BOWL</b>	Açaí blended with fruit and topped with fresh strawberries, banana, maple syrup and coconut flakes <b>Add:</b> Peanut butter +2	<b>15</b>
<b>VEGAN BANANA BREAD</b>	Served with Nuttelex and cinnamon sugar	<b>8</b>

## GLUTEN FREE FAVOURITES

<b>BREKKY BOWL</b>	Scrambled eggs, avocado, roast mushrooms, roast tomatoes, roast herb potatoes, homemade baked beans served on a bed of Pilgrims fresh greens with hommus and Pilgrims chilli jam	<b>20</b>
<b>TOMATO ROCKET &amp; FETTA</b>	Tomato, fetta, Pilgrims fresh greens, extra virgin olive oil and pepper on toasted gluten free wrap	<b>17</b>
<b>GF BREKKY WRAP</b>	Avocado, tomato, Pilgrims farmed greens, roast mushrooms, fried egg, haloumi, roast herb potatoes, pesto, mayo and sriracha on a toasted gluten free wrap	<b>16</b>
<b>BUCKWHEAT PANCAKES</b>	Buckwheat pancakes served with banana, mixed berries and maple syrup	<b>19</b>

## KIDS

<b>EGGS</b>	Free range eggs on Iggy's sourdough toast - <i>choose scrambled or fried</i>	<b>10</b>
<b>PANCAKES</b>	Buttermilk pancakes - <i>choose banana and maple syrup or choc chips</i>	<b>12</b>
<b>JAFFLE</b>	Toasted cheese jaffle	<b>10</b>
<b>BURGER</b>	Mixed grain pattie with cheese on a toasted roll   <b>Add:</b> Little Veggie Chips +5	<b>10</b>

# LUNCH

## BURGERS & WRAPS

MIXED GRAIN PATTIE Organic brown rice, grains, peanuts and egg

ALL BURGERS CAN BE SERVED AS WRAPS Gluten free wrap +1

CURRY LENTIL PATTIE Lentils, organic brown rice and curry spice

CHECK OUT OUR VEGAN AND GLUTEN FREE FAVOURITES

<b>BLISS BURGER</b>	Mixed grain pattie, fried onion, avocado, cheese, tabouli, sprouts, special sauce and peanut sauce on a toasted roll	17
<b>MILLENNIUM BURGER</b>	Curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, Pilgrims farmed greens, sprouts, tahini dressing and sweet chilli sauce on a toasted roll	17
<b>MOUNTAIN BURGER</b>	Mixed grain pattie, fried onion, cheese, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts and special sauce on a toasted roll	18
<b>HARVEST BURGER</b>	Mixed grain pattie, fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts and special sauce on a toasted roll	15
<b>HALOUMI BURGER</b>	Haloumi, fried onion, tomato, Pilgrims farmed greens, hommus and Pilgrims chilli jam on a toasted roll	16
<b>TOFU WRAP</b>	Tofu, fried onion, cheese, rice salad, lettuce, tomato, fresh greens and peanut sauce on a toasted roll	16
<b>TABOULI WRAP</b>	Tabouli, rice salad, lettuce, carrot, beetroot, tomato, cucumber, sprouts, Pilgrims farmed greens and hommus or mayo on a wrap	16
<b>AVOCADO WRAP</b>	Avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts, Pilgrims farmed greens and hommus or mayo on a wrap	16
<b>BURRITO</b>	Spicy black beans, refried spiced potato, brown rice, cheese, guacamole, sour cream and chilli salsa on a toasted wrap	17
<b>BURGER OR WRAP COMBO</b>	Add Veggie Chips to any burger or wrap	6
<b>BUN-LESS BURGER BOWL</b>	Choose your favourite burger, served fresh in a bowl with extra mixed salad Add: Tofu   Egg   Avocado   Haloumi +4	18

## TOASTIES & PIES

<b>AVOCADO TOASTIE</b>	Avocado, tomato, fried onion, cheese and pepper on wholemeal bread	10
<b>EGG TOASTIE</b>	Fried egg, fried onion, cheese and pepper on wholemeal bread	10
<b>PIES</b>	Spinach / Lentil / Spicy Kidney Bean / Curry Lentil / Pumpkin / Vegan Roast Vegetable Add: Avo and tabouli salad +8 or Mixed salad +12	7

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## SALADS & BOWLS

<b>MIXED SALAD</b>	Rice salad, tabouli, avocado, lettuce, beetroot, carrot, tomato, cucumber, Pilgrims farmed greens, olives, fetta, hommus, olive oil and lemon <b>Add: Tofu   Egg   Haloumi +4</b>	<b>17</b>
<b>BURGER BOWL</b>	Choose your favourite burger, served fresh in a bowl with extra mixed salad <b>Add: Tofu   Egg   Avocado   Haloumi +4</b>	<b>18</b>
<b>SALAD SAMBO</b>	Iggy's bread, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber, Pilgrims farmed greens, olive oil, lemon	<b>12</b>

## SIDES

<b>PILGRIMS VEGGIE CHIPS</b>	Parsnip, carrot and beetroot chips, served with chipotle aioli	<b>8</b>
<b>A BIT EXTRA</b>	Tofu, fried egg, avocado, haloumi	<b>4</b>

## VEGAN FAVOURITES

<b>VEGAN BLISS BURGER</b>	Curried lentil pattie, fried onion, avocado, vegan cheese, tabouli, sprouts and peanut sauce on a toasted roll	<b>17</b>
<b>MILLENNIUM BURGER</b>	Curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, Pilgrims farmed greens, sprouts, tahini dressing and sweet chilli sauce on a toasted roll	<b>17</b>
<b>VEGAN PIE WITH AVO SALAD</b>	Roast vegetable and black bean pie with avocado, tabouli, Pilgrims farmed greens, olives, hommus and lemon	<b>15</b>
<b>VAVO TOASTIE</b>	Avocado, tomato, onion, vegan cheese and pepper on wholemeal bread	<b>11</b>

## GLUTEN FREE FAVOURITES

<b>GFM WRAP</b>	Curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, Pilgrims farmed greens, sprouts, tahini dressing and sweet chilli sauce on a gluten free wrap	<b>17</b>
<b>MILLENNIUM STEAK</b>	Curry lentil pattie, fried onion, avocado, tomato, hommus, tabouli, Pilgrims farmed greens and lemon	<b>17</b>
<b>ALL G SALAD</b>	Curry lentil pattie, rice salad, tabouli, avocado, lettuce, beetroot, carrot, tomato, cucumber, fresh greens, olives, fetta and hommus, dressed with extra virgin olive oil and lemon	<b>17</b>
<b>GF TOASTIE</b>	Avocado, tomato, onion, cheese and pepper on gluten free bread	<b>11</b>

# DINNER

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## STARTERS

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<b>DIPS PLATE</b>	Mexican black bean brew, homemade guacamole, sour cream and a fresh tomato Spanish onion and coriander salsa served with a side of corn chips	<b>17</b>
<b>QUESADILLA</b>	Spinach and ricotta sautéed in Mexican spices, sandwiched in a soft tortilla and toasted, served with lemon	<b>17</b>
<b>CHIPS &amp; GUAC</b>	Corn chips served with homemade guacamole	<b>11</b>
<b>GARDEN SALAD</b>	Fresh salad greens, Roma tomato, cucumber, Spanish onion, red capsicum, fetta, olives, pine nuts and dressing	<b>15</b>

## MAINS

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<b>BURRITO</b>	Spicy red beans, refried potato, brown rice, cheese, guacamole, sour cream and salsa, wrapped in a lightly toasted tortilla	<b>18</b>
<b>NACHOS</b>	Corn chips with melted cheese, Mexican red beans, guacamole, sour cream and salsa	<b>19</b>
<b>SOFT TACOS</b>	Choice of red or black beans, refried potato, guacamole, cheese, sour cream, tomato salsa and jalapeño salsa with four toasted soft taco tortillas	<b>23</b>
<b>ENCHILADA</b>	Soft tortilla filled with Mexican red beans, baked and topped with tomato passata and melted cheese, served with sour cream, guacamole and salsa and sides of refried potato and brown rice	<b>23</b>
<b>NORTH SHORE PLATE</b>	Mexican black bean brew on a bed of brown rice, combined with sides of sour cream, guacamole, jalapeño salsa, lettuce, tomato salsa and toasted homemade corn bread	<b>23</b>
<b>BURRITO BOWL</b>	An open bowl with all of our burrito ingredients, minus the tortilla, served with extra mixed greens	<b>23</b>
<b>CHEF'S SPECIAL BURRITO</b>	Filled with spinach and ricotta, refried potato, cheese, tomato salsa and avocado, wrapped in a lightly toasted tortilla wrap topped with passata and melted cheese	<b>21</b>

## KIDS

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<b>KIDS QUESADILLA</b>	Soft tortilla filled with melted cheese	<b>8</b>
<b>KIDS NACHOS</b>	Corn chips with melted cheese and Mexican red beans	<b>10</b>
<b>CHEESE JAFFLE</b>	Toasted cheese jaffle	<b>10</b>
<b>KIDS ROAST POTATOES</b>	Roast potatoes served with tomato sauce	<b>8</b>
<b>KIDS ICE CREAM</b>	Vanilla ice cream with choice of topping - <i>choose chocolate, strawberry or caramel</i>	<b>4</b>

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## SIDES

PILGRIMS VEGGIE CHIPS WITH CHIPOTLE AIOLI	8	SOUR CREAM	4
JALAPENO SALSA	4	CORN BREAD	4
CORN CHIPS	4	REFRIED POTATO	4
GUACAMOLE	4	GLUTEN FREE WRAP / EXTRA SOFT TACO TORTILLA	1

## SWEETS

COOKIE STACK	Homemade Anzac biscuit ice cream sandwich with caramel sauce	8
NUTELLA QUESADILLA	Nutella with your choice of strawberries or banana, sandwiched in a soft tortilla and toasted, topped with ice cream and dusted with icing sugar	12
BRONTE BROWNIE	Chocolate fudge brownie (ask for it warm) Add: Ice cream +2	6

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## DRINKS

### ALCOHOL

See Drinks Menu

BEER

WINE

COCKTAILS

SPIRITS

### SHAKES

CHOCOLATE / STRAWBERRY / VANILLA / CARAMEL 8

THICKSHAKE 9

ESPRESSO SHAKE / CHAI SHAKE 9

Ice cream +1

Soy, almond, oat or macadamia mylk +1

### JUICE

Pilgrims Cold Pressed Small 7 | Regular 9 | Jumbo 11

BOMBIE Carrot, apple, beetroot, celery, ginger

GOLFIE Pineapple, orange, watermelon

BOGEY HOLE Spinach, parsley, cucumber, celery, lemon, ginger

OJ Straight-up

### SPARKLING

KOMBUCHA 5

UNLIMITED SPARKLING WATER 5



PILGRIMS BRONTE