

PILGRIMS[®]


- VEGETARIAN CAFE -


EST 1980


MENU

PILGRIMS CRONULLA

Photo by Jacqueline LLanos @lovecapturepassion

 pilgrims.cafe

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

 [pilgrimscronulla](https://www.facebook.com/pilgrimscronulla)

BREAKFAST

SERVED UNTIL 12

PANCAKES	Buttermilk pancakes served w/ butter & organic maple syrup - add extra maple +2	17
PANCAKES W/ LOT	Buttermilk pancakes served w/ banana, berries, yoghurt & maple syrup - add extra maple +2	19
BEANS ON SOURDOUGH	Pilgrims homemade baked beans on Groundbake sourdough, garnished w/ fresh greens	13
EGGS SOURDOUGH	Hunter Valley free range eggs on Groundbake sourdough, garnished w/ fresh greens - <i>scrambled or fried</i>	14
FULL BREAKFAST	Hunter Valley free range eggs, mushrooms, roast tomato, roast herb potato, fresh greens & Pilgrims baked beans on Groundbake sourdough - <i>scrambled or fried</i> - add avo +4	23

ALL DAY BREAKFAST

BANANA BREAD	Pilgrims banana bread served w/ peanut butter or butter & cinnamon	8
TOASTED SOURDOUGH	Groundbake sourdough, toasted & served w/ your choice of peanut butter, jam, Vegemite, Nutella or cinnamon & butter	6
GRANOLA GF	Pilgrims granola, served w/ yoghurt, berries, honey & a side of milk	14
AÇAI BOWL GF	Blended with fruit, topped with granola, fresh strawberries, banana, honey & toasted coconut flakes - add yoghurt/peanut butter +2	15
BREAKFAST BURGER	Avocado, melted cheese, roast mushroom, roast tomato, fried egg, mayo & rocket on a toasted wholemeal roll - add haloumi +4	14
AVOCADO SOURDOUGH	Avocado, wild rocket, cracked pepper & a slice of lemon on Groundbake sourdough	14
FRIED EGGS	Hunter Valley free range eggs served on Groundbake sourdough, garnished w/ fresh greens	14
MUSHROOM SOURDOUGH	Roast mushrooms, Pilgrims farmed greens & cracked pepper on Groundbake sourdough	14
TOMATO, ROCKET & FETTA	Fresh sliced tomato, wild rocket, fetta, extra virgin olive oil & cracked pepper on Groundbake sourdough - add avocado +4	16
PESTO SOURDOUGH	Avocado, roast mushrooms, Pilgrims homemade pesto, Pilgrims farmed greens, extra virgin olive oil, cracked pepper & a slice of lemon on Groundbake sourdough - add a fried egg +2	18
CORN FRITTERS GF	Served with roast tomatoes, chilli jam, avocado, crumbled fetta & fresh greens - add a fried egg +2	19
HALOUMI STACK	Grilled haloumi served w/ toasted Groundbake sourdough, avocado, roast tomato, pesto, fried eggs & fresh greens - add mushrooms +4	20

SIDES - MUSHROOMS / ROAST TOMATO / ROAST HERB POTATO / PILGRIMS BAKED BEANS / AVOCADO / HALOUMI +4 / FRIED EGG +2ea

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WELCOME TO PILGRIMS CRONULLA!

It's a pleasure to have you here! 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, please place your order at the front counter & we will bring the food & drinks out to your table. If you have any questions or need any help please feel free to ask.

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 >>](#)

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	GF	V
BLISS	Mixed grain pattie - fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce		15
MILLENIUM	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, fried egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce		17
HALOUMI	Grilled haloumi, roast field mushroom, tomato, rocket, pesto & mayo - add a fried egg +2		15
KIDS	Mixed grain pattie - fried onion, cheese & tomato sauce		10

PIES

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

with: hommus & sprouts **10** / avocado, tabouli, fetta, olives & Pilgrims farmed greens **15** / mixed salad plate **20**

SALADS

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

WRAPS

GLUTEN FREE WRAPS AVAILABLE **+1**

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 mayo* **14**

WRAP #2 Avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts - *hommus or mayo* **14**

WRAP #3 Boiled egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts - *hommus or mayo* **14**

TOASTIES/SAMBOS

TOASTIE #1 Avocado, tomato, onion, cheese & cracked pepper on Groundbake wholemeal bread - or sourdough **+1** **8**

TOASTIE #2 Tomato, basil, onion, cheese & cracked pepper on Groundbake wholemeal bread - or sourdough **+1** **8**

TOASTIE #3 Fried egg, onion, cheese & cracked pepper on Groundbake wholemeal bread - or sourdough **+1** **8**

SALAD SAMBO Fresh Groundbake wholemeal bread, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber & Pilgrims farmed greens **9**

SIDES

BAKED HERB POTATO BITES - Served w/ sweet chilli and sour cream  or w/ vegan aioli   **7**

VEGGIE CHIPS - Beetroot, carrot & parsnip chips served w/ vegan chipotle aioli   **8**

VEGAN MENU

PLEASE ADVISE STAFF IF YOU ARE ORDERING FROM THE VEGAN MENU

BREAKFAST - SERVED UNTIL 12

BEANS ON SOURDOUGH	Pilgrims homemade baked beans served on Groundbake sourdough, garnished w/ fresh greens	13
VEGAN BREKKY BOWL	Roast herb potato, roast tomatoes, mushroom, Pilgrims homemade baked beans topped with avocado, fresh greens and Groundbake sourdough - add tofu +4	23

ALL DAY

BANANA BREAD	Pilgrims banana bread served w/ peanut butter or Nuttelex & cinnamon	8
TOASTED SOURDOUGH	Toasted Groundbake sourdough served w/ your choice of peanut butter, jam or Vegemite	6
VEGAN TOASTIE #1	Avo, tomato, onion, vegan cheese & cracked pepper on Groundbake wholemeal - or sourdough +1	9
VEGAN TOASTIE #2	Tomato, basil, onion, vegan cheese & cracked pepper on Groundbake wholemeal - or sourdough +1	9
VEGAN SALAD SAMBO	Groundbake wholemeal, hommus, lettuce, carrot, beetroot, tomato, cucumber & fresh greens	9
AVOCADO SOURDOUGH	Avocado, wild rocket, cracked pepper & a slice of lemon on Groundbake sourdough	14
MUSHROOM SOURDOUGH	Roast mushrooms, Pilgrims farmed greens & cracked pepper on Groundbake sourdough - add avo +4	14
VEGAN BREKKY BURGER	Mushrooms, roast tomato, roast potato, wild rocket, avocado, Pilgrims homemade chilli jam & vegan aioli - add vegan cheese +2	14
VEGAN AÇAI BOWL GF	Blended with fruit and topped with vegan granola, maple syrup, strawberries, banana & toasted coconut flakes - add peanut butter +2	15
VEGAN PIE	Roast veg & black bean pie with: hommus & sprouts 10 / avo, tabouli, greens, olives, hommus & lemon 15 / mixed salad 20	20
VEGAN BLISS BURGER	Curry lentil pattie - fried onion, avocado, tabouli, sprouts & peanut sauce on a wholemeal roll - add vegan cheese +2	15
MILLENIUM BURGER	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing & sweet chilli sauce on a wholemeal roll	15
VEGAN WRAP #1	Rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan aioli	14
VEGAN WRAP #2	Avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts - hommus or vegan aioli	14
TOFU WRAP	Marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce	15
VEGAN MIXED SALAD GF	Rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, Pilgrims farmed greens, olives & hommus, dressed with extra virgin olive oil & lemon. add: tofu / curry lentil pattie / avocado / roasted field mushroom +4	16

DRINKS

JUICES

SMALL 7 REGULAR 9 JUMBO 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
BACK BEACH	Apple, orange, mixed berries

SHAKES

SOY / ALMOND / OAT MILK +1

MILKSHAKE chocolate / caramel / strawberry / vanilla	8
THICKSHAKE chocolate / caramel / strawberry / vanilla	9
ADD MALT +50c	
CHAI SHAKE	9
PILGRIMS ESPRESSO SHAKE	9
NUTELLA SHAKE	9

SMOOTHIES

SOY / ALMOND / OAT MILK +1

BANANA / MANGO / STRAWBERRY / MIXED BERRY	9
ADD ICECREAM OR YOGHURT	1
MANGO LASSI	8

HOT DRINKS

FULL CREAM / SKIM / SOY / ALMOND / OAT MILK


PILGRIMS COFFEE	4 / 5
CARAMEL / VANILLA SYRUP +50c	
MOCHA	4.5 / 5.5
POT OF BREWED CHAI	5.5
DANDY LATTE	4 / 5
CHAI LATTE	4 / 5
DIRTY CHAI	4.5 / 5.5
HOT CHOCOLATE	4 / 5
TURMERIC LATTE	4 / 5

ORGANIC LOOSE LEAF TEA

4.5

English Breakfast	Lemongrass
Earl Grey	Ginger
Peppermint	Chamomile
Green	Chai

SWEETS DISPLAYED AT FRONT COUNTER

MUFFINS BAKED DAILY	5
ANZAC BISCUIT	1.5
CHOC FUDGE BROWNIE	4
HONEY OAT SLICE	4
HOMEMADE PEANUT BUTTER & CHOCOLATE COOKIE 	4.5
SALTED CARAMEL SLICE  	5.5
CHOC BROWNIE  	6