



# MENU

PILGRIMS CRONULLA www.pilgrimsronulla.com.au pilgrims\_cronulla pilgrimsronulla

## PILGRIMS® - VEGETARIAN CAFE - EST 1980

### 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 let us know if you have ANY allergies/requirements.**  
Peanuts, gluten, soy, onion & garlic are used extensively in our kitchen, as such we can not accept responsibility for traces of allergens. As always we will do our best to cater for you.  
**Please allow extra time for any special requests made.**

**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

<b>PANCAKES</b>	Buttermilk pancakes served w/ Pepe Saya cultured butter & pure organic maple syrup - extra Pepe Saya butter +1 / extra maple +2	20
<b>PANCAKES w/ LOT</b>	Buttermilk pancakes served w/ banana, berries, yoghurt & maple syrup - add extra maple +2	23
<b>LOADED PANCAKES</b>	Double buttermilk pancake stack served w/ strawberries, ricotta or coconut yoghurt, coconut macadamia crumble & pure organic maple syrup.	24
<b>CHILLI PARMESAN SCRAMBLED EGGS (GFO)</b>	Free range eggs scrambled w/ parmesan, chilli oil & chives, served with avocado, sauteed kale, garnish greens, sourdough & Pepe Saya cultured butter.	23
<b>VEGAN BREKKY BOWL (VEGAN) (GFO)</b>	Sesame crusted avocado, herb potatoes, mushrooms, sauteed kale, Pilgrims baked beans, roast tomato, sourdough - add tofu +4.5 / add hash browns +5	26
<b>FULL BREAKFAST (GFO)</b>	Fried free range eggs, mushrooms, roast tomato, roast herb potato, Pilgrims baked beans, garnish greens, toasted sourdough & Pepe Saya Butter. - scrambled eggs +1 chilli parmesan scrambled eggs +2 - add avocado 4.5 / haloumi +5	26

### ALL DAY BREAKFAST

<b>BREKKIE PLATE FOR 2 (GFO)</b>	Fried eggs(4), sesame crusted avocado, hash browns, fresh tomato, field mushroom, sauteed kale, Danish fetta, haloumi, olives, artisan sourdough, Pepe Saya Butter, pesto, tomato & eggplant relish. *no alterations	62
<b>MUSHROOM SOURDOUGH (VGO) (GFO)</b>	Roasted mushrooms, 2 fried eggs, fetta, hommus, chilli oil, sauteed kale, lemon, garnish greens, Pepe Saya cultured butter, sourdough (VGO substitute w/ sesame crusted avocado)	25
<b>HALOUMI STACK (GFO)</b>	Grilled haloumi served w/ toasted sourdough, avocado, roast tomato, pesto, fried eggs & fresh greens - add kale +3.5 / mushrooms/hash browns +5	23.5
<b>CORN FRITTERS (GF)</b>	Served w/ smashed avocado, Danish fetta, roasted Roma tomato, tomato & eggplant relish, fresh mylk bun - add a fried egg +3 / haloumi +5	22
<b>AVOCADO SOURDOUGH (GFO) (VEGAN)</b>	Toasted sourdough served w/ ricotta or hommus, heirloom tomato, smashed avo, sesame seeds, pesto, garnish greens, EVOO & lemon - add a fried egg +3 / fetta +3.5 / haloumi +5	21.5
<b>PESTO SOURDOUGH (GFO) (VEGAN)</b>	Avocado, roast mushrooms, pesto, garnish greens, EVOO, lemon, sourdough - add a fried egg +3 / sauteed kale +3.5 / haloumi +5	20
<b>BREAKFAST BURGER (GFO)</b>	Avocado, mushroom, roast tomato, fried free range egg, cheese, mayo & greens on a toasted mylk bun - add haloumi / hash browns +5	17
<b>VEGAN BREKKY BURGER (GFO) (VEGAN)</b>	Field mushroom, roast tomato, avocado, spiced potato, tomato & eggplant relish, vegan aioli & fresh greens on a toasted wholemeal mylk bun - add vegan cheese +1 / hash browns +5	16.5
<b>FRIED EGGS (GFO)</b>	Hunter Valley free range eggs, chives, garnish greens, sourdough & Pepe Saya cultured butter (great with added sides from below)	15
<b>AÇAI BOWL (VGO) (GF)</b>	Brazilian Acai topped w/ house-baked granola, strawberries, apple, banana & passionfruit - add peanut butter/coconut yoghurt +2.5ea / Greek yoghurt/Nutella +2ea	17
<b>GRANOLA (GF)</b>	Served w/ Greek yoghurt, fresh seasonal fruits, honey & milk of your choice - add peanut butter +2.5 - substitute for coconut yoghurt +1	18
<b>TOASTED SOURDOUGH (VGO) (GFO)</b>	Served w/ your choice of 2- Pepe Saya butter / Nuttelex / jam / honey / Vegemite / Nutella / chunky peanut butter - add ricotta +3	8
<b>BANANA BREAD (VEGAN)</b>	Toasted banana bread w/ your choice of Pepe Saya cultured butter, peanut butter or Nuttelex - ricotta & honey or maple +3	8.5

**EXTRAS**  
GFO - GF BREAD +1 VGO - VEGAN CHEESE +1  
SIDES - UNTIL 12PM - PILGRIMS BAKED BEANS 4.5 / SCRAMBLED EGGS 6.5 / CHILLI PARMESAN SCRAMBLED EGGS 7.5  
ALL DAY SIDES - ROAST HERB POTATO / ROAST TOMATO / TOFU / AVOCADO 4.5ea  
FRIED EGG 3ea / SAUTEED KALE / DANISH FETTA 3.5 / RICOTTA 3.5 / HALOUMI / HASH BROWNS / MUSHROOMS / FALAFEL 5 / CORN FRITTER 6ea  
SIDE SAUCES/ - PEPE SAYA BUTTER 1 / PICKLES 1 / SWEET CHILLI / PURE MAPLE SYRUP / VEGAN PESTO / TOMATO & EGGPLANT RELISH / CONDIMENTS PEANUT SAUCE / HOMMUS / MAYO / VEGAN AIOLI / VEGAN CHIPOTLE AIOLI 2ea

### LUNCH

BURGERS ARE SERVED ON A TOASTED MYLK BUN 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)**

<b>BLISS (VGO) (GFO)</b>	Mixed grain pattie - fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce on a toasted wholemeal mylk bun - add vegan cheese +1	18
<b>MILLENNIUM (GFO) (VEGAN)</b>	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, aioli & sweet chilli sauce on a toasted wholemeal mylk bun	18
<b>MOUNTAIN (GFO)</b>	Mixed grain pattie - fried onion, pineapple, fried egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal mylk bun	19.5
<b>HALOUMI (GFO)</b>	Grilled haloumi, roast field mushroom, avocado, tomato, rocket, pesto & mayo on a toasted wholemeal mylk bun - add a fried egg +3	18
<b>VEEF (VEGAN) (GFO)</b>	Vegan mince pattie, lettuce, tomato, Spanish onion, pickles, vegan cheddar, aioli & relish - add double pattie & cheese +5	19

**COMBO - ADD A SMALLER SIDE OF FRIES TO YOUR BURGER / WRAP**  
Chips +5.5 / Sweet potato fries +6.5 (w/tomato sauce)  
**(GFO) - GF BREAD +1**

#### WRAPS

<b>TOFU WRAP (VEGAN)</b>	Marinated tofu, fried onion, lettuce, tomato, carrot, quinoa salad & peanut sauce in a wrap.	17
<b>FALAFEL WRAP (VEGAN)</b>	Falafel, hommus, pickles, lettuce, tomato, tabouli, fried onion & sweet chilli in a toasted wrap - add cheese +1 / add haloumi +5	18.5
<b>SALAD WRAP (VEGAN)</b>	Avocado, quinoa salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommus in a wrap - add cheese +1 / add haloumi +5 / curry lentil pattie +5	15.5

#### SALADS / BOWLS

<b>MIXED SALAD (GF) (VGO)</b>	Tabouli, quinoa salad, lettuce, beetroot, carrot, heirloom tomato, cucumber, fresh greens, olives, Danish fetta, hommus, EVOO, lemon & Green Goddess dressing add: avocado / tofu 4.5ea add: roasted field mushroom / curry lentil pattie / haloumi / falafel +5	20
<b>FALAFEL BOWL (GF) (VGO)</b>	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  
with: hommus & sprouts 11 / chips 14 / sweet potato fries 15 / avocado, tabouli, olives & greens 18 / mixed salad plate 25

#### TOASTIES / SAMBOS

<b>AVO TOASTIE (GFO) (VGO)</b>	Avocado, cheese, tomato, basil, fried onion & cracked pepper on thick-cut wholemeal bread - or on sourdough +1 - add haloumi +5	11
<b>PESTO TOASTIE (GFO) (VGO)</b>	Fried egg, cheese, fried onion, pesto & cracked pepper on thick-cut wholemeal bread - or on sourdough +1 (VGO substitute w/ roast field mushroom)	11
<b>HALOUMI TOASTIE (GFO)</b>	Grilled haloumi, fresh tomato, black olives, Spanish onion, tomato & eggplant relish on thick-cut wholemeal bread - add cheese +1	12
<b>SALAD SAMBO (VGO) (GFO)</b>	On lightly toasted thick-cut wholemeal bread, avocado, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber, sprouts & fresh greens	13

**COMBO - ADD A SMALLER SIDE OF FRIES TO YOUR BURGER / WRAP**  
Chips +5.5 / Sweet potato fries +6.5 (w/tomato sauce)  
**(GFO) - GF BREAD +1 (VGO) - VEGAN CHEESE +1**

#### SIDES

<b>BAKED HERB POTATO BITES</b> - Served w/ sweet chilli and sour cream or w/ vegan aioli <b>(VGO) (GF)</b>	9
<b>CHIPS</b> - Served w/ house-made vegan aioli <b>(VEGAN) (GF)</b>	9
<b>SWEET POTATO FRIES</b> - Tasmanian sweet potato fries served w/ house-made vegan chipotle aioli <b>(VEGAN) (GF)</b>	10.5

### SWEETS FULL RANGE DISPLAYED AT FRONT COUNTER

<b>MUFFINS (VEGAN)</b>	6
<b>FUNKY FUDGE BROWNIE (VEGAN) (GF)</b>	6.5

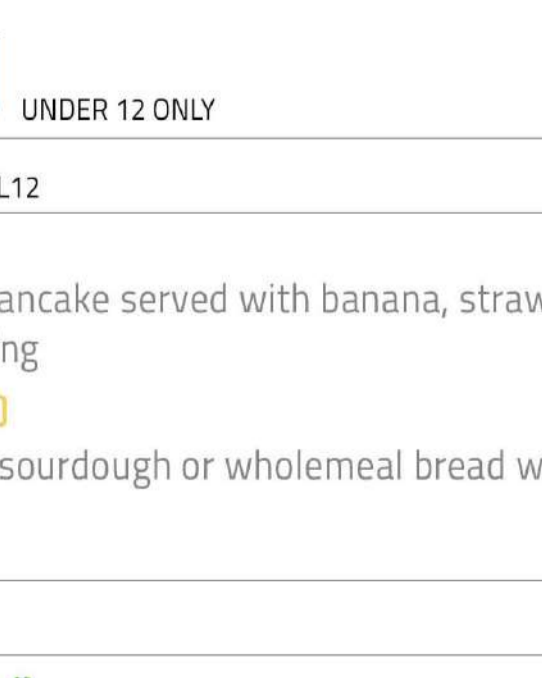
CASH ACCEPTED / 1.5% TRANSACTION FEE ON CARDS / 10% SURCHARGE ON PUBLIC HOLIDAYS

### DRINKS

<b>JUICES</b>	REGULAR 9.5 LARGE 12.5	<b>HOT DRINKS</b> SOY / ALMOND / OAT MILK / LACTOSE FREE + 50c	
<b>GREENHILLS</b>	Pineapple, apple, kale, mint, ice	<b>PABLO &amp; RUSTY'S COFFEE</b>	4.5 / 5.5
<b>BOMBIE</b>	Carrot, apple, beetroot, celery, ginger	<b>CARAMEL / VANILLA SYRUP +50c</b>	
<b>GOLPIE</b>	Pineapple, orange, watermelon	<b>MOCHA</b>	5 / 6
<b>BOBS REEF</b>	Carrot, orange, ginger	<b>VEGAN PRANA STICKY CHAI</b>	6
<b>CRYSTALS</b>	Orange, strawberry, mango	<b>DANDY LATTE</b>	4.5 / 5.5
<b>BLACK ROCK</b>	Orange, apple, strawberry, banana	<b>CHAI LATTE</b>	4.5 / 5.5
<b>ELOUERA</b>	Celery, apple, lemon, cucumber, ginger 10 / 13	<b>DIRTY CHAI</b>	5 / 6
<b>SHAKES</b> SOY / ALMOND / OAT MILK / LACTOSE FREE +1		<b>HOT CHOCOLATE</b>	4.5 / 5.5
<b>MILKSHAKE</b> chocolate / caramel / strawberry / vanilla	8.5	<b>TURMERIC LATTE</b>	4.5 / 5.5
<b>THICKSHAKE</b> chocolate / caramel / strawberry / vanilla	9.5	<b>TURNERIC, CRACKED PEPPER, CINNAMON &amp; HONEY / MAPLE</b>	
<b>ADD MALT +50c</b>		<b>ORGANIC LOOSE LEAF TEA</b>	4.5
<b>ADD PROTEIN POWDER (20G PROTEIN) (VEGAN) (GF) +3.5</b>		English Breakfast	
<b>CHAI SHAKE</b>	10.5	Earl Grey	
<b>PILGRIMS ESPRESSO SHAKE</b>	10.5	Peppermint	
<b>NUTELLA SHAKE</b>	9.5	Green	
<b>SMOOTHIES</b> SOY / ALMOND / OAT MILK / LACTOSE FREE +1		Lemongrass & Ginger	
choice of fruit, honey, cinnamon & milk		Black Sticky Chai	
<b>BANANA / MANGO / STRAWBERRY / COMBO</b>	9.5	W/ YOUR CHOICE OF MILK / HONEY / MAPLE / LEMON	
<b>ADD ICECREAM OR YOGHURT</b>	+1.5		
<b>ADD PROTEIN POWDER (20G PROTEIN) (VEGAN) (GF) +3.5</b>		<b>SEE SEPARATE KIDS MENU &amp; DRINKS LIST FOR BEER / WINE / COCKTAILS</b>	
<b>ADD DATES</b>	+1		
<b>ADD PEANUT BUTTER / COCONUT YOGHURT</b>	+2.5		
<b>MANGO LASSI (VGO)</b> mango chunks, mango nectar & yoghurt - substitute for coconut yoghurt +1	9		

## DRINKS LIST

<b>BEERS</b>		<b>RED WINE (V) G 11 / B 35</b>	
<b>0% HEAPS NORMAL XPA 9</b>		<b>LOVE NOT WAR ORGANIC SHIRAZ</b>	
<b>CORONA / PERONI 9</b>		<b>FARM HAND ORGANIC CABERNET SAUVIGNON</b>	
<b>BALTER XPA / STONE &amp; WOOD PACIFIC ALE 10</b>		<b>TREAD SOFTLY PINOT NOIR</b>	
<b>BEER OF THE DAY SMP</b>		<b>WHITE WINE (V) G 11 / B 35</b>	
<b>AETHER GINGER BEER 10</b>		<b>NO EVIL ORGANIC SAUVIGNON BLANC</b>	
<b>COCKTAILS</b>		<b>TREAD SOFTLY PINOT GRIGIO</b>	
<b>MIMOSA 11.5</b>	Tread Softly prosecco, fresh oranges	<b>FARM HAND ORGANIC CHARDONAY</b>	
<b>ELDERFLOWER SPRITZ 17</b>	Edinburgh elderflower gin, prosecco, soda, celery, cucumber	<b>SPARKLING (V)</b>	
<b>SANGRIA GLASS 11 JUG 28</b>		<b>TREAD SOFTLY PROSECCO - 250ml can 14</b>	
		<b>ROSE (V)</b>	
		<b>TREAD SOFTLY ROSE - 250ml can 14</b>	
		<b>BYO WINE ONLY - CORKAGE \$5pp</b>	



### KIDS MENU UNDER 12 ONLY

#### BREAKFAST SERVED UNTIL 12

<b>KIDS PANCAKES</b>	A single serve buttermilk pancake served with banana, strawberries, ice cream & choice of topping	10
<b>KIDS SCRAMBLED EGGS (GFO+1)</b>	Scrambled eggs served on sourdough or wholemeal bread w/ butter	9

#### SERVED ALL DAY

<b>CHEESE TOASTIE (GFO+1) (VGO +1)</b>	Toasted wholemeal bread with cheese, add avo / sliced tomato +1ea	6.5
<b>TOASTED SOURDOUGH (GFO+1) (VGO)</b>	Toasted sourdough or wholemeal bread served w/ your choice of Pepe Saya butter or Nuttelex, jam / peanut butter / Vegemite / Nutella	8
<b>BANANA BREAD (VGO)</b>	Served w/ Pepe Saya cultured butter, Nuttelex, peanut butter, or Nutella	8.5
<b>FRIED EGGS (GFO+1)</b>	A free range fried egg on toasted wholemeal bread or sourdough w/ cultured butter	8
<b>KIDS BREKKIE BURGER (GFO+1)</b>	Fried egg, cheese, avocado & BBQ sauce on a toasted mylk bun	10
<b>KIDS CHEESE BURGER (GFO+1) (VGO +1)</b>	Veef pattie, cheese, lettuce, tomato & bbq sauce on a toasted wholemeal mylk bun	12
<b>KIDS 'CHICKEN' &amp; CHIPS (GF) (VEGAN)</b>	Popcorn vegan chicken bites served w/ chips & tomato sauce - sweet potato fries +1	10
<b>KIDS SWEET POTATO FRIES / KIDS CHIPS (GF) (VEGAN)</b>	Served w/ tomato sauce	6.5 / 5.5

#### KIDS DRINKS \*ALMOND/SOY/OAT/LACTOSE FREE +0.5

<b>JUICE</b>	Choice of combination- apple/pineapple/watermelon/orange	5
<b>MILKSHAKE</b>	Chocolate / Caramel / Strawberry / Vanilla - Thickshake +1	5
<b>SMOOTHIE</b>	Mango / Banana / Strawberry	5.5
<b>HOT CHOCOCY</b>	Served warm w/ marshmallows in a take-away cup	4.5