



PILGRIMS®

- VEGETARIAN CAFE -


EST 1980

Cronulla

MENU

PILGRIMS CRONULLA

 www.pilgrimscronulla.com.au

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WELCOME TO PILGRIMS CRONULLA!

Originally founded on the South Coast of NSW in 1980 & welcomed to Cronulla Beach in 2017, we are here to bring you delicious & satisfying vegetarian cuisine that leaves you wanting nothing more.

Please sit where you like & place your order at the counter, be sure to let us know your table number & ask if you have any questions, dietary requirements or need recommendations.

Our all-vegetarian menu caters for all, with many gluten free, dairy free & vegan options, however peanuts, soy, gluten, egg, onion & garlic are used extensively in our kitchen, as such we can not accept responsibility for traces of allergens. We will always do our best to cater for you & take every possible step to do so.

Please allow extra time for any special requests made.

Check out our display fridge & cabinet filled with carefully selected sweet treats and beverages!

GFO GLUTEN FREE OPTIONS – please let us know you are ordering a **GFO** (GFO - **GF BREAD** 1.5) / (**GF WRAP** 3.5)
VGO VEGAN OPTIONS – please let us know you are ordering a **VGO**

SOMETHING A LITTLE SWEETER

PANCAKES w/ LOT (VGO)	Buttermilk pancakes served w/ banana, berries, whipped yoghurt & organic maple syrup (VGO w/ coconut yoghurt) - <i>extra maple 2</i>	26.5
PANCAKES (VGO)	Buttermilk pancakes served w/ Pepe Saya cultured butter & organic maple syrup (VGO w/ Nuttelex) - <i>extra Pepe Saya butter 1 / extra maple 2</i>	23
AÇAÍ BOWL (VGO) GF	Brazilian Açaí topped w/ house-baked granola, banana, strawberry, apple & seasonal fruit w/ <i>Chunky Dave's peanut butter / coconut yoghurt 2.5ea // Greek yoghurt / Nutella / Biscoff 2ea</i>	18
GRANOLA (GFO)	Served w/ Greek yoghurt, fresh seasonal fruits, honey & milk of your choice w/ <i>Chunky Dave's peanut butter 2.5 / substitute for coconut yoghurt 1</i>	18
BANANA BREAD VEGAN	Toasted banana bread w/ your choice of 1 - Pepe Saya cultured butter, Chunky Dave's peanut butter, Biscoff or Nuttelex w/ <i>ricotta & honey or organic maple 3.5</i>	9.5
FRUIT SOURDOUGH (VGO)	(Dates, sultanas, fig, apricot, raisins & currants) Toasted and served w/ your choice of 1 - Pepe Saya cultured butter / Nuttelex / jam / Chunky Dave's peanut butter / Nutella / honey w/ <i>ricotta & honey or organic maple 3.5</i>	9.5

ALL DAY BREAKFAST

BREKKIE PLATE FOR 2 (GFO)	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 <i>*no alterations</i>	68
FULL BREAKFAST (GFO)	Fried or poached free range eggs, mushrooms, roasted cherry tomatoes, herb potato, sesame crusted avo, Pilgrims baked beans, garnish greens, toasted sourdough & Pepe Saya Butter <i>w/ scrambled eggs 1 / chilli parmesan scrambled eggs 2 / avocado 5 / haloumi 6</i>	30
VEGAN BREKKIE BOWL (VEGAN) (GFO)	Sesame crusted avocado, herb potatoes, mushrooms, sauteed kale, Pilgrims baked beans, roasted cherry tomatoes, sourdough <i>w/ tofu 5 / hash browns 6</i>	30
MUSHROOM SOURDOUGH (VGO) (GFO)	Roasted mushrooms, 2 poached eggs, fetta, hommus, chilli oil, sauteed kale, lemon, garnish greens, Pepe Saya cultured butter, sourdough (VGO w/ sesame crusted avocado)	29
CHILLI PARMESAN SCRAMBLED EGGS (GFO)	Free range eggs scrambled w/ parmesan, crispy chilli oil & chives, served with avocado, roasted cherry tomatoes, garnish greens, sourdough & Pepe Saya cultured butter	27
HALOUMI STACK (GFO)	Grilled haloumi served w/ toasted sourdough, avocado, roast tomato, pesto, fried eggs & fresh greens <i>w/ sauteed kale 4 // mushrooms / hash browns 6</i>	27.5
CORN FRITTERS (GF)	Served w/ smashed avocado, Danish fetta, roasted cherry tomatoes, tomato & eggplant relish, fresh garnish greens & lemon <i>w/ fried or poached egg 3.5 / haloumi 6</i>	24.5
AVOCADO SOURDOUGH (GFO) (VEGAN)	Toasted sourdough served w/ ricotta or hommus, tomato, smashed avo, pepitas, sesame seeds, pesto, garnish greens, EVOO & lemon <i>w/ fried or poached egg 3.5 / fetta 4 / haloumi 6</i>	25
PESTO SOURDOUGH (GFO) (VEGAN)	Avocado, roast mushrooms, pesto, garnish greens, EVOO, lemon, sourdough <i>w/ fried or poached egg 3.5 / sauteed kale 4 / haloumi 6</i>	24
BREAKFAST BURGER (GFO)	Avocado, mushroom, tomato, 2 fried free range eggs, cheese, mayo & greens on a toasted mylk bun <i>w/ haloumi / hash browns 6</i>	19
VEGAN BREKKY BURGER (GFO) (VEGAN)	Field mushroom, tomato, avocado, spiced potato, tomato & eggplant relish, vegan aioli & fresh greens on a toasted mylk bun <i>w/ vegan cheese 1 / hash browns 6</i>	19
EGGS YOUR WAY (GFO)	Fried or poached free range eggs (<i>scrambled 1/ chilli parmesan scrambled 2</i>), chives, garnish greens, sourdough & Pepe Saya cultured butter (<i>great with any of our sides from below</i>)	16
TOASTED SOURDOUGH (VGO) (GFO)	Served w/ your choice of 2- Pepe Saya butter / Nuttalex / jam / honey / Vegemite / Nutella / Biscoff / Chunky Dave's peanut butter <i>w/ ricotta 3 / extra slice sourdough 4</i>	9

EXTRAS

GFO - GF BREAD 1.5 / GF WRAP 3.5 VGO - VEGAN CHEESE 1

ALL DAY SIDES **EGG 3.5 // RICOTTA 3 // SAUTEED KALE / DANISH FETTA 4 // ROAST HERB POTATO / BAKED BEANS / TOFU / AVOCADO 5 // ROAST CHERRY TOMATOES 5.5 // HALOUMI / HASH BROWNS(2) / MUSHROOMS 6 // FALAFEL(3) / CORN FRITTER 6.5 // SCRAMBLED EGGS 8 // CHILLI PARMESAN SCRAMBLED EGGS 9**

SIDE SAUCES/ **PEPE SAYA BUTTER / PICKLES 1 // SWEET CHILLI / ORGANIC MAPLE SYRUP / VEGAN PESTO // TOMATO & EGGPLANT RELISH /**
CONDIMENTS **HOMMUS / MAYO / VEGAN AIOLI / VEGAN CHIPOTLE AIOLI / TRUFFLE MAYO 2 // CRISPY CHILLI OIL 2.5**

LUNCH - ALL DAY

BURGERS SERVED ON A TOASTED MYLK BUN OR AS A WRAP / PLATE ON REQUEST

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

BLISS (GFO) (VGO)	Mixed grain pattie - fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce on a toasted mylk bun <i>(VGO w/ vegan cheese optional +1)</i>	20
MILLENNIUM (GFO) VEGAN	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, aioli & sweet chilli sauce on a toasted mylk bun	20
MOUNTAIN (GFO)	Mixed grain pattie - fried onion, pineapple, fried egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts, special sauce & peanut sauce on a toasted mylk bun	22
HALOUMI (GFO)	Grilled haloumi, roast field mushroom, avocado, tomato, rocket, pesto & mayo on a toasted mylk bun <i>w/ fried egg 3.5</i>	20
VEEF (GFO) (VGO)	Impossible mince pattie, lettuce, tomato, Spanish onion, Westmont pickles, cheese, aioli & relish on a toasted mylk bun <i>w/ double pattie & cheese 6</i>	21
TRUFFLE VEEF (GFO) (VGO)	Impossible mince pattie, lettuce, fried onion, field mushroom, double cheddar, truffle mayo & pickles on a toasted mylk bun <i>(VGO w/ vegan cheese and house-made vegan aioli)</i>	23

COMBO - add a smaller side to your Burger / Wrap / Toastie / Sambo

CHOICE OF CHIPS 6 or **SWEET POTATO FRIES 7** - *w/ house-made vegan aioli 1*

(GFO) - GROUNDBAKE GF BREAD **1.5** / GF WRAP **3.5**

SIDES

CHIPS - Served w/ house-made vegan aioli VEGAN GF	10
SWEET POTATO FRIES - Tasmanian sweet potato fries served w/ house-made vegan chipotle aioli VEGAN GF	11
TRUFFLE PARMESAN FRIES - Crispy fries loaded with truffle mayo, parmesan & chives GF	14
BAKED HERB POTATO BITES - Served w/ house-made vegan aioli & sweet chilli VEGAN GF	11
POPCORN CAULIFLOWER - Served w/ hot sauce & house-made vegan aioli VEGAN GF	13

WRAPS

TOFU WRAP VEGAN (GFO)	Marinated tofu, fried onion, lettuce, tomato, carrot, quinoa salad & peanut sauce in a wrap.	18
FALAFEL WRAP VEGAN (GFO)	Falafel, hommus, pickles, lettuce, tomato, tabouli, fried onion & sweet chilli in a toasted wrap <i>w/ cheese 1 / haloumi 6</i>	19
SALAD WRAP* VEGAN (GFO)	Avocado, quinoa salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommus in a wrap (*contains peanuts) <i>w/ cheese 1 / haloumi 6 / curry lentil pattie 5.5</i>	17

LUNCH CONTINUED...

SALADS / BOWLS

MIXED SALAD* (VGO) GF	Tabouli, quinoa salad, lettuce, beetroot, carrot, cherry tomatoes, cucumber, fresh greens, olives, Danish fetta, hommus, EVOO, lemon w/ a side of Green Goddess dressing. (*contains peanuts) <i>w/ avocado / tofu 5 // curry lentil pattie 5.5 // roasted field mushroom / haloumi 6 // falafel 6.5</i>	24
THE SAGE (VGO) GF	Fresh salad greens, edamame, avocado, almonds, cherry tomatoes, cucumber, pecans, Danish fetta & pepitas w/ a side of miso & roast sesame dressing <i>w/ tofu 5 / haloumi 6 / falafel 6.5</i>	25
FALAFEL BOWL (VGO) GF	Falafel, haloumi, sesame crusted avocado, tabouli, hommus, sweet & spicy pickles, fresh greens & lemon <i>(VGO w/ roast field mushroom)</i>	27

TOASTIES / SAMBOS (GFO) GROUNDPAKE BREAD 1.5 (VGO) VEGAN CHEESE 1

AVO TOASTIE (VGO) (GFO)	Avocado, double cheese, tomato, basil, fried onion & cracked pepper on thick-cut bread <i>- or on sourdough 1 w/ fried egg 3.5 / haloumi 6</i>	15
PESTO TOASTIE (VGO) (GFO)	2 Fried eggs, double cheese, fried onion, pesto & cracked pepper on thick-cut bread <i>- or on sourdough 1 (VGO w/ roast field mushroom)</i>	15
HALOUMI TOASTIE (GFO)	Grilled haloumi, fresh tomato, cheese, kalamata olives, Spanish onion, tomato & eggplant relish on thick cut bread <i>- or on sourdough 1</i>	16
SALAD SAMBO (VGO) (GFO)	On lightly toasted thick-cut bread, avocado, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber, sprouts & fresh greens <i>(VGO w/ vegan cheese optional + 1)</i>	15
FALAFEL SAMBO (VGO) (GFO)	Smashed falafel, lettuce, tomato, beetroot, Spanish onion, pickles, cheddar, house aioli, tomato & eggplant relish on thick cut bread <i>(chilli optional)</i>	18.5

SWEETS FULL RANGE DISPLAYED AT FRONT COUNTER

COLD DRINKS PLEASE SEE THE BACK OF THE MENU & DRINKS FRIDGE

KIDS PLEASE SEE SEPARATE KIDS MENU

BEER / WINE / COCKTAILS SEE SEPARATE DRINKS LIST (AVAILABLE FROM 10AM)

CASH ACCEPTED / 1.5% TRANSACTION FEE ON CARDS / 5% WEEKEND SURCHARGE / 15% SURCHARGE ON PUBLIC HOLIDAYS

DRINKS

JUICES

	REGULAR 11	LARGE 14
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, ginger	
IMMUNITY SHOT - 5.5	Orange, ginger, turmeric, cracked pepper	

SHAKES

	SOY / ALMOND / OAT / COCONUT / LACTOSE FREE 1.4
MILKSHAKE	chocolate / caramel / strawberry / vanilla 9
THICKSHAKE	chocolate / caramel / strawberry / vanilla 10
w/ Malt - 0.7	
w/ Vegan or Whey protein powder GF - 3.5	
CHAI SHAKE	11
PILGRIMS ESPRESSO SHAKE	11
NUTELLA OR BISCOFF SHAKE	10

SMOOTHIES

	SOY / ALMOND / OAT / COCONUT / LACTOSE FREE 1.4
choice of fruit, honey, cinnamon & milk	
BANANA / MANGO / STRAWBERRY / COMBO	10
w/ Dates - 1 // icecream - 1.5 // yoghurt / Biscoff - 2	
w/ Chunky Dave's peanut butter / coconut yoghurt - 2.5	
w/ Vegan or Whey protein powder GF - 3.5	
MANGO LASSI (VGO)	Mango chunks, mango nectar & yoghurt - substitute for coconut yoghurt 10

HOT

	SOY / ALMOND / OAT / COCONUT / LACTOSE FREE 0.8
BLACK	5 / 6
WHITE	5.5 / 6.5
HOT CHOCOLATE	5.5 / 6.5
CHAI LATTE	5.5 / 6.5
TURMERIC LATTE	Turmeric, pepper, cinnamon & honey / maple 5.5 / 6.5
MATCHA LATTE	(organic - add honey or cinnamon) 6 / 7
MOCHA / DIRTY CHAI	6 / 7
BREWED VEGAN PRANA CHAI	6.7
BISCOFF LATTE	5.5 / 6.5
BABYCCINO	(served w/ vegan marshmallow) 3
PUPPUCCINO	(lactose free milk froth w/ ice cubes) 3
- add freeze dried doggo PB ice cream + 6	

SIGNATURE DRINKS

COCONUT CLOUD	Coconut cold foam, coconut water, vanilla, matcha 12
MONT BLANC	P&R cold brew, coconut cold foam, orange zest, nutmeg 11
OLD FASHIONED	P&R cold brew, citrus, panella, rosemary 11

ICED

	SOY / ALMOND / OAT / COCONUT / LACTOSE FREE 0.8
ICED LATTE	7
ICED LONG BLACK	6.5
ICED MATCHA	(strawberry / blueberry / Biscoff 1) 8
ICED TEA	(served w/ seasonal fruits) 8

ORGANIC LOOSE LEAF TEA

	W/ YOUR CHOICE OF MILK / HONEY / MAPLE / LEMON 5.5
English Breakfast / Earl Grey / Peppermint / Green Lemon Myrtle & Ginger / Chamomile	
PUREZZA SPARKLING WATER	- bottle (750ml) 7

SEE SEPARATE KIDS MENU & DRINKS LIST FOR BEER / WINE / COCKTAILS

KIDS MENU

UNDER 12 ONLY

SERVED ALL DAY

KIDS PANCAKES	11
A single buttermilk pancake served with banana, strawberries, ice cream & maple	
KIDS BREKKIE BURGER (GFO+1.5)	11
Fried egg, cheese, avocado & BBQ sauce on a toasted mylk bun	
KIDS CHEESE BURGER (GFO+1.5) (VGO +1)	12
Impossible mince pattie, cheese, lettuce, tomato & bbq sauce on a toasted mylk bun	
CHEESE TOASTIE (GFO+1.5) (VGO +1)	9
Thick cut bread toasted w/ double cheese - avo / tomato +1ea // egg +3.5	
KIDS TOAST (GFO+1.5) (VGO)	9
Toasted sourdough or thick cut toast served w/ your choice of Pepe Saya butter or Nuttalex / jam / peanut butter / Vegemite / Nutella / Biscoff	
KIDS EGGS (GFO+1.5)	9.5
Choice of Fried/Poached/Scrambled egg served on sourdough or thick cut toast w/butter	
BANANA BREAD (VGO)	9
Served w/ Pepe Saya cultured butter, Nuttalex, peanut butter, Nutella or Biscoff	
AÇAÍ CUP GF VEGAN	10
Açaí, house granola, banana, strawberries - Nutella or Biscoff +2 / peanut butter +2.5	
HASH BROWNS (2) GF VEGAN	6
Served w/ tomato sauce	
KIDS CHIPS GF VEGAN	6
Served w/ tomato sauce	
KIDS SWEET POTATO FRIES GF VEGAN	7
Served w/ tomato sauce	
POPCORN CAULIFLOWER GF VEGAN	13
Served w/ tomato sauce & aioli	

KIDS DRINKS Alternative milk +80c

JUICE	Choice of combination - apple/pineapple/watermelon/orange	5.5
MILKSHAKE	Chocolate / Caramel / Strawberry / Vanilla - Thickshake +1	5.5
NUTELLA OR BISCOFF SHAKE		6.5
SMOOTHIE	Mango / Banana / Strawberry	5.5
HOT CHOCCY	Served warm w/ marshmallow in a takeaway cup	5.5
BISCOFF LATTE	Served warm w/ marshmallow in a takeaway cup	5.5
BABYCCINO	Served warm w/ vegan marshmallow in a takeaway cup	3

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DRINKS LIST

BEERS

CORONA 11

BALTER XPA 12

STONE & WOOD PACIFIC ALE 12

GREAT NORTHERN SUPER CRISP 3.5% 10

BROOKVALE UNION GINGER BEER 12

COCKTAILS

MIMOSA 14

Tread softly prosecco, freshly juiced orange, strawberry

ELDERFLOWER SPRITZ 18

Edinburgh elderflower gin, prosecco, soda, celery, cucumber

SPICY GRANNY 18

Fireball cinnamon whisky, freshly juiced apples, cinnamon sugar rim, apple wedge

COCONUT MARGARITA 20

Coconut salt rim, 1800 coconut tequila, triple sec, agave, lime, fresh pineapple

RED WINE (V) G 14 / B 42

LOVE NOT WAR ORGANIC SHIRAZ

FARM HAND ORGANIC CABERNET SAUVIGNON

WHITE WINE (V) G 14 / B 42

NO EVIL ORGANIC SAUVIGNON BLANC

TREAD SOFTLY PINOT GRIGIO

SPARKLING (V)

TREAD SOFTLY PROSECCO - 250ml 15

*All wines are vegan & free or low of sulphites and/or preservatives

