



PILGRIMS®

- VEGETARIAN CAFE -

EST 1980

Cronulla

MENU

PILGRIMS CRONULLA



www.pilgrimsronulla.com.au



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WELCOME TO PILGRIMS CRONULLA!

Please place your order at the counter or using the QR code when ready.
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** 1.5) / (**GF WRAP** 3.8)
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>	28
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>	24
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>	19
GRANOLA (VGO) GF	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>	19
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</i>	10
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</i>	10

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>	74
FULL BREAKFAST (GFO)	Fried or poached free range eggs, mushrooms, roasted cherry tomatoes, herb potato, sesame crusted avo, house-made baked beans, garnish greens, toasted sourdough & Pepe Saya Butter <i>w/ scrambled eggs 1 / chilli parmesan scrambled eggs 2 / avocado 5 / haloumi 6</i>	32
VEGAN BREKKIE BOWL VEGAN (GFO)	Sesame crusted avocado, herb potatoes, mushrooms, sauteed kale, house-made baked beans, roasted cherry tomatoes, sourdough <i>w/ tofu 5 / hash browns 6</i>	32
MUSHROOM SOURDOUGH (VGO) (GFO)	Roasted mushrooms, 2 poached eggs, fetta, hommus, chilli oil, sauteed kale, lemon, garnish greens, Pepe Saya cultured butter, sourdough (VGO <i>w/ sesame crusted avocado</i>)	30
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	28
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>	29
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>	25
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>	26
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>	25
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>	20
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>	20
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 / Nuttelex / 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 3.8 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 [GFO] - GROUNDPAKE GF BREAD 1.5 / GF WRAP 3.8

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 (VGO w/ vegan cheese optional)	21
MILLENNIUM [GFO] VEGAN	Curry lentil pattie - fried onion, avocado, lettuce, beetroot, cucumber, sprouts, aioli & sweet chilli sauce on a toasted mylk bun	21
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	23
HALOUMI [GFO]	Grilled haloumi, roast field mushroom, avocado, tomato, rocket, pesto & mayo on a toasted mylk bun <i>w/ fried egg 3.5</i>	21
VEEF [GFO] (VGO)	Impossible mince pattie, lettuce, tomato, Spanish onion, Westmont pickles, cheese, aioli & relish on a toasted mylk bun (VGO w/ vegan cheese) <i>w/ double pattie & cheese 6</i>	22
TRUFFLE VEEF [GFO] (VGO)	Impossible mince pattie, lettuce, fried onion, field mushroom, double cheddar, truffle mayo & pickles on a toasted mylk bun (VGO w/ vegan cheese and house-made vegan aioli)	24

COMBO - ADD A SMALLER SIDE TO YOUR BURGER / WRAP / TOASTIE / SAMBO
CHOICE OF CHIPS 7 or **SWEET POTATO FRIES 8** - *w/ house-made vegan aioli 1*

SIDES

CHIPS - Served w/ house-made vegan aioli VEGAN GF	11
SWEET POTATO FRIES - Tasmanian sweet potato fries served w/ house-made vegan chipotle aioli VEGAN GF	12
TRUFFLE PARMESAN FRIES - Crispy fries loaded with truffle mayo, parmesan & chives GF	15
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	14
HASH BROWNS - 2 per serve VEGAN GF	6

WRAPS

TOFU WRAP VEGAN [GFO]	Marinated tofu, fried onion, lettuce, tomato, carrot, quinoa salad & peanut sauce in a wrap	19
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>	20
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>	18

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>	25
THE SAGE (VGO) (GF)	Fresh salad greens, edamame, avocado, almonds, cherry tomatoes, cucumber, walnuts, Danish fetta & pepitas w/ a side of miso & roast sesame dressing <i>w/ tofu 5 / haloumi 6 / falafel 6.5</i>	26
FALAFEL BOWL (VGO) (GF)	Falafel, haloumi, sesame crusted avocado, tabouli, hommus, sweet & spicy pickles, fresh greens & lemon (VGO w/ roast field mushroom)	28

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

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>	16
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>	16
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>	17
SALAD SAMBO (VGO) (GFO)	On lightly toasted thick-cut bread, avocado, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber, sprouts & fresh greens (VGO w/ vegan cheese optional)	16
FALAFEL SAMBO (VGO) (GFO)	Smashed falafel, lettuce, tomato, beetroot, Spanish onion, pickles, cheddar, house aioli, tomato & eggplant relish on thick cut bread (chilli / VGO w/ vegan cheese optional)	19

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)

DRINKS

JUICES

REGULAR **11.5** LARGE **14.5**

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 **1.6**

MILKSHAKE	chocolate / caramel / strawberry / vanilla	9
THICKSHAKE	chocolate / caramel / strawberry / vanilla	10
<i>w/ Malt 1</i>		
<i>w/ Vegan or Whey protein powder</i>	GF 3.8	
CHAI SHAKE		11
ESPRESSO SHAKE		11
NUTELLA OR BISCOFF SHAKE		10

SMOOTHIES

SOY / ALMOND / OAT / COCONUT / LACTOSE FREE **1.6**

Choice of fruit, honey, cinnamon & milk	
BANANA / MANGO / STRAWBERRY / COMBO	10
<i>w/ Dates 1 // ice cream 2 // yoghurt / Biscoff 2</i>	
<i>w/ Chunky Dave's peanut butter / coconut yoghurt 2.5</i>	
<i>w/ Vegan or Whey protein powder</i>	GF 3.8
GREEN SMOOTHIE	Whey protein, avocado, kale, banana, coconut water, supergreens (VGO w/ vegan protein) 14

MANGO LASSI	Mango chunks, mango nectar & yoghurt (VGO w/ coconut yoghurt 1) 10
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SEE SEPARATE KIDS MENU & DRINKS LIST FOR BEER / WINE / COCKTAILS

HOT

SOY / ALMOND / OAT / COCONUT / LACTOSE FREE

0.9

BLACK	5.2 / 6.2
WHITE	5.5 / 6.5
HOT CHOCOLATE	5.5 / 6.5
CHAI LATTE	5.5 / 6.5
TURMERIC LATTE	Turmeric, pepper, cinnamon & honey / maple 5.8 / 6.8
MATCHA LATTE	Organic - add honey or cinnamon 6.2 / 7.2
MOCHA / DIRTY CHAI	6.2 / 7.2
BREWED VEGAN PRANA CHAI	7
BISCOFF LATTE	<i>add espresso shot 0.8ea</i> 6 / 7
BABYCCINO	Served w/ vegan marshmallow 3
PUPPUCCINO	Lactose free milk froth w/ ice cubes 3

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
MILO MOCHA CLOUD	2 x espresso, 2 x milo, oat milk, coconut cold foam	12
ICED BANANA CHAI	Banana, chai, oat milk, cold foam, cinnamon dust	12
UBE MATCHA CLOUD	Matcha, coconut milk, purple ube coconut cold foam	12

ICED

SOY / ALMOND / OAT / COCONUT / LACTOSE FREE

0.9

ICED LATTE	7.5
ICED LONG BLACK	7
COLD BREW	7.5
ICED MOCHA	8
ICED CHAI/BISCOFF	<i>add espresso shot 0.8ea</i> 7.5
ICED MATCHA	Strawberry / blueberry / banana / Biscoff 1 // Coconut foam 2 8.5
ICED TEA	Sugar free, served w/ seasonal fruits 8

ORGANIC LOOSE LEAF TEA

W/ YOUR CHOICE OF MILK / HONEY / MAPLE / LEMON

6

English Breakfast / Earl Grey / Peppermint / Green Lemon Myrtle & Ginger / Chamomile
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PUREZZA SPARKLING WATER	bottle (750ml) 7.5
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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



KIDS MENU

UNDER 12 ONLY

SERVED ALL DAY **[GFO]** - GROUNDPAKE GF BREAD 1.5

KIDS PANCAKES (VGO)	14
A single buttermilk pancake served with banana, strawberries, ice cream & maple (VGO w/ coconut yoghurt)	
KIDS BREKKIE BURGER (GFO)	13
Fried egg, cheese, avocado & BBQ sauce on a toasted mylk bun	
KIDS CHEESE BURGER (GFO) (VGO)	14
Impossible mince pattie, cheese, lettuce, tomato & bbq sauce on a toasted mylk bun	
CHEESE TOASTIE (GFO) (VGO)	9
Thick cut bread toasted w/ double cheese - <i>avo / tomato 1ea // egg 3.5</i>	
KIDS TOAST (GFO) (VGO)	9
Toasted sourdough or thick cut toast served w/ your choice of Pepe Saya butter or Nuttelex / jam / peanut butter / Vegemite / Nutella / Biscoff	
KIDS EGGS (GFO)	10
Choice of Fried/Poached egg served on sourdough or thick cut toast w/butter - <i>Scrambled 1</i>	
BANANA BREAD (VGO)	10
Served w/ Pepe Saya cultured butter, Nuttelex, peanut butter, Nutella or Biscoff	
AÇAÍ CUP [GF] [VEGAN]	12
Açaí, house granola, banana, strawberries - <i>Nutella or Biscoff 2 / peanut butter 2.5</i>	
HASH BROWNS (2) [GF] [VEGAN]	6
Served w/ tomato sauce	
KIDS CHIPS [GF] [VEGAN]	7
Served w/ tomato sauce	
KIDS SWEET POTATO FRIES [GF] [VEGAN]	8
Served w/ tomato sauce	
POPCORN CAULIFLOWER [GF] [VEGAN]	14
Served w/ tomato sauce & aioli	

KIDS DRINKS ALTERNATIVE MILK 0.9

JUICE Choice of combination - apple/pineapple/watermelon/orange	6
MILKSHAKE Chocolate / Caramel / Strawberry / Vanilla - <i>Thickshake 1</i>	6
NUTELLA OR BISCOFF SHAKE	7
SMOOTHIE Mango / Banana / Strawberry	6
HOT CHOCCY Served warm w/ marshmallow in a takeaway cup	5.5
BISCOFF LATTE Served warm w/ marshmallow in a takeaway cup	6
BABYCCINO Served warm w/ vegan marshmallow in a takeaway cup	3