

# PILGRIMS®

- VEGETARIAN CAFE -

EST 1980

Hi and welcome to Pilgrims! We aim to serve you the yummiest, freshest & healthiest dishes, treats & drinks. Please sit wherever you like & have a look at the menu. When you are ready to order please place it at the front counter. Sit back, relax and we will bring everything out to your table. Feel free to grab the newspaper or a magazine while you are waiting. Please ask any of our lovely staff if you have any questions about the menu.

## BURGERS

mixed grain pattie: organic brown rice, grains, peanut & egg  
curry lentil pattie: lentils, organic brown rice & curry spices

**BLISS** mixed grain pattie, fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce on a toasted wholemeal roll **15**

**MILLENIUM** **vegan & gluten free available** curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini dressing & sweet chilli sauce on a toasted wholemeal roll **15**

**SPROUT** mixed grain pattie, rice salad, tabouli, cheese, tomato, sprouts, hommous & special sauce on a wrap **15**

**KIDS** mixed grain pattie, fried onion, cheese, sprouts & special sauce on a toasted wholemeal roll **12**

**TOFU** **vegan & gluten free available** marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce on a wrap **15**

**HARVEST** mixed grain pattie, fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll **15**

**MOUNTAIN** mixed grain pattie, fried onion, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll **17**

## PIES

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

- pie **6**
- vegan pie **7**
- pie served with hommous & sprouts **8**
- pie served with avocado, tabouli, fetta, olives & greens **13**
- pie served with mixed salad **17**

## MIXED SALAD

rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, greens, olives, fetta & hommous, dressed with extra virgin olive oil & lemon **15**

- add tofu or pattie **3**

## WRAPS

**#1** rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommous or vegan mayo on a wrap **12**

**#2** avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommous or vegan mayo on a wrap **12**

**#3** boiled egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & hommous or vegan mayo on a wrap **12**

## TOASTIES





GLUTEN FREE AVAILABLE

**#1** avocado, tomato, onion, cheese & cracked pepper on wholemeal bread **7**

**#2** tomato, basil, onion, cheese & cracked pepper on wholemeal bread **7**

**#3** fried egg, onion, cheese & cracked pepper on wholemeal bread **7**

IF YOU HAVE ANY ALLERGIES PLEASE LET US KNOW SO WE CAN ACCOMMODATE YOUR NEEDS

 pilgrims.cafe  @pilgrimscafe  (02) 4455 3421  Shop 8/9, 97 Princes Hwy, Milton NSW 2538

# BREAKFAST (SERVED TILL 12)

<b>PANCAKES</b> buttermilk pancakes served with butter & organic maple syrup	15
<b>PANCAKES W/ LOT</b> buttermilk pancakes served with banana, yoghurt & organic maple syrup	17
<b>BUCKWHEAT PANCAKES</b> <b>gluten free, vegan available</b> served with mixed berries & honey	17
<b>GRANOLA</b> <b>gluten free</b> pilgrims homemade granola, served with yoghurt, mixed berries, local honey & a side of milk	12
<b>BANANA BREAD</b> pilgrims homemade banana bread served with fresh ricotta & local honey	7
<b>FRUIT BREAD</b> berry bakery organic sourdough fruit bread served with butter	6
<b>SOURDOUGH W/ PRESERVES</b> berry bakery organic sourdough with pilgrims homemade preserves	7
<b>BREAKFAST BURGER</b> avocado, melted cheese, roast mushroom, roast tomato, fried egg, vegan mayo & fresh greens on a toasted wholemeal roll	14
<b>TOMATO ROCKET &amp; FETTA SOURDOUGH</b> tomato, fetta, locally grown rocket, extra virgin olive oil & cracked pepper on berry bakery organic sourdough	14
<b>AVOCADO SOURDOUGH</b> avocado, cracked pepper & a slice of lemon on berry bakery organic sourdough	10
<b>PESTO SOURDOUGH</b> avocado, roast mushroom, pilgrims homemade pesto, local greens, extra virgin olive oil, cracked pepper & a slice of lemon on berry bakery organic sourdough	18
<b>MUSHROOM SOURDOUGH</b> roast mushroom & cracked pepper on berry bakery organic sourdough	15
<b>EGGS SOURDOUGH</b> local free range eggs, scrambled or fried on berry bakery organic sourdough	13
<b>FULL BREAKFAST</b> local free range eggs, roast mushroom, roast tomato, roast herb potato & pilgrims homemade baked beans on berry bakery organic sourdough - choose scrambled or fried eggs	22
<b>CORN FRITTERS</b> <b>gluten free</b> with avocado, roast tomato and pilgrims homemade chilli jam	16
<b>SIDES:</b> roast mushroom, roast tomato, roast herb potato, pilgrims homemade baked beans, avo	4
GF bread	1

## JUICES Small 7 Regular 8 Jumbo 11

<b>BOMBIE</b> carrot, apple, beetroot, celery, ginger	
<b>GOLFIE</b> pineapple, orange, watermelon	
<b>BOBS REEF</b> carrot, orange, ginger	
<b>CRYSTALS</b> orange, strawberry, mango	
<b>BLACK ROCK</b> orange, apple, strawberry, banana	
<b>GREEN ISLAND</b> grapefruit, apple, celery	
<b>BACK BEACH</b> apple, orange, mixed berries	
<b>BUCKLEYS</b> apple, cucumber, celery, ginger, lemon	

## HOT DRINKS

<b>Single O Coffee</b>		<b>loose leaf tea</b>	4
regular	4	earl grey	
large	4.5	organic english breakfast	
pot of brewed chai	5	organic green	
pot of brewed spiced cacao	5	organic peppermint	
pot of brewed dandy chai	5	organic chamomile	
dandy latte	4	organic lemongrass	
chai latte	4		
hot chocolate	4		
tumeric latte chai	5		

## SHAKES

chocolate / strawberry / vanilla / caramel thickshake	7
chai shake	8
pilgrims espresso shake w/ bonsoy or almond	8
	1

## SMOOTHIES

banana / strawberry / mango / mixed berry	8
mango lassi w/ bonsoy or almond	7
w/ icecream	1

## SWEETS

<b>displayed at front counter</b>	
muffins baked daily	5
honey oat slice	4
anzac biscuit	1
choc fudge brownie	4
date & carob ball	4