

**PILGRIMS**<sup>®</sup>  
- VEGETARIAN CAFE -  
EST 1980

## WELCOME TO PILGRIMS BRONTE

### HOW TO ORDER

Thanks for stopping by, we're stoked to have you! When you're ready, please place your order at the front counter. If you have any questions about the menu, our team are here to help.

### OUR FOOD

At Pilgrims, we serve fresh, healthy and delicious vegetarian food, treats and drinks. Our menu is satisfying, generous, simple, nutritious and affordable. We cook with wholegrains, legumes, lots of fresh fruit and vegetables and natural fats and oils.

### DIETARY REQUIREMENTS

Our menu has lots of different options for people with dietary requirements and allergies. Most dishes can be adjusted to suit your needs, but please advise staff of any allergies when you order. We've also included our vegan and gluten free favourites on the menu to make it easy!

Peanuts are used extensively in our menu and kitchen. If you have a nut allergy, please let our staff know as soon as possible.

10% surcharge applies on Sundays, 15% on public holidays.  
Credit card fees apply on all transactions, ask staff for details.

## DRINKS

### JUICE

Pilgrims Cold Pressed Small 7 | Regular 9 | Large 11

**BOMBIE** Carrot, apple, beetroot, celery, ginger

**GOLFIE** Pineapple, orange, watermelon

**BOGEY HOLE** Spinach, parsley, cucumber, celery, lemon, ginger

**OJ** Straight-up

### SHAKES

**CHOCOLATE / STRAWBERRY / VANILLA / CARAMEL** 8

**THICKSHAKE / ESPRESSO SHAKE / CHAI SHAKE** 9

Ice cream +1 Soy, almond, oat or macadamia mylk +1

### SMOOTHIES

**BANANA / STRAWBERRY / MANGO / BERRY** 9

**MANGO LASSI** 9

**CRYSTALS FRAPPE** Orange, Strawberry, Mango 9

**PILGRIMS GREEN SMOOTHIE** Bogey Hole juice (cucumber, celery, lemon, ginger, spinach, parsley), banana, coconut and super greens 10

**PILGRIMS MUSCLE SMOOTHIE** Avocado, banana, protein, maple syrup and coconut mylk 10

Yoghurt +1 Soy, almond, oat or macadamia mylk +1  
Marine collagen +2 Vegan protein +2

## SWEETS

**MUFFINS BAKED DAILY** 5

**ANZAC BISCUIT** 1.5

### HOT DRINKS

**PILGRIMS COFFEE** S 4 | L 5

**BREWED CHAI WITH HONEY** 5

**CHAI LATTE** Add coffee + .50 5

**HOT CHOCOLATE** 4

**OVVIO ORGANIC LOOSE LEAF TEA** 4.5

Earl Grey, English Breakfast, Rise & Shine, Chamomile, Peppermint, Ayurvedic Vata

Soy, almond, oat or macadamia mylk + .50

### KIDS

**JUICE** 5

**MILKSHAKE** 5

**SMOOTHIE** 5

**BABYCINO** Free with a Cino Crew keep cup! 1

### SPARKLING

**KOMBUCHA** 5

**UNLIMITED SPARKLING WATER** 5

**SLICE - HONEY OAT** 4

**CHOC FUDGE BROWNIE** 4

# BREAKFAST

7AM - 11:45AM

## SAVOURY

GLUTEN FREE ALTERNATIVE Wholegreen Bakery sourdough +2

<b>TOAST</b>	Iggy's sourdough - <i>choose jam, peanut butter, honey or Vegemite</i>	7
<b>EGGS ON SOURDOUGH</b>	Free range eggs, Pilgrims farmed greens on Iggy's sourdough - <i>choose scrambled or fried eggs</i>	15
<b>FULL BREAKFAST</b>	Free range eggs, roast mushrooms, roast tomatoes, roast herb potatoes, Pilgrims baked beans and Pilgrims chilli jam with Iggy's sourdough - <i>choose scrambled or fried eggs</i>	23
<b>PESTO SOURDOUGH</b>	Avocado, roast mushrooms, Pilgrims pesto and Pilgrims farmed greens on Iggy's organic sourdough	18
<b>CORN FRITTERS</b>	Corn fritters served with avocado, roast tomato, Pilgrims chilli jam and Pilgrims farmed greens	20
<b>HALOUMI STACK</b>	Haloumi, fried eggs, roast tomatoes, avocado, Pilgrims chilli jam and Pilgrims farmed greens on Iggy's organic sourdough	18
<b>AVOCADO SOURDOUGH</b>	Avocado and lemon on Iggy's organic sourdough	11
<b>MUSHROOM SOURDOUGH</b>	Iggy's organic sourdough served with roast mushrooms, avocado, Pilgrims farmed greens and lemon	15
<b>BREKKY BURGER</b>	Avocado, cheese, roast mushrooms, roast tomatoes, fried egg, Pilgrims farmed greens and mayo on a toasted wholemeal roll	15
<b>BREKKY BURRITO</b>	Avocado, tomato, Pilgrims farmed greens, roast mushrooms, fried egg, haloumi, roast herb potatoes, Pilgrims pesto, hommus and sriracha on a toasted wrap	16
<b>ADD-ONS</b>	Roast mushrooms   Roast tomatoes   Roast herb potatoes Pilgrims baked beans   avocado   haloumi	4
<b>SWEET</b>		
<b>PANCAKES</b>	Buttermilk pancakes served with butter and maple syrup	18
<b>PANCAKES WITH THE LOT</b>	Buttermilk pancakes served with banana, mixed berries, yoghurt and maple syrup	20
<b>GRANOLA</b>	Granola, served with yoghurt, banana, mixed berries, honey and milk	15
<b>BANANA BREAD</b>	Fresh banana bread with ricotta and honey	9
<b>ACAI BOWL</b>	Açaí blended with fruit and topped with granola, fresh strawberries, banana, honey and coconut flakes <b>Add:</b> Peanut butter +2	15

# BREAKFAST

7AM - 11:45AM

## VEGAN FAVOURITES

<b>VEGAN FULL BREAKFAST</b>	Iggy's organic sourdough served with tofu, roast mushrooms, roast tomatoes, roast herb potatoes, Pilgrims baked beans, Pilgrims farmed greens and Pilgrims chilli jam	23
<b>VEGAN BREKKY BURRITO</b>	Avocado, tomato, Pilgrims farmed greens, roast mushrooms, tofu, vegan cheese, roast herb potatoes, hommus and sriracha on a toasted wrap	17
<b>MUSHROOM SOURDOUGH</b>	Iggy's organic sourdough served with roast mushrooms, avocado, Pilgrims farmed greens and lemon	15
<b>BUCKWHEAT PANCAKES</b>	Buckwheat pancakes served with banana, mixed berries and maple syrup	19
<b>ACAI BOWL</b>	Açaí blended with fruit and topped with granola, fresh strawberries, banana, honey and coconut flakes <b>Add:</b> Peanut butter +2	15
<b>VEGAN BANANA BREAD</b>	Fresh banana bread with Nuttelex and cinnamon sugar	8

## GLUTEN FREE FAVOURITES

<b>GLUTEN FREE FULL BREAKFAST</b>	Free range eggs, roast mushrooms, roast tomatoes, roast herb potatoes, Pilgrims baked beans and Pilgrims chilli jam with Wholegreen Bakery sourdough - <i>choose scrambled or fried eggs</i>	25
<b>GLUTEN FREE AVOCADO SOURDOUGH</b>	Avocado and lemon on Wholegreen Bakery gluten free sourdough	13
<b>GLUTEN FREE BREKKY BURRITO</b>	Avocado, tomato, Pilgrims farmed greens, roast mushrooms, fried egg, haloumi, roast herb potatoes, Pilgrims pesto, mayo and sriracha on a toasted gluten free wrap	17
<b>BUCKWHEAT PANCAKES</b>	Buckwheat pancakes served with banana, mixed berries and maple syrup	19

## KIDS

<b>EGGS</b>	Free range eggs on Iggy's sourdough toast - <i>choose scrambled or fried</i>	10
<b>PANCAKES</b>	Buttermilk pancakes - <i>choose banana and maple syrup or choc chips</i>	12
<b>CHEESE JAFFLE</b>	Toasted cheese jaffle	10

# LUNCH

12PM - 3PM

## BURGERS & WRAPS

MIXED GRAIN PATTIE	Organic brown rice, grains, peanuts and egg	ALL BURGERS CAN BE SERVED AS WRAPS OR BUN-LESS	Gluten free wrap +1
CURRY LENTIL PATTIE	Lentils, organic brown rice and curry spice	CHECK OUT OUR VEGAN AND GLUTEN FREE FAVOURITES	
<b>BLISS BURGER</b>	Mixed grain pattie, fried onion, avocado, cheese, tabouli, sprouts, special sauce and peanut sauce on a toasted roll		17
<b>MILLENNIUM BURGER</b>	Curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, Pilgrims farmed greens, sprouts, tahini dressing and sweet chilli sauce on a toasted roll		17
<b>MOUNTAIN BURGER</b>	Mixed grain pattie, fried onion, cheese, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts and special sauce on a toasted roll		18
<b>HARVEST BURGER</b>	Mixed grain pattie, fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts and special sauce on a toasted roll		15
<b>HALOUMI BURGER</b>	Haloumi, fried onion, tomato, Pilgrims farmed greens, hommus and Pilgrims chilli jam on a toasted roll		16
<b>TOFU WRAP</b>	Tofu, fried onion, cheese, rice salad, lettuce, tomato, fresh greens and peanut sauce on a toasted roll		16
<b>TABOULI WRAP</b>	Tabouli, rice salad, lettuce, carrot, beetroot, tomato, cucumber, sprouts, Pilgrims farmed greens and hommus on a wrap		16
<b>AVOCADO WRAP</b>	Avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts, Pilgrims farmed greens and hommus on a wrap		16
<b>BURRITO</b>	Spicy black beans, refried potato, brown rice, cheese, guacamole, sour cream and chilli salsa on a toasted wrap		17
<b>BURGER OR WRAP COMBO</b>	Add Veggie Chips to any burger or wrap		6
<b>ADD-ONS</b>	Tofu   Egg   Avocado   Haloumi		4

## TOASTIES

<b>AVOCADO TOASTIE</b>	Avocado, tomato, fried onion and cheese on Iggy's sourdough bread	14
<b>EGG TOASTIE</b>	Fried egg, fried onion and cheese on Iggy's sourdough bread	10
<b>SALAD SAMBO</b>	Iggy's bread, hommus, lettuce, carrot, beetroot, cheese, tomato, cucumber and Pilgrims farmed greens	14

# LUNCH

12PM - 3PM

## BOWLS & PIES

<b>MIXED SALAD BOWL</b>	Rice salad, tabouli, avocado, beetroot, carrot, tomato, cucumber, Pilgrims farmed greens, olives, feta, hommus, olive oil and lemon <b>Add: Tofu   Egg   Haloumi +4</b>	17
<b>BUN-LESS BURGER BOWL</b>	Choose your favourite burger, served fresh in a bowl with extra mixed salad <b>Add: Tofu   Egg   Avocado   Haloumi +4</b>	18
<b>PIES</b>	Spinach / Lentil / Spicy Kidney Bean / Curry Lentil / Pumpkin / Vegan Roast Vegetable <b>Add: Avo and tabouli +8</b>	7

## SIDES

<b>PILGRIMS VEGGIE CHIPS</b>	Parsnip, carrot and beetroot chips, served with chipotle aioli	8
<b>ADD-ONS</b>	Tofu   Egg   Avocado   Haloumi	4

## VEGAN FAVOURITES

<b>MILLENNIUM BURGER</b>	Curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, Pilgrims farmed greens, sprouts, tahini dressing and sweet chilli sauce on a toasted roll	17
<b>VEGAN PIE WITH SALAD</b>	Roast vegetable and black bean pie with avocado and tabouli	15
<b>VEGAN AVOCADO TOASTIE</b>	Avocado, tomato, onion and vegan cheese on Iggy's sourdough bread	11

## GLUTEN FREE FAVOURITES

<b>GLUTEN FREE MILLENNIUM WRAP</b>	Curry lentil pattie, fried onion, avocado, lettuce, beetroot, cucumber, Pilgrims farmed greens, sprouts, tahini dressing and sweet chilli sauce on a gluten free wrap	18
<b>MIXED SALAD BOWL</b>	Rice salad, tabouli, avocado, beetroot, carrot, tomato, cucumber, Pilgrims farmed greens, olives, feta, hommus, olive oil and lemon <b>Add: Tofu   Egg   Haloumi +4</b> or Curry lentil pattie <b>+3</b>	17
<b>GLUTEN FREE AVOCADO TOASTIE</b>	Avocado, tomato, onion and cheese on Wholegreen Bakery sourdough	12

## KIDS

<b>CHEESE JAFFLE</b>	Toasted cheese jaffle	10
<b>BURGER</b>	Mixed grain pattie with cheese on a toasted roll   <b>Add: Little Veggie Chips +5</b>	10
<b>PILGRIMS VEGGIE CHIPS</b>	Kids sized portion of our parsnip, carrot and beetroot chips, served with chipotle aioli	6

# DINNER

5:30PM - LATE

## SHARE PLATES

<b>DIPS PLATE</b>	Mexican black bean brew, homemade guacamole, sour cream and a fresh tomato Spanish onion and coriander salsa served with a side of corn chips	17
<b>QUESADILLA</b>	Spinach and ricotta sautéed in Mexican spices, sandwiched in a soft tortilla and toasted, served with lemon	17
<b>CHIPS &amp; GUACAMOLE</b>	Corn chips served with homemade guacamole	11
<b>GARDEN SALAD</b>	Fresh salad greens, Roma tomato, cucumber, Spanish onion, red capsicum, fetta, olives, pine nuts and dressing	15

## MAINS

<b>BURRITO</b>	Spicy red beans, refried potato, brown rice, cheese, guacamole, sour cream and salsa, wrapped in a lightly toasted tortilla	18
<b>NACHOS</b>	Corn chips with melted cheese, Mexican red beans, guacamole, sour cream and salsa	19
<b>SOFT TACOS</b>	Choice of red or black beans, refried potato, guacamole, cheese, sour cream, tomato salsa and jalapeño salsa with four toasted soft taco tortillas	23
<b>ENCHILADA</b>	Soft tortilla filled with Mexican red beans, baked and topped with tomato passata and melted cheese, served with sour cream, guacamole and salsa and sides of refried potato and brown rice	23
<b>NORTH SHORE PLATE</b>	Mexican black bean brew on a bed of brown rice, combined with sides of sour cream, guacamole, jalapeño salsa, lettuce, tomato salsa and toasted homemade corn bread	23
<b>BURRITO BOWL</b>	An open bowl with all of our burrito ingredients, minus the tortilla, served with extra mixed greens	23
<b>CHEF'S SPECIAL BURRITO</b>	Filled with spinach and ricotta, refried potato, cheese, tomato salsa and avocado, wrapped in a lightly toasted tortilla wrap topped with passata and melted cheese	21
<b>ADD-ONS</b>	Jalapeno salsa   Corn chips   Guacamole   Sour cream   Corn bread   Refried potato	4

## KIDS

<b>KIDS QUESADILLA</b>	Soft tortilla filled with melted cheese	8
<b>KIDS NACHOS</b>	Corn chips with melted cheese and Mexican red beans	10
<b>CHEESE JAFFLE</b>	Toasted cheese jaffle	10
<b>KIDS ROAST POTATOES</b>	Roast potatoes served with tomato sauce	8

# DINNER

5:30PM - LATE

## SIDES

<b>PILGRIMS VEGGIE CHIPS</b>	Parsnip, carrot and beetroot chips, served with chipotle aioli	8
<b>ADD-ONS</b>	Jalapeno salsa   Corn chips   Guacamole   Sour cream   Corn bread   Refried potato	4
<b>EXTRA OR GLUTEN FREE TORTILLA</b>	Gluten free wrap or extra soft tortilla	1

## SWEETS

<b>COOKIE STACK</b>	Homemade Anzac biscuit ice cream sandwich with caramel sauce	8
<b>NUTELLA QUESADILLA</b>	Nutella with your choice of strawberries or banana, sandwiched in a soft tortilla and toasted, topped with ice cream and dusted with icing sugar	12
<b>BRONTE BROWNIE</b>	Chocolate fudge brownie, served warm with ice cream	8
<b>KIDS ICE CREAM</b>	Vanilla ice cream with choice of topping - <i>choose chocolate, strawberry or caramel</i>	4
<b>AFFOGATO</b>	Vanilla ice cream topped with hot espresso   Add: Frangelico +6	8.5

## DRINKS

### ALCOHOL

See Drinks Menu

### BEER

### WINE

### COCKTAILS

### SPIRITS

## SHAKES

<b>CHOCOLATE / STRAWBERRY / VANILLA / CARAMEL</b>	8
<b>THICKSHAKE</b>	9
<b>ESPRESSO SHAKE / CHAI SHAKE</b>	9

Ice cream +1

Soy, almond, oat or macadamia mylk +1

## JUICE

Pilgrims Cold Pressed Small **7** | Regular **9** | Large **11**

**BOMBIE** Carrot, apple, beetroot, celery, ginger

**GOLFIE** Pineapple, orange, watermelon

**BOGEY HOLE** Spinach, parsley, cucumber, celery, lemon, ginger

**OJ** Straight-up

## SPARKLING

<b>KOMBUCHA</b>	5
<b>UNLIMITED SPARKLING WATER</b>	5