

An aerial photograph of a rugged coastline. The left side shows dark, layered rock formations meeting the sea. The water is a vibrant turquoise color, with white foam from waves crashing against the rocks. A small figure of a person is visible in the water on the right side.

PILGRIMS®

- VEGETARIAN CAFE -

EST 1980

WELCOME TO PILGRIMS!

We aim to serve up fresh, healthy dishes, treats & drinks. Grab a table & have a look at the menu. When you are ready, please order at the front counter and the Pilgrims crew will bring the food & drinks out to your table. Help yourself to water and read any of the magazines or papers while we whip up the best vegetarian food in Milton.

BURGERS (LUNCH MENU AVAILABLE ALL DAY)

- BLISS** mixed grain patty, fried onion, avocado, cheese, tabouli, sprouts, special sauce & peanut sauce on a toasted wholemeal roll - our most popular burger! 17
- MILLENIUM** curry lentil patty, fried onion, avocado, lettuce, beetroot, cucumber, sprouts, tahini & sweet chilli sauce on a toasted wholemeal roll - an ideal GF (ask us to change the bun) option (V) 17
- SPROUT** mixed grain patty, rice salad, tabouli, cheese, tomato, sprouts, hommous & special sauce on a wrap 17
- KIDS** mixed grain patty, fried onion, cheese, sprouts & special sauce on a toasted wholemeal roll 14
- TOFU** marinated tofu, fried onion, rice salad, tomato, lettuce & peanut sauce on a wrap (V) 17
- HARVEST** mixed grain patty, fried onion, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll 17
- MOUNTAIN** mixed grain patty, fried onion, pineapple, egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts & special sauce on a toasted wholemeal roll 19

WRAPS

- #1 WRAP** rice salad, tabouli, lettuce, carrot, beetroot, tomato, cucumber, sprouts and *hommous* or *vegan mayo* on a wrap (V) 14
- #2 WRAP** avocado, lettuce, carrot, beetroot, tomato, cucumber, sprouts and *hommous* or *vegan mayo* on a wrap (V) 14
- #3 WRAP** boiled egg, lettuce, carrot, beetroot, tomato, cucumber, sprouts and *hommous* or *vegan mayo* on a wrap 14

OUR PATTIES - \$4

MIXED GRAIN PATTY: organic brown rice, grains, peanut & egg

CURRY LENTIL PATTY: lentils, organic brown rice & curry spices (GF + Vegan)

**WANT YOUR
BURGER AS A
WRAP? JUST ASK.**

MIXED SALAD

This generous salad plate includes our rice salad, tabouli, lettuce, beetroot, carrot, tomato, cucumber, local greens, olives, alfalfa sprouts, fetta & hommous, dressed with extra virgin olive oil and lemon 18

- Add Tofu, a Patty or Avocado +4

PILGRIMS HOUSE-MADE PIES

- **Vegan** • **Spinach** • **Lentil** 7
- **Spicy Kidney Bean** • **Curry Lentil** • **Pumpkin**

Pie served with hommous & sprouts 10

Pie served with avocado, tabouli, fetta, olives & local greens 17

Pie served with mixed salad 22

TOASTIES

#1 TOASTIE avocado, tomato, onion, cheese & cracked pepper on sourdough 12

#2 TOASTIE tomato, basil, onion, cheese & cracked pepper on sourdough 12

#3 TOASTIE fried egg, onion, cheese & cracked pepper on sourdough 12

ALLERGIES OR DIETARY NEEDS?

If you have **any allergies or dietary needs** please tell our staff when ordering at the counter.

- **GF** bread/buns are available.
- Many dishes can be made **Vegan or Dairy Free** - ask the friendly Pilgrims crew for suggestions!
- Please note that **traces of nuts and egg** are unavoidable, as all dishes are prepared in the same cooking environment.

EXTRAS

- Add Tofu or a Patty +4
- Side of Avocado +4
- Pilgrims' house-made Peanut Sauce or Chilli Jam +3
- GF Bun / Bread +2
- Fried Egg or Grilled Pineapple +2

PLEASE NOTE THAT THERE IS A SUNDAY SURCHARGE OF 10% AND A PUBLIC HOLIDAY SURCHARGE OF 15%.

BREAKFAST [AVAILABLE UNTIL 12:00PM]

PANCAKES buttermilk pancakes served with butter & organic maple syrup	18
PANCAKES WITH THE LOT buttermilk pancakes served with fresh banana, yoghurt & organic maple syrup	20
BUCKWHEAT PANCAKES served with mixed berries & organic maple syrup (GF/V)	20
GRANOLA Pilgrims' homemade granola, served with yoghurt, mixed berries, local honey & milk on the side (GF)	15
BANANA BREAD 1 slice of Pilgrims' homemade banana bread served with coconut yoghurt, fresh banana and organic maple syrup (GF/V)	14
FRUIT BREAD Berry Bakery's organic sourdough fruit bread served with butter	8
TOAST & JAM Berry Bakery's organic sourdough with Pilgrims' homemade mixed berry jam	8
BREAKFAST BURGER avocado, melted cheese, roast mushroom, fresh tomato, fried egg, vegan mayo & local greens on a toasted wholemeal roll	17
TOMATO, ROCKET & FETTA SOURDOUGH tomato, fetta, locally grown rocket, extra virgin olive oil & cracked pepper on Berry Bakery's organic sourdough	15
AVOCADO SOURDOUGH avocado, cracked pepper & a slice of lemon on Berry Bakery's organic sourdough (V)	15
PESTO SOURDOUGH avocado, roast mushroom, Pilgrims' homemade pesto, local greens, extra virgin olive oil, cracked pepper & a slice of lemon on Berry Bakery's organic sourdough (V)	19
MUSHROOM SOURDOUGH roast mushroom & cracked pepper on Berry Bakery's organic sourdough (V)	15
EGGS SOURDOUGH your choice of <i>fried</i> or <i>scrambled</i> local free range eggs on Berry Bakery's organic sourdough	14
FULL BREAKFAST your choice of <i>fried</i> or <i>scrambled</i> local free range eggs, roast mushroom, roast tomato, roast herb potato & Pilgrims' homemade baked beans on Berry Bakery's organic sourdough	24
CORN FRITTERS with avocado, roast tomato and Pilgrims' homemade chilli jam (GF)	18
SIDES Roast Mushrooms, Roast Cherry Tomatoes, Roast Herb Potatoes or Pilgrims' Baked Beans	+4

FRESH JUICES

REGULAR \$9 OR JUMBO \$12

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

GREEN ISLAND grapefruit, apple, celery

BACK BEACH apple, orange, mixed berries

BUCKLEYS apple, cucumber, celery, ginger, lemon

SHAKES

Milkshake (Chocolate / Strawberry / Vanilla / Caramel) 8

Thickshake (Chocolate / Strawberry / Vanilla / Caramel) 9

Pilgrims' Chai Milkshake 9

Pilgrims' Espresso Milkshake 9

Iced Chocolate (w/ icecream & cream) 7

Iced Coffee (w/ icecream & cream) 7

w/ Bonsoy, Oat or Almond Milk +1

SMOOTHIES

Choice of Banana, Strawberry, Mango or Mixed Berry 8

Mango Lassi 8

w/ Bonsoy, Oat or Almond Milk +1

w/ Icecream +1

COFFEE BY SINGLE O

Batch Brew - Rotating Single Origins 4.5/5

Espresso / Short Black / Machiatto 3

Piccolo 3.5

Regular 4.5

Large 5

LOOSE LEAF TEAS

Organic Earl Grey, English 4

Breakfast, Green, Peppermint,
Chamomile or Lemongrass

OTHER BREWS

Pot of Brewed Chai 5

Pot of Brewed Spiced Cacao 5

Pot of Brewed Dandy Chai 5

Tumeric Latte Chai 5

Chai Latte 4.5

Hot Chocolate 4.5

w/ Bonsoy, Oat or Almond Milk +50

w/ Extra Espresso Shot +50

SWEET TOOTH?

Pilgrims' famous sweet treats are displayed at the front counter - including our signature daily muffins, brownies, date and carob balls and anzacs.



📍 @pilgrimscafe

📍 pilgrimsmilton.com.au

Photography by 📷 @trenny_m

☎️ (02) 4455 3421

📍 Shops 8/9/10, 97 Princes Hwy, Milton NSW 2538