

PILGRIMS

Shops 8 + 9, 'The Settlement'

97 Princes Hwy. Milton

P. (02) 4455 3421 |  @pilgrimscafe

Iconic vegetarian eatery. Serving the community since 1980. Well known for its veggie burgers, homemade pies, fresh juices, wholesome brekkies and great coffee. Vegan + Gluten free options. Rear garden courtyard or soak up the village on the Milton footpath. Eat-in + Take-away. [Fully Licensed](#).

OPEN 7 DAYS | Weekdays 9am-3pm | Weekends 8am-3pm.



MILK HAUS

170 Woodstock Rd. Milton

P. 0409 158 167 |  @milkhausmilton

Café + Kitchen Garden + Accommodation + Cooking school


With character + charm, the renowned Milk HAUS precinct is home to the iconic eatery. The eatery's passionate team curate a seasonal menu that caters for curious + conscious diners. The venue is an idyllic setting for breakfast, lunch + events. When you visit explore the onsite kitchen garden, chook HAUS + pop-up retail stores. Events + small functions welcome. [Fully Licensed](#).

OPEN 5 DAYS | Thurs – Mon 8.30am–3pm.



SALT & SPENCER

Lower level - 72 Golf Ave. Mollymook

P. (02) 4455 1911 |   @saltandspencermollymook

www.mollymookgolf.com.au/salt-and-spencer

Step off the sandy South Mollymook beach and into the inviting space of Salt & Spencer. Here, light bites, freshly brewed coffee, signature cocktails, day to night dining options, with live music and events await within its indoor and outdoor spaces. [Fully Licensed](#).

OPEN 7 DAYS Breakfast + Lunch | Mon - Sun 7am-2pm

OPEN 3 DAYS Dinner | Thurs - Sat 5.30pm-8.30pm

OPEN 7 DAYS Outdoor Kiosk | Mon - Sun from 7am-3pm.

Pet Friendly.



BAAR BAAR MILTON

Shop 3, 65 Princes Hwy. Milton

P. 0460 880 188 |  @baarbaarmilton

www.baarbaarmilton.com.au

Authentic Indian food that is popular for the assured consistency of food with the marriage of flavours + textures to provide traditional dishes along with a menu extending to dishes with a difference. [Fully Licensed](#).

OPEN 6 DAYS | Tues – Thurs 5pm-9pm

Fri + Sat 5pm-10pm | Sun 5pm-9pm.



CARLOS ITALIAN RISTORANTE BAR & SEAFOOD

18 Wason St. Ulladulla

P. (02) 4455 2443 |   @carlos_italian_bar_and_seafood

www.tonysbarandseafood.com.au

Award winning restaurant serving classic Italian traditional food with a modern twist + state of the art Cocktail Bar. Very good with a mix of Italian Pizza and Seafood. Open area for private small and large groups. [Fully Licensed](#).

OPEN 6 DAYS | Tues – Sun | Lunch 11am-1.30pm

Dinner from 5.30pm.



MILTON HOTEL

74 Princes Hwy. Milton

P. (02) 4454 0727 |   @the.milton.hotel

www.themiltonhotel.com | info@themiltonhotel.com

The Milton Pub – your local – a place for families. Cold beer on the deck, a whiskey in the lounge or a Saturday feed with friends with family, or a cocktail with the girls on a Friday night. Sydney Morning Herald Good Food Guide 2024 – One Hat. From the celebrated public bar, 'Dangerous Ales'. On Tap, live music, beer garden, wine lounge. Functions. [Fully Licensed](#).

OPEN 5 DAYS | Wed – Thurs from 3.30pm

Fri - Sat from 12pm | Sun 12pm-4pm.



THE PRICKLY PEAR RESTAURANT MILTON

Shop 11 'The Settlement'

97 Princes Hwy. Milton

P. (02) 4454 3082 |   @pricklypear_milton

www.pricklypearmilton.com.au

In the heart of Milton's Settlement is the Prickly Pear Restaurant. Family owned + run, we have a passion for seafood and Mediterranean style flavours. In our fabulous, newly renovated space, we pride ourselves on our warm service where everyone feels comfortable and walks out the door with full bellies and smiles on their faces. Fully Licensed with many wine, beer, spirits and delicious cocktail options. Daily specials and vegetarian dishes always available. [Fully Licensed](#).

OPEN 4 DAYS | Lunch Thurs - Sat 12noon-2pm

Dinner Wed – Sat from 5:30pm.



MERRY STREET RESTAURANT & BAR

3A Merry St. Kioloa

P. 0438 068 999 |  @merrystreetrestaurant

www.merrystreet.com.au | info@merrystreet.com.au

Nestled in Kioloa, close to beautiful Merry Beach, an ideal restaurant for all occasions with a casual atmosphere and friendly staff. Varied menu fresh local seafood, pasta, steak, risotto and daily specials. Great range of wine, beer + cocktails. Takeaway, vegetarian and gluten free options available. [Fully Licensed](#).

OPEN 4 DAYS | Dinner Thurs – Sat from 6pm.



ALTAR WINE BAR

71 Croobyar Rd. Milton

P. 0408 514 156 |   @altarwinebarmilton

www.altarwinebarmilton.com.au

Set in the green gardens of The Old Church at Milton, Altar Wine Bar offers a selection of Australian and International wine, cocktails and beers alongside a modern, seasonally inspired menu designed to showcase the best of local produce. The secret garden setting, with live music every Fri, Sat + Sun, in a central Milton location, makes it the perfect spot to unwind with family and friends. [Fully Licensed](#).

OPEN 3 DAYS | Fri 2pm-8pm | Sat + Sun 12noon-8pm

Christmas extended hours.



BANNISTERS PAVILION ROOFTOP BAR & GRILL

87 Tallwood Ave. Mollymook

P. (02) 4454 7400 |  @bannisterspavilion

www.bannisters.com.au/venue/rooftop-bar-grill/

info@bannisters.com.au

Choose relaxed dining in the treetops of Mollymook. Delicious light bites, salads, stunning burgers, steaks and sides. The Rooftop's seasonal menu has something for everyone, great for an afternoon cocktail. [Fully Licensed](#).

OPEN 7 DAYS | Dinner 5pm-8.30pm

Lunch Sat + Sun 12.30pm-2.30pm | Ext. hours over summer holidays.



RICK STEIN AT BANNISTERS

191 Mitchell Pde. Mollymook

P. (02) 4454 7400 |   @ricksteinatbannisters

www.bannisters.com.au/venue/rick-stein-mollymook/

info@bannisters.com.au

Incredible seafood, simply prepared. The finest locally sourced seafood from ocean to plate every day with a wide-ranging wine list to compliment every course. [Fully Licensed](#).

OPEN 7 DAYS | Dinner Mon - Sun | Lunch Sat - Sun.



CUPITT'S ESTATE

58 Washburton Rd. Ulladulla

P. (02) 4455 7888 |   @cupittsestate

www.cupittsestate.com.au | info@cupitt.com.au

Restaurant + Tours + Winery + Brewery + Accommodation

"5 Star Winery" – James Halliday's Wine Companion 2024. Just minutes from Ulladulla Harbour and Mollymook Beach, family-owned and operated, Cupitt's Estate is a winery, brewery and restaurant with casual and formal dining options and spectacular views of the estate vineyard, Burrill Lake and Budawang Ranges. You can also enjoy wine tasting, tours, weekly live music and luxury Villa accommodation. Cupitt's Estate is the perfect South Coast backdrop and winery getaway for any and every occasion, a must-see on your trip to the region. [Fully Licensed](#).

OPEN 7 DAYS | Cellar Door Mon - Sun 10am-5pm.

OPEN 7 DAYS | Restaurant + Outdoor Dining Mon - Sun from 11.30am.

Visit website for menu options, special events + live music.



BEST

SHOPPING DINING + WINE

MILTON MOLLYMOOK ULLADULLA + ABOUT



HARBOUR BOOKSHOP ULLADULLA

Shop 5, Rowen's Arc. Ulladulla
P. (02) 4454 4044 |   @harbourbookshopulladulla_ www.harbourbookshop.com.au | mail@goodbooks.net.au

Located conveniently in Rowen's Arcade, Ulladulla, this Bookshop holds a well-deserved reputation for stocking an impressive selection of books to suit a diverse range of readers. In addition discover the latest in music, Vinyl LP's, DVD's, toys, games, puzzles and gifts. Our friendly, knowledgeable team are happy to help you find the right book and can order in that special gift.

OPEN 6 DAYS | Mon - Fri 9am-5pm | Sat 9am-1pm.
Check for longer summer trading hours.



GO VITA HEALTH NUTRITION CENTRE

Your Health Shop
Shop 16 Rowens Arc. Ulladulla
P. (02) 4455 3565 |   @govitaustralia | info@govitaulladulla.com

Your vitality.....our passion..... Expect advice from the people who know. Full range of supplements, sports proteins, gluten and dairy free products. Dried fruit + nuts, raw honey, fresh peanut butter. Water filters and natural bodycare.

OPEN 6 DAYS | Mon-Fri 9am-5pm | Sat 9am-1pm.



SACHI BOUTIQUE

Shop 17, 107-109 Princes Hwy. Ulladulla
P. (02) 4455 2544 |   @sachiboutique

Explore modern day fashion essentials from Elk, Oneseason, Eb&Ive, Goondiwindi, Shanty, Holiday, Humidity and Lou Lou. Jewellery from Petals, Fabienne, Tiger Tree. Leather from Dusky Robin and Elk. Home fragrance and body products from Palm Beach Collection and Myrtle & Moss. Giftware from Koh Living and Sanctuary Studio.

OPEN 6 DAYS | 7 DAYS Sept - April.



ESSENCE OF MILTON

77 Princes Hwy. Milton
P. (02) 4455 7155 |   @essenceofmilton

Wander into Essence of Milton for stylish coastal lifestyle clothing and accessories. Whether you are feeling your relaxed country vibe or playful spirit. We have beautiful items that we can help you mix and match for day and night! Our flattering range of swimwear + sarongs will have you radiating self confidence and femininity.

OPEN 7 DAYS | Mon – Sat 10am-4pm | Sun 10am-3pm.



BEAUTY INDULGENCE DAY SPA

29 Church St. Milton
P. (02) 4455 1192 |   @beautyindulgencemilton www.beautyindulgence.com.au

Relax with a choice of customised facials, enjoy a Pedicure in our luxurious recliner chairs, or a massage with your loved one in the couples room. Book a group of friends and enjoy the privacy of the whole house for the complete indulgent experience. Eye of Horus make-up, Pure Fiji + Dermalogica skincare.

OPEN 4 DAYS | Wed – Fri 8.30am-7pm | Sat 9.30am-4pm.



CASHMERE ESSENTIALS

Shop 2, 65 Princes Hwy. Milton
P. (02) 4455 7425 |   @cashmereessentials www.cashmereessentials.com

Luxury womens and mens cashmere clothing - premium Scottish and Italian yarns. Shop stylish rainwear by Ilse Jacobsen, Regn/Æ classic pants by Lisette L, Danish silks by Dea Kudibal & Charlotte Sparre + jewellery by Najo + Sybella.

OPEN 7 DAYS | Mon – Sat 10am-4pm | Sun 10am-3pm.



SPACES 2538

Shop 1, 103 Princes Hwy. Milton
P. (02) 4455 4026 |   @spaces.2536.2538

This space is brimming with an ever-changing collection of homewares. Dive into a feather filled cushion lover's dream, an array of quality candles, furniture, rugs, art, bodycare, stoneware and an amazing range of linen bedwear.

OPEN 7 DAYS | Sun-Fri 9.30am-4pm | Sat 9am-4.30pm.



SARAH GABRIELLE

Shop 2, The Gatehouse, 61 Princes Hwy.
Cnr. Myrtle + Princes Hwy. Milton
P. (02) 4454 5700 |   @sarahgabriellemilton www.sarahgabrielle.com.au

Casual + Resort + Evening + Formal.

Treat yourself to the Sarah Gabrielle fashion experience. All the accessories and shoes to match. Amazing fashion – incredible service. Relaxed ambience.

OPEN 7 DAYS | Mon - Fri 10am-4.30pm
Sat 10am-4pm | Sun 10am-3pm.



GALLERY ALCHEMY

Shop 2, 74 Princes Hwy. Milton
P. 0403 999 181 |  @gallery.alchemy | www.galleryalchemy.com
Gallery Alchemy is a contemporary art gallery in the heart of Milton, NSW. Established Feb 2021. Exhibiting the work of emerging and established artists and makers by both local and International artists with regularly changing exhibitions.

OPEN 5 DAYS | Wed - Sat 10am-4pm | Sun 10am-2pm.



THE WONDERING MIND

Shop 6A, 'The Settlement Milton'
P. 0423 207 420 |  @thewonderingmindmilton www.thewonderingmind.com.au

Expand your wondering mind with this uniquely curated selection of quality pre-loved books, both children's and adult – award winning and classic authors with a diverse range of non fiction. Huge variety of greeting cards, art and products.

OPEN 5 DAYS | Thurs – Mon 10am-3pm.



WOODSTOCK CHOCOLATE CO.

Shop 1, 92 Princes Hwy. Milton
P. (02) 4454 8030 |   @woodstockchocolateco www.woodstockchocolateco.com

Handmade by Artisan chocolate maker using the highest grade Belgian chocolate combined with the finest ingredients. Fabulous for events, business, weddings, parties or a chocolate hit!!

OPEN 7 DAYS | Mon - Sun.



M@41 BOUTIQUE

Shop 2, 41 Wason St. Milton
P. 0448 591 415

M@41 is a boutique nestled into the charm of Milton, offering style and special pieces to women, the concept of the store is 'less is more' investing in beautiful pieces that provide longevity! Carefully curated collections from Australian, New Zealand and Italian designers, complemented by jewellery, shoes, bags and fragrance.

OPEN 7 DAYS | Mon – Sat 10am-4pm | Sun 10am-2pm.



MILTON IGA LIQUOR

84-88 Princes Hwy. Milton
P. (02) 4455 1233 |   @miltonigaplusliquor www.igamilton.com.au

Bottle Shop - Discover fine Australian wines with a constant update on the latest from across the country, spirits, champagnes, bulk vintage port + imported beer. Events large or small catered for.

Deli - Meats, cabinet showcasing gourmet cheeses, salads, BBQ chickens, salamis, cold meats, olives, sundried tomatoes.

Gourmet Butcher – Quality products in store.

OPEN 7 DAYS | Mon – Thurs 7.30am-8pm | Fri 7.30am-9pm
Sun 7.30am-8pm.



THE FISH SHOP

Princes Hwy. Burrill Lake
P. (02) 4455 1906 |   @thefishshopburrilllake

The locals know that this is definitely 'the best fish + chips' in the area. Fresh and cooked local fish, all boneless, local prawns + lobsters when available. We cook using the best cholesterol free and transfat free oil. Ample parking.

OPEN 7 DAYS | Fri + Sat 11am-7pm | Sun - Thurs 11am-6.30pm.
Ext. summer hours.



OCEANVIBE CAFE

Shop 1, 92 Princes Hwy. Ulladulla
P. (02) 4480 4111 |   @oceanvibeulladulla

The views are still fantastic overlooking the iconic Ulladulla Harbour. Perfectly placed to start the day – Perfect venue for weddings + functions. Inside comfort or stunning views from the balcony + lawn area where there is plenty of room for dogs. [Fully Licensed](#).

OPEN 7 DAYS | Mon - Sun | Breakfast 7.30am-11am

Lunch 11.30am-2.30pm

Light Snacks + Bar 2.30pm-3pm. | Cake + Coffee 2pm-4pm.



NATIVE

Shop 2, 84 Princes Hwy. Ulladulla
P. (02) 4455 4789 |   @native_cafe <https://native-cafe.nextorder.com/>

Native is a coffee institution for good reason – very good coffee. Fresh, healthy breakfast + lunch options. Soak up the Harbour views. Eat-in + take-away. Dinner menu a-la-carte and specialising in fresh seafood options simply cooked.

OPEN 7 DAYS | Mon – Sat 6.30am-2.30pm
Sun 6.30am-2.30pm | Dinner Thurs, Fri, Sat + Sun 5pm-8.30pm.



FLOUR WATER SALT BAKERY

87 Princes Hwy. Milton
P. (02) 4454 2504 |  @flourwatersaltbakery www.flourwatersalt.com.au

Organic hand-crafted artisan sourdough bread with hand crafted cakes, biscuits and pastries with barista made Ambrosia coffee. Your go-to for everyday catering, small or large. Breakfast + lunch – grab + go and sit for awhile indoor + outdoor.

OPEN 5 DAYS | Tues – Fri 8am-4pm | Sat 8am-3pm.



TANOSHI JAPANESE RESTAURANT

Shop 4, Ulladulla Plaza
107-109 Princes Hwy. Ulladulla
P. 0484 223 743 |   @tanoshiulladulla

Extraordinary food at unbeatable prices – authentic sushi and sashimi including Wagyu Beef Roll, Nasu Dengaku, Spider Roll, Teriyaki Chicken to name just a few. BYO.

OPEN 5 DAYS | Tues - Sat 11.30-2.20pm | Dinner 5pm-7.50pm.



THAI FLAVORS MOLLYMOOK

11 Golf Ave. Mollymook
P. 0423 239 246 |   @thaiflavorsmollymook

The go-to Thai restaurant in the area, showcasing vibrant and exotic flavors of Thailand. Classic authentic favourites with vegetarian and seafood options. Dine in + Take away. [Fully Licensed](#).

OPEN 7 DAYS | Lunch 11.30am-3pm | Dinner 4.30pm-9pm.



WHAT'S UP BOWL

Shop 2, 107 Princes Hwy. Milton
P. (02) 4425 3009 | P. 0432 891 644

Popular Thai + Asian dishes all in a Bowl, celebrating the rich Asian tradition. Choose from this extensive menu – taste the tradition. Dine in + Take away. [Fully Licensed](#).

OPEN 4 DAYS | Coffee + Dumplings Cart | Thurs – Sun from 8.30am.

OPEN 6 DAYS | Lunch Mon, Tues, Thurs, Fri, Sat + Sun 11am-3pm
Dinner 4.30pm-9pm | Closed Wed.

