

# Breakfast

7AM- 12PM

- DUKKAH SCRAMBLED EGGS (v)** \$25  
Fluffy scrambled eggs topped with goats cheese, dukkah and honey drizzle on sourdough
- SMASHED AVOCADO (ALL DAY) (v)** \$22  
roast tomato, spanish onion, ricotta, balsamic reduction & basil oil on toasted sourdough  
add: (2) poached eggs \$7 • bacon \$6.5
- BACON & EGG ROLL (ALL DAY)** \$18.5  
homemade relish & aioli, on a wholemeal damper roll  
add: melted provolone cheese \$2 | avocado \$2.5 | Hash brown \$4
- VEGETARIAN ROLL (v)** \$18.5  
sweet potato rosti, avocado, spinach, mushroom, fried egg & relish on a wholemeal damper roll
- PROTEIN STACK (gf)** \$29  
Grilled steak, poached eggs, bacon, salad toss, seeds, avocado served with a sweet pot rosti and aioli
- MAGIC MUSHIES (v)** \$24  
Marinated portobello mushrooms, herbs, kale, poached egg, walnuts served on toasted soy linseed bread & whipped stracciatella cheese add bacon \$6.5 • smoked salmon \$6.5
- GREEN GOODNESS BOWL (gf/v)** \$26  
kale, quinoa, avocado, grilled halloumi, poached eggs, toasted seeds + side of beetroot hummus  
add bacon \$6.5 • smoked salmon \$6.5
- EGGS BENEDICT** \$28  
Poached eggs, hollandaise, avocado, side salad toss, served on sourdough with a choice of Smoked Salmon or Bacon

## PANCAKES

**RICOTTA PANCAKES** seasonal berries, whipped mascarpone & maple syrup \$ 24  
Add bacon \$6.5

**KIDS PANCAKES** two ricotta pancakes w/Nutella & strawberries OR banana & maple syrup \$17

## ACAI BOWLS

ALL DAY \$21

- ORIGINAL ACAI BOWL**  
organic acai, topped with house made granola, strawberries, banana, coconut flakes
- PB ACAI BOWL**  
organic acai, topped with house made granola, cacao nibs, peanut butter, banana
- ACAI BOWL TROPICANA**  
organic acai topped with house made granola, kiwi, strawberries, blueberries, passionfruit, coconut flakes  
GF granola available

## BUILD YOUR BREKKIE • \$16

Kids portions available upon request  
7AM-12PM

**STEP 1**  
Sourdough Soy linseed GF toast (\$1.5)

**STEP 2**  
Scrambled Poached Fried Eggs

### ADD - ONS :

- Bacon \$6.50
- Halloumi \$6.50
- Beef Sausage \$4.90
- Kale \$4.50
- Sautéed mushrooms \$5.50
- Feta \$5.50
- Spinach \$4.50
- Avocado \$5.50
- Roast tomato \$4.5
- Sweet potato rosti \$5
- Smoked salmon \$6.5
- Hash brown \$4

## LIGHT MEALS

ALL DAY

- FRUIT & NUT BREAD** \$17  
low fat ricotta, strawberries, honey, walnuts & a sprinkle of cinnamon
- YOGHURT BOWL** \$12  
side granola & honey - Add seasonal fruit \$8
- FRITTATA** \$19  
pumpkin, semi dried tomato, feta & basil with a side of mix salad (gf)
- BIRCHER BOWL** \$17  
oats, yoghurt, honey, almonds, sultana, cranberries, dried apricots topped with kiwi, passionfruit, shaved coconut & strawberry
- TOASTED HAM & CHEESE CROISSANT** \$11
- TOAST** \$9.5  
sourdough or soy linseed - choices of vegemite, jam, peanut butter, nutella (gf \$1.5)
- BERRIES ON BANANA BREAD** \$14  
served with seasonal berries & side of espresso mascarpone

CHECK DISPLAY CABINET FOR OUR DAILY SELECTION OF WRAPS

**Albert &  
Moore**  
Freshwater

# Lunch

11AM-3PM

- GRILLED CHICKEN BURGER BOWL (gf)** \$25  
grilled chicken, avocado, slaw, melted provolone cheese, mix salad with mustard vinaigrette, side of chilli mayo & sweet potato wedges
- BEEF BURGER BOWL** \$25  
beef pattie, crispy bacon, melted provolone cheese, gherkins, mix salad with mustard vinaigrette, mustard burger mayo & sweet potato wedges
- SUPERFOOD SALAD (gf/vg)** \$21  
broccoli, pepitas, tomato, sweet potato, mix leaf, kale, capsicum, crushed almonds topped with a herb dressing, add grilled free-range chicken \$7.5 • steak \$8.5 • grilled Atlantic salmon \$11.5
- LAMB SALAD (gf)** \$29  
Grilled marinated Lamb drizzled with chimichurri, side roast cauliflower salad w rocket, pomegranate, walnuts, lemon & olive oil dressing, side of hummus.
- BUDDHA BOWL (gf/vg)** \$24  
chickpeas coated in chilli & turmeric, avocado, quinoa, mix leaf salad, capsicum sauce, add grilled free-range chicken \$7.5 • steak \$8.5 • grilled Atlantic salmon \$11.50
- VEGAN FALAFEL BOWL (gfo / vg)** \$24  
Pickled red cabbage, house made green tahini dressing, mix leaf & quinoa tabouli salad, pita, hummus & sumac dip
- LENTIL & VEGE BURGER BOWL (gf / v)** \$25  
vege pattie with avocado, haloumi, tzatziki, beetroot hummus, mix salad with mustard vinaigrette & sweet pot wedges

## FROM THE OCEAN

- GRILLED BARRAMUNDI (gf)** \$32  
served with a vibrant salad of mango, cucumber, cherry tomato, crispy onion & fresh herbs, tossed in a chili citrus-herb dressing — finished with a refreshing avocado & pineapple salsa.
- GRILLED SALMON BOWL (gf)** \$29  
grilled salmon with a salad of mixed leaf, beetroot & feta, pickled cabbage, tzatziki, sweet potato wedges
- FISH & CHIPS** \$25  
beer battered flat head with fries, side salad & homemade aioli sauce.
- TUNA POKE BOWL (gf)** \$27  
raw tuna, brown rice, pickled radish, pickled ginger, edamame, red cabbage, mix leaf, avocado, sesame served with a refreshing ginger, lime & tamari dressing.

## BURGERS

Comes with fries or sweet potato wedges

- BEEF BURGER** \$26  
beef pattie, fresh tomato, caramelised onion, crispy bacon, lettuce, provolone cheese, gherkins, mustard aioli
- STEAK SANDWICH** \$26  
steak, provolone cheese, caramelised onions, lettuce, tomato & aioli
- GRILLED CHICKEN BURGER** \$26  
avocado, slaw, provolone cheese, lettuce & chilli mayo

## LUNCH SIDES

- SWEET POT WEDGES & AIOLI** \$9
- FRIES & AIOLI** \$9
- HALLOUMI** \$6.50
- GARDEN SALAD** \$13
- AVOCADO** \$5.5

## KIDS MEALS

\$17

- CHEESEBURGER & CHIPS**  
beef pattie, cheese & tomato sauce
- CHICKEN BURGER & CHIPS**  
Grilled chicken, cheese & tomato sauce
- CHICKEN NUGGETS & CHIPS**
- FISH & CHIPS**

[ALBERTANDMOORE.COM](http://ALBERTANDMOORE.COM)  
[@ALBERT\\_AND\\_MOORE](https://www.instagram.com/ALBERT_AND_MOORE)

Sunday & Public Holiday Surcharge applies  
10%

Visit our website & become an Albert & Moore member to receive promos & offers

# Freshly Squeezed Juices

\$10.50

## DETOX WITH GREENS

lime, ginger, kale, spinach, celery, cucumber, green apple

## MOTHER EARTH

ginger, beetroot, carrot, celery, parsley

## CITRUS

mint, lime, pineapple, passionfruit, orange

## IMMUNE

beetroot, carrot, apple, spinach, lemon

## HYDRATE

watermelon, rockmelon, apple, pineapple

## FLU FIGHTER

orange, pineapple, ginger

## TRADITIONAL SMOOTHIES

milk, yoghurt, honey & ice

\$10 • KIDS: \$8.50

STRAWBERRY

MANGO

BANANA

MIX BERRY

add: soy • almond • oat • coconut • protein: \$1 extra

## MILKSHAKES

\$8.9 • KIDS \$6.90

STRAWBERRY

VANILLA

CHOCOLATE

CARAMEL

# Protein Shakes

\$11.50

## SNICKERS

protein, chocolate, peanut butter, coconut milk, ice (gf)

## BERRY NICE

Protein, coconut water, berries, banana, ice (gf)

## GO GREEN

protein, spinach, orange juice, mango, ice

# Power Shakes

\$11.50

## ACAI

acai, apple juice, banana, ice (gf • df)

## PINK PANTHER

organic dragon-fruit, pineapple juice, banana, ice (gf • df)

## TONIC

watermelon, strawberries, low fat yoghurt, honey, fibre, ice

## CLEAN'N GREEN

spirulina, mint, pear, apple, orange (gf • df)

## OMEGA

chia, avocado, coconut water, berries, honey, ice (gf • df)

**true** Proudly using our local protein supplier. Vegan Protein also available

# Albert & Moore

Freshwater

# Drinks

ORGANIC LEMONADE \$6

GINGER BEER \$6

SPARKLING WATER UNLIMITED \$4

KOMBUCHA \$7

COKE \$6

COKE NO SUGAR \$6

## SWEETS

OAT & DATE BAR \$5.5

GF CHOC BROWNIE \$6.5

CARROT & WALUT CAKE \$7.5

BANANA BREAD (NUT/DAIRY FREE) \$7.5

SMARTIE CHOC CHIP COOKIES \$6

MUFFINS OF THE DAY \$7  
ask for daily flavours

ORANGE & ALMONG CAKE GF/DF \$6.5

LEMON & COCONUT BAR \$5.5

# Beer & Wine

## TAP BEER

4 PINES JAPANESE LAGER 4.5% \$11

BUCKETTY'S PALE ALE 3.5% \$10.50

BUCKETTY'S PINEAPPLE & MANGO SOUR \$12

## BOTTLES

PERONI 5% \$11

APPLE CIDER 5% \$12

willie smith organic organic apples matured with french oak.

TANICA Sydney Spritz \$12

Made with Australian plum & sparkling brut from Savannah Estate in the Hunter Valley NSW

## WHITE

2024 PASQUA PINOT GRIGIO Veneto, Italy \$12 | \$45  
crisp and refreshing with notes of pear, green apple, and citrus. A clean, dry finish with a hint of minerality — the perfect match for seafood or a light lunch.

2022 SAUVIGNON BLANC JOHNSON ESTATE - Marlborough, NZ clean, crisp, citrus notes \$13 | \$49

VALLE DEL RE NV PROSECCO, Vic \$15 | \$55  
fresh apple, and melon aromas along with the faintest hint of elderflowers. Crisp, clean, and delicate with fine bubbles on the palate.

## RED

RIPORTA SANGIOVESE – PUGLIA, ITALY \$13 | \$48  
smooth and medium-bodied with notes of ripe cherry, plum, and a hint of spice. Soft tannins and a velvety finish make it a perfect match for pasta, grilled meats, or hearty salads.

2023 PLANTAGENET THREE LIONS PINOT NOIR \$15 • \$55  
Western Australia - vibrant dark cherry and spiced plum aromatics with lifted raspberry note.

## ROSE

2023 LES PERSIENNES ROSE, FRANCE \$14 | \$55  
delicate and dry with aromas of strawberry, peach, and rose petals. Fresh and elegant on the palate with a crisp, citrus finish — perfect for sunny days and relaxed meals.

Sunday & Public Holiday Surcharge applies 10%, Visit our website & become an Albert & Moore member to receive promos & offers ALBERTANDMOORE.COM

VEGAN: VG • VEGETARIAN: V • GLUTEN FREE: GF • DAIRY FREE: DF