

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

BURGERS

Comes with fries or sweet potato wedges

BEEF BURGER \$26
beef pattie, fresh tomato, caramelised onion, crispy bacon, lettuce, provolone cheese, tomato relish, side gherkin, 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

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Sunday & Public Holiday Surcharge applies
10%

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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
Brown rice, pickled radish, pickled ginger, edamame, red cabbage, mix leaf, avocado, sesame served with a refreshing ginger, lime & tamari dressing.

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

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

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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
CARROT & WALUT CAKE	\$7
BANANA BREAD (NUT/DAIRY FREE)	\$7.5
SMARTIE CHOC CHIP COOKIES	\$5
MUFFINS OF THE DAY	\$6.5
ask for daily flavours	
ORANGE & ALMONG CAKE GF/DF	\$6.5
LEMON & COCONUT BAR	\$5.5

Coffee & Tea

COFFEE	\$4.9 \$5.9
add milk: almond \$1 • coconut \$1 • oat \$1 • soy \$1 • lactose free \$1	
LOOSE LEAF TEA	\$6
peppermint, chamomile, green, earl grey, english breakfast, lemongrass & ginger	
PRANA CHAI	\$6.9
sticky brewed chai topped with your choice of milk. Add grated ginger \$1	
TURMERIC LATTE	\$6.9
MATCHA LATTE	\$5.5 \$6.5
ICED MATCHA LATTE	\$6.9
add strawberry \$1	
ICED LATTE	\$6.5
add ice cream + \$1.5	
ICED MOCHA	\$7
ICED CHOC with ice cream	\$7.5
ICED LONG BLACK (2 shots)	\$5.9
COLD BREW CHAI	\$7.5
sticky chai served with honey, ice, choice of milk	

Beer & Wine

TAP BEER

4 PINES JAPANESE LAGER 4.5%	\$11
BUCKETTY’S PALE ALE 3.5%	\$10.50

BOTTLES

PERONI 5%	\$11
APPLE CIDER 5%	\$12
willie smith organic organic apples matured with french oak.	

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.

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