

toasted sourdough or fruit loaf (v) **

served with homemade jams

seasonal fruit plate (v, vg)**

add greek or coconut yoghurt

house-made granola (v)

coconut yoghurt and seasonal fruit

peninsula free range eggs (v) **

on toasted sourdough (poached or fried)

peninsula free range eggs with bacon **

on toasted sourdough (poached or fried)

house-made polenta bread (v)

spiced baked beans, wilted spinach

roasted pumpkin (v, vg)

pumpkin, mixed grains and seeds, avocado,
beetroot pesto, garden greens

peninsula free range scrambled eggs (v) **

grilled halloumi, raw beets, soft herbs, zaatar, preserved
lemon, ciabatta

breakfast additions

add poached egg	extra 3
add bacon	extra 6
add cured salmon	extra 6
add avocado	extra 6
add chorizo	extra 6

***gluten free bread available on request*

v) vegetarian

(vg) vegan

(vg**) vegan on request

our menus incorporate immune boosting ingredients

gluten free bread available on request. whilst we do our best to cater to dietary requirements, we cannot guarantee that there won't be traces of allergens within our kitchen. to discuss further please contact our friendly team directly on (03) 59508777

spa dreaming centre

lunch *(after 11:30am)*

local artisan bread (v, vg **)

local olives, chefs' accompaniments

tart of the day (v, vg)**

served with local produce and house made vegan pastry

please see our staff for our daily special

local mussels

chilli, garlic, heirloom tomato, fresh herbs, local white wine

heirloom beets (v, vg)

heirloom beets, vegan feta, toasted pepper berry macadamia nuts,

phs herbs, organic raspberry vinegar, garden greens

super green salad (v, vg)**

green hummus, local asparagus, zucchini, green capsicum, pea, snow pea, broccolini, celery, kohlrabi, wombok, phs herbs with a apple cider vinegar and local honey dressing

add poached chicken

add paddock reared pork fillet

add fish of the day

phs produce bowl (v, vg)

selection of raw, fermented, pickled garden produce with a grain and seed granola, classic dressing

add poached chicken

add paddock reared pork fillet

add local fish

fish of the day

please see our staff for our daily special

wild harvested kangaroo carpaccio

heirloom beets, pepper berry, organic raspberry vinegar, macadamia oil

victorian lamb fillet

baby spinach, new potatoes, heirloom tomatoes, red onion, prom coast sheep's curd, salsa verde

peninsula hot springs shared assiette for two

chefs selection of three signature dishes

please see our staff for our daily special

cheese platter (v)

selection of local cheeses, quince paste, lavosh

vegan cheese platter (v, vg)

selection of local vegan cheeses, quince paste, crisp bread

v) vegetarian

(vg) vegan

(vg**) vegan on request

our menus incorporate immune boosting ingredients

gluten free bread available on request. whilst we do our best to cater to dietary requirements, we cannot guarantee that there won't be traces of allergens within our kitchen. to discuss further please contact our friendly team directly on (03) 59508777

tart of the day (v, vg)**

served with local produce and house made vegan pastry
please see our staff for our daily special

heirloom beets (v, vg)

heirloom beets, local vegan feta, toasted pepper berry macadamia nuts, phs herbs, organic raspberry vinegar, garden greens

super green salad (v, vg)**

green hummus, local asparagus, zucchini, green capsicum, pea, snow pea, broccolini, celery, kohlrabi, wombok, phs herbs with a apple cider vinegar and local honey dressing

add poached chicken

add paddock reared pork fillet

add local fish

fish of the day

please see our staff for our daily special

victorian lamb fillet

baby spinach, new potatoes, heirloom tomatoes, red onion, prom coast sheep's curd, salsa verde

peninsula hot springs shared assiette for two

chefs selection of three signature dishes

hot drinks

hot chocolate / golden latte / chai latte

organic india tulsi tea

original, green, masala chai, sweet rose

t2 teas– earl grey, english breakfast, peppermint, ginger and lemongrass or chamomile

espresso coffee

cappuccino, café latte, long black, flat white, long macchiato, short macchiato, piccolo latte

(strong or decaf coffee and soy, almond, oat, lactose free milk available on request)

cold drinks

iced coffee / chocolate

calm and stormy sparkling mineral water

emma & tom's - green smoothie, kick starter, cloudy apple, orange

aloe vera water

coconut water

calm and stormy soda – blood orange / raspberry /
lemon lime /pink lady apple

lemon, lime and bitters

organic raspberry kombucha

mock red hill sparkling apple juice

beer and cider

mpb mornington free pale ale – alcohol free

prickly mooses otway light

st andrews beach brewery pilsner

dainton brewery blood orange neipa

red hill brewery golden ale

jetty road brewery pale ale

mock red hill apple cider

main ridge pear cider

mornington peninsula wine

nv foxey's hangout sparkling white

rahona valley riesling

gepetto sauvignon blanc

montalto pennon hill chardonnay

mornington estate sauvignon 'fume' blanc

red claw pinot gris

crittenden estate 'pinocchio' moscato

foxey's hangout rose

foxey's hangout 'red fox' pinot noir

pinocchio sangiovese

bittern estate tempranillo

hickinbotham cabernet sauvignon

mornington estate shiraz

artisan bread (v, vg)

local olives, chefs' accompaniments

red hill cheese platter (v)

selection of local cheeses, quince paste and lavosh

vegan cheese platter (v, vg)

selection of local vegan cheeses, quince paste, crisp bread

ferment and pickle board

a selection of cured meats, local cheese and olives, pickled and fermented vegetables, mushroom rillettes, chefs' accompaniments, toasted artisan bread

*** gluten free available on request*

pizza

margherita pizza (v)

tomato, mozzarella, bocconcini, torn basil

bbq chicken pizza

tomato, bbq sauce, mozzarella, caramelised onion, pine nuts, and roquette

salami pizza

tomato, mozzarella, feta, olive, red onion and capsicum

vegan pizza (v, vg)

beetroot pesto, heirloom tomato, roasted asparagus, vegan feta, herbs

*** gluten free base available on request*

v) vegetarian
(vg) vegan

(vg**) vegan on request

our menus incorporate immune boosting ingredients

gluten free bread available on request. whilst we do our best to cater to dietary requirements, we cannot guarantee that there won't be traces of allergens within our kitchen. to discuss further please contact our friendly team directly on (03) 59508777