

spa dreaming centre

breakfast (*until 10:30am*)

*at peninsula hot springs we celebrate a 'SLOW' food philosophy
(seasonal, local, organic, wholefoods)*

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

add bacon

add cured salmon

add avocado

add chorizo

***gluten free bread available on request*

v) vegetarian (vg) vegan (vg**) vegan on request

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