

spa dreaming centre

**lunch** *(after 11:30am)*

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

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**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*

**heirloom roasted persian spiced cauliflower**

persian spiced heirloom cauliflower, charred capsicum, orange and chipotle emulsion, organic smoked almonds, fresh pomegranate and PHS soft herbs

**house made plant based spelt and herb gnocchi**

wild mushrooms, phs grown sage, thyme, warragal greens, nutritional yeast, local vegan curd

**super green salad (v, vg\*\*)**

green hummus, 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 duck breast

add local fish

**super red salad (v, vg\*\*)**

phs and locally grown red beets, red cabbage, heirloom carrot, red oak, heirloom cauliflower, kale, organic red quinoa, flax seed, sunflower seeds, organic raspberry vinegar local olive oil

add persian spiced cauliflower

add duck breast

add local fish

**fish of the day** *please see our staff for our daily special*

**native curry** *please see our staff for our daily special*

**grass fed ox cheek**

*soft polenta, sauteed garden greens*

**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  
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