

amphitheatre

menu

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

house-made rice paper rolls 10
(please check daily specials)

salads 10
please see our salad display or ask our friendly staff

soup 10
plant based soup of the day, sourdough roll

charcuterie plate 24
selection of cured meats, house pickles, cheese,
artisan bread

picnic hamper for two 60
chia puddings, house made salad, vegan wrap, bliss balls,
fresh fruit, cheeses, crackers, bread sticks

from the kitchen

frittata 13
seasonal ingredient vegetarian frittata of the day

daal 24
pumpkin and turmeric daal, served with roti bread

curry of the day 28
brown rice and roti bread

pork kimchi burger 18
sriracha mayonnaise and slaw

something sweet

bliss balls 4
please see our display or ask our friendly staff

fresh fruit platter 10
seasonal fresh sliced fruit

chia pod 9
almond milk chia pod with fresh berries and granola (vg)

conscious craving tarts 12
please see our display or ask our friendly staff

coffee	5
cappuccino, latte, mocha, long black, short black, flat white, long macchiato, short macchiato, piccolo latte, iced latte <i>(large / strong / soy / almond / oat / lactose free / hemp milk, add 75c)</i>	
hot chocolate	5
<i>(large / strong / soy / almond / oat / lactose free / hemp, add 75c)</i>	
.chai latte	5
<i>(large / strong / soy / almond / oat / lactose free / hemp, add 75c)</i>	
golden latte	5
turmeric, ginger, black pepper, honey, and cinnamon <i>(large / strong / soy / almond / oat / lactose free / hemp milk, add 75c)</i>	
tea	4
earl grey, english breakfast, peppermint, chamomile, lemongrass and ginger	
organic india tulsi tea	4
original, green, masala chai, turmeric and ginger	
fresh juice	10
rejuvenator: pineapple, orange, and watermelon hydrator: apple, cucumber, lemon, and mint awaken: carrot, celery, and apple <i>(vegetable only on request)</i>	