

spa dreaming centre
dine and bathe

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

asparagus tart (v, vg)**

koo wee rup asparagus, fennel jam, vegan dairy smoked chevre, phs grown soft herb and radish salad, caramelised fig

heirloom beetroot

phs grown heirloom beets, main ridge cashmere curd, 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 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

free range chicken breast

ras el hanout free range chicken, roasted garlic and turmeric legume puree, warm house pickled eggplant, toasted puffed grains, sea celery

grass fed ox cheek

soft polenta, sauteed garden greens

peninsula hot springs shared assiette for two

chefs selection of three signature dishes

hot drinks

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)

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

(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.

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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

two boys kombucha

silk road – ginger, lemon myrtle, cinnamon, clove

french kiss – hibiscus, chamomile, lavender, vanilla

mock red hill sparkling apple juice

beer and cider

mpb mornington free pale ale – alcohol free

prickly moses 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

red claw pinot gris

quealy pinot grigio

crittenden estate 'pinocchio' moscato

foxeys hangout rose

foxeys hangout 'red fox' pinot noir

pinocchio sangiovese

crittenden tempranillo

hickinbotham cabernet sauvignon

mornington estate shiraz

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