

spa dreaming centre

breakfast (*until 10:30am*)

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

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**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

please note a 10% surcharge applies on all public holidays

whilst we do our best to cater to dietary requirements, we cannot guarantee that there  
won't be traces of allergens within our kitchen.