

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

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.

spa dreaming centre

lunch *(after 11:30am)*

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

local artisan bread (v, vg **)

local olives, chefs' accompaniments

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

add duck breast

house made vegan spelt gnocchi

sauteed spring garden greens, fresh chilli, preserved lemon, nutritional yeast, whipped vegan curd, local olive oil

super green salad (v, vg)**

green hummus, zucchini, local asparagus, 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

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

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.

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

add duck breast

roasted garden pumpkin

ras el hanout spiced pumpkin, roasted garlic and turmeric legume puree, warm house pickled eggplant, toasted puffed grains, sea celery

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

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

gluten free bread available 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.

spa dreaming centre
dine and bathe

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

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

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 mooses 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

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

gluten free bread available 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.

spa dreaming centre
dine and bathe

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

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

(v) vegetarian (vg) vegan (vg**) vegan on request
gluten free bread available 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.