

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** *(from 11:30am)*

---

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

### **local artisan bread (vg)**

main ridge olives, freshly made dips, lievito sourdough

### **tuerong farm spelt flour tart of the day (vg)**

*please see our staff for our daily special*

### **organic beef native curry**

slow cooked organic beef with native spices, davidson plum,  
macadamias, food bowl saltbush, wattled seed and cinnamon  
infused brown rice, roti

### **house made tuerong farm spelt gnocchi (vg)**

sauteed mushroom forestry mushrooms, food bowl herbs and  
warragul greens, nutritional yeast, garlic confit and whipped yag  
vegan curd

### **paleo bowl**

roasted, pureed, sauteed and pickled food bowl vegetables  
organic grains and seeds, native dukkha,  
add ras el hanout spiced chicken  
add sustainable fish  
add lamb rump

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

food bowl grown beets, red cabbage, heirloom carrot, heirloom  
cauliflower, kale, organic red quinoa, cranberries, flax seed,  
sunflower seeds, organic raspberry vinegar, main ridge olive oil  
add persian spiced food bowl pumpkin  
add duck breast  
add sustainable fish

### **fish of the day**

*please see our staff for our daily special*

### **free range chicken breast**

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

### **peninsula hot springs shared assiette for two**

chefs selection of three signature dishes  
*please see our staff for our daily special*

### **cheese platter (v)**

prom country cheeses, quince paste, lavosh

### **vegan cheese platter (v, vg)**

yag and vegan dairy vegan cheeses, quince paste, lavosh

(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 (from 6pm)

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

---

### **local artisan bread (vg)**

main ridge olives, freshly made dips, lievito sourdough

### **tuerong farm spelt flour tart of the day (vg)**

*please see our staff for our daily special*

### **organic beef native curry**

slow cooked organic beef with native spices, macadamias, davidson plum. food bowl saltbush, wattled seed and cinnamon infused brown rice and roti

### **paleo bowl**

roasted, pureed, sauteed and pickled food bowl vegetables organic grains and seeds, native dukkha.

add ras el hanout spiced chicken

add sustainable fish

add lamb rump

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

food bowl grown beets, red cabbage, heirloom carrot, heirloom cauliflower, kale, organic red quinoa, cranberries, flax seed, sunflower seeds, organic raspberry vinegar, main ridge olive oil

add persian spiced food bowl pumpkin

add duck breast

add sustainable fish

### **fish of the day**

*please see our staff for our daily special*

### **free range chicken breast**

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

### **sautéed mushrooms**

local grown and foraged mushroom forestry mushrooms, creamy soft polenta, garlic confit, food bowl herbs and warragul greens, smoked vegan dairy curd

### **whole bare bird for two**

antibiotic and hormone free chimichurri marinated chicken, roasted hawks farm kipflers, food bowl slaw, pickled red cabbage and chimichurri

### **peninsula hot springs shared assiette for two**

chefs selection of three signature dishes

*please see our staff for our daily special*

### **cheese platter (v) or vegan cheese platter (v, vg)**

selection of local cheeses, quince paste, lavosh

**sides** *additional 8 each*

hawks farm kipfler potatoes

super red salad

soft polenta

food bowl slaw

(v) vegetarian (vg) vegan

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 (from 6pm)

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

---

### hot drinks

**espresso coffee** *by mornington peninsula roasters*- cappuccino, café latte, long black, flat white, long macchiato, short macchiato, piccolo latte

*(decaf coffee, organic full cream, soy, almond, oat, lactose free milk available)*

**hot chocolate** *by I am earth cocoa blend*

**house made golden latte / chai latte**

**organic india tulsi tea** - original, green, masala chai, sweet rose

**love tea** *certified organic*– french earl grey, english breakfast, peppermint, ginger and lemongrass or chamomile

### cold drinks

**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

**good brew kombucha**

bush tucker bubblegum – strawberry gum and banana

pina colada – pineapple and coconut

**mock red hill sparkling apple juice**

**extremely alive probiotic wellness tonic**

brain booster/gut balance/flu shot/detox and cleanse – 20mls

### local beer and cider

mpb mornington free pale ale – alcohol free

prickly mooses otway light

tar and barrel process porter

st andrews "the apprentice" session ale

escape brewery 'the fort' lager

jetty road brewery pale ale

mpb bay haze

red hill brewery golden ale

two bays brewing ipa

dainton blood orange neipa

main ridge pear cider

red hill mock apple cider

(v) vegetarian (vg) vegan

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 (from 6pm)

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

---

### **sparkling, white wine, rose**

**t'gallant lightly spritzed prosecco**  
mornington peninsula

**nv foxeys hangout sparkling white**  
mornington peninsula

**2019 rahona valley 'kayes block' riesling**  
mornington peninsula

**2020 crittenden 'gepetto' sauvignon blanc**  
mornington peninsula

**2018 tucks estate chardonnay**  
mornington peninsula

**2019 red claw pinot gris**  
mornington peninsula

**2021 quealy pinot grigio**  
mornington peninsula

**2021 crittenden estate 'pinocchio' moscato**  
mornington peninsula

**2021 foxeys hangout rose**  
mornington peninsula

### **red wine**

**2021 stumpy gully 'panorama' pinot noir**  
mornington peninsula

**2021 crittenden 'pinocchio' sangiovese**  
mornington peninsula

**2021 hickinbotham cabernets**  
mornington peninsula

**2021 crittenden los hermanos tempranillo**  
mornington peninsula

**2018 mornington estate shiraz**  
mornington peninsula

(v) vegetarian (vg) vegan

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.