

spa dreaming centre

## dine and bathe *(from 6pm)*

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

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

main ridge olives, freshly made dips, lievito sourdough

### **local cheese (v)**

prom country and main ridge dairy cheeses, quince paste, lavosh

### **local vegan cheese platter (vg)**

yay and vegan dairy vegan cheeses, quince paste, lavosh

### **koo wee rup asparagus (vg)**

charred local asparagus, salsa cruda, food bowl radish, main ridge olive oil, macadamia, tuerong sourdough

### **ora king salmon**

hibachi grilled house cured smoked ora king, celeriac and kohlrabi remoulade, food bowl beetroot gel and soft herbs

### **heirloom beetroot tart**

house made vegan pastry, tuerong farm flour, food bowl and local beets, maple candied walnuts, prom country sheep curd, food bowl leaves and herbs

### **super green salad (v, vg\*\*)**

green hummus, local asparagus, zucchini, green capsicum, pea, snow pea, broccolini, celery, kohlrabi, wombok, pepitas, sunflower seeds, linseeds, food bowl herbs with an apple cider vinegar and local honey dressing

add ras el hanout spiced chicken

add duck breast

add sustainable fish

### **nourish bowl (vg\*\*)**

roasted, pureed, sauteed and pickled food bowl vegetables, soft boiled egg, seeds, native dukkha

add ras el hanout spiced chicken

add duck breast

add sustainable fish

### **organic tagine spiced lamb**

organic lamb coated and braised in tagine spices and pepper paste, whole grain bulgur wheat tabouli, charred lettuce, sumac and organic yoghurt

### **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*

### **sides *additional 8 each***

hawkes farm kipfler potatoes

super green salad

grilled local asparagus

whole grain bulgur wheat tabouli

(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.

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### 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

**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

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### 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 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

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