

spa dreaming centre

breakfast *(until 10:30am)*

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

tuerong farm sourdough or lievito fruit loaf (v) (contains gluten, dairy, soy, sulphites, sesame)
served with homemade jams

seasonal fruit plate (v, vg**)(contains dairy)
add greek or coconut yoghurt

house-made granola (v)(contains nuts, sulphites)
coconut yoghurt and seasonal fruit

peninsula free range eggs (v)(contains egg, sesame, gluten)
on tuorong farm sourdough (poached or fried)

peninsula free range eggs with bacon (contains egg, soy, sesame, gluten)
on tuorong farm sourdough (poached or fried)

house-made polenta bread (v)(contains, soy, sulphites, gluten) spiced baked beans, wilted spinach

roasted pumpkin (v, vg)(contains nuts, sulphites, sesame)
pumpkin, mixed grains and seeds, avocado,
beetroot pesto, food bowl herbs

peninsula free range scrambled eggs (contains dairy, egg, soy, sulphites, sesame, gluten)
grilled halloumi, raw beets, soft herbs, zaatar, preserved lemon, ciabatta

breakfast additions

- add poached egg (contains egg)
- add bacon (contains sulphites)
- add cured salmon (contains fish)
- add avocado
- add chorizo (contains sulphites, soy)

***gluten free bread available on request*

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

please note a 10% surcharge applies on all public holidays

Peninsula Hot Springs endeavours to cater to dietary requirements. If you or any other guests attending this booking have any allergies or dietary requirements, you must advise of these at the time of ordering or collecting any food items. If you wish to discuss your booking prior to arrival, please call our reservations team on (03) 5950 8777.