

spa dreaming centre

## **lunch** *(from 11:30am)*

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

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### **local artisan bread** (vg\*\*) (for allergens please ask you server)

main ridge olives, freshly made dips, lievito sourdough

### **local cheese** (v) (contains: dairy, nuts, sulphites, sesame, gluten)

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

### **local vegan cheese platter** (vg) (contains: nuts, soy, sulphites, sesame, gluten)

veg and vegan dairy cheeses, quince paste, lavosh

### **koo wee rup asparagus** (vg) (contains: nut, soy, sulphites, sesame, gluten)

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

### **ora king salmon** (contains: fish, soy, sulphites, sesame)

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

### **heirloom beetroot tart** (contains: dairy, nuts, soy, sulphites, gluten)

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\*\*) (contains: sulphites, sesame, lupin)

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 (contains: fish)

### **nourish bowl** (vg\*\*) (contains: egg, nuts, sesame, lupin)

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 (contains: fish)

### **organic tagine spiced lamb** (contains dairy, nuts, soy, sulphites, sesame, gluten, lupin)

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** (contains allergens: fish, please ask your server)

*please see our staff for our daily special*

### **free range chicken breast** (contains: soy, sulphites, sesame, lupin)

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**

(for allergens please ask you server)

chefs selection of three signature dishes

(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.**

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