

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**) (for allergens please ask your 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) yay 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 your 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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sides

hawkes farm kipfler potatoes (v, vg)(contains dairy)

super green salad (v, vg**)(contains: sulphites, sesame, lupin)

grilled local asparagus (v, vg)(contains nuts)

whole grain bulgur wheat tabouli (v, vg)(contains nuts, sulphites, gluten, lupin)

hot drinks *(may contain dairy/gluten, sulphites)*

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 (contains gluten)

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 *(may contain sulphites)*

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 *(may contain gluten/sulphites)*

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

red hill brewery golden ale

two bays brewing ipa – gluten free

dainton blood orange neipa

main ridge pear cider

red hill mock apple cider

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sparkling, white wine, rose (may contain traces of egg/fish/sulphites)

t'gallant lightly spritzed prosecco
mornington peninsula

nv foxeys hangout sparkling white
mornington peninsula

2019 rahona valley 'kayes block' riesling
mornington peninsula

2021 mosselini 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 (may contain traces of egg/fish/sulphites)

2023 stumpy gully 'panorama' pinot noir
mornington peninsula

2022 crittenden 'pinocchio' sangiovese
mornington peninsula

2021 hickinbotham cabernets
mornington peninsula

2012 merricks thompsons lane cabernet sauvignon
mornington peninsula

2018 stumpy gully merlot
mornington peninsula

2022 crittenden los hermanos tempranillo
mornington peninsula

2018 mornington estate shiraz
mornington peninsula

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