

spa dreaming centre

dine and bathe *(lunch from 11.30am / dinner 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 vegan 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 (v, vg**) (contains: dairy, nuts, soy, sulphites, gluten)

house made vegan pastry, tuerong farm flour, food bowl and local beets, maple candied walnuts, prom country 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 (v, 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)

fish of the day (contains: fish, please ask your server for other allergens)

please ask our staff about 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

western districts backstrap (contains: dairy, nuts, soy, sulphites, gluten)

sous vide lamb, food bowl tomato confit, herbs and leaves, whole grain bulgur, smoked almonds, prom country curd

peninsula hot springs shared assiette for two

(for allergens please ask your server)

chefs selection of three signature dishes

sides

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

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

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

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

please note a 10% surcharge applies on all public holidays

Peninsula Hot Springs endeavors 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. We cannot guarantee there will not be traces of allergens within our kitchens.