

spa dreaming centre

breakfast *(until 10:30am)*

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

breakfast buffet

chilled section

- almond milk chia pudding, coconut yoghurt, berries
- house made granola,
- organic quinoa porridge, medjool dates Davidson plum
- fresh seasonal/local seasonal fruits
- organic and coconut yoghurts

bread station

- Tuerong farm country loaf
- levito sour dough/croissants
- levito fruit bread
- levito gluten free loaf
- Tuerong Farm French red muffin of the day
- local spreads and condiments
- butter/oil/nut butter

charcuterie section

- smoked salmon
- serrano
- Australian bresaola
- house pickles
- kimchi
- food bowl salad of the day
- organic toasted seeds and nuts
- medjool dates

beverage station

- fresh squeezed orange juice and juice of the day
- smoothie of the day
- organic jersey milk/alternative milks
- your choice of tea or espresso coffee

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 section

- Victorian bacon
- pbs grown/local confit tomatoes
- fried brown rice
- fermented Chorizo
- house made beans
- poached or king salmon in a southern sea greens wakame liquor
- mushroom forestry sauteed mushrooms

Local Free-range eggs

- Scrambled
- Poached

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