

private pool

main ridge local olives (vg) (contains: gluten, sulphites, soy)
local artisan bread

20

local cheese platter (v) (contains: dairy, nuts, sulphites, sesame, gluten)
prom country and main ridge dairy cheeses, quince paste, lavosh

32

fruit platter

15

something sweet

please see our display cabinet for sweet selection

beverages

juices

organic fresh orange juice

8

cold pressed greens, green apple, celery, pear, silverbeet, lemon, ginger

10

smoothies

blended with coconut water (may contain dairy, sulphites)

detox blueberry, banana, dates, boysenberry

12

reboot mango, pineapple, banana, passionfruit, mint

12

energise strawberry, apple, pear, pineapple, dates

12

blend with soy, almond or oat milk add \$1.5

add greek or coconut yoghurt add \$1.5

bottled drinks (may contain sulphites)

coconut water

8

wallaby water - still or sparkling

5

tiro - ginger beer

7

remedy sodaly – lemon lime bitters

5.5

ordinary soda – yuzu lemon, pear and cardamom, cola

6.5

etch sparkling

8

- finger lime, lemon myrtle and rosemary

- davidson plum, ribery and strawberry gum

- bush apple and kakadu plum

cold drinks (contains dairy)

iced chocolate

8.5

iced latte

6.5

iced coffee

8.5

hot drinks (may contain dairy/gluten, sulphites)

hot chocolate

5

house made golden latte/chai latte

5

organic india tulsi tea original, green, masala chai, sweet rose

love tea certified organic french earl grey, english breakfast, peppermint,
lemongrass and ginger, chamomile

4

espresso coffee by mornington peninsula roasters – cappuccino, latte, flat white,

5

long/short macchiato, piccolo, mocha, short/long black
(strong/organic full cream/ soy/ almond/ oat/ lactose free)
(mug/large)

.75

1

(v) vegetarian (vg) vegan (vg**) vegan on request. Please note a 10% surcharge applies on all public holidays.

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beverages

sparkling, white wine, rose (may contain traces of egg/fish/sulphites)	g	b
sorrento moon cuvee spritz limoncello mornington peninsula	15	70
t'gallant lightly spritzed prosecco mornington peninsula	14	66
nv foxeys hangout sparkling white mornington peninsula	15	70
nv montalto pennon hill sparkling rose red hill south vic		79
2022 mosselini sauvignon blanc mornington peninsula	14	66
2023 red claw pinot gris mornington peninsula	15	70
2022 mr bond chardonnay mornington peninsula	16	75
2020 trofeo estate chosen few chardonnay dromana vic		65
2020 moorooduc estate mcintyre chardonnay moorooduc vic		115
2016 montalto estate chardonnay red hill south vic		160
2023 montalto pennon hill chardonnay red hill south vic		79
2020 oceans eight verve chardonnay shoreham vic		75
2022 rahona valley 'kayes block' riesling mornington peninsula	15	70
2020 paradigm hill riesling – 375ml merricks vic		48
nv crittenden estate 'pinocchio' moscato mornington peninsula	14	66
2022 foxeys hangout rose mornington peninsula	15	70
2019 bittern estate rose bittern vic		58
dessert wine (may contain traces of egg/fish/sulphites)		
2023 quealy east muscat rosa – 375ml balnarring vic		64

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supper

available 9.30pm – 2am

main ridge local olives (vg)(contains: gluten, sulphites, soy) local artisan bread	20
vegetarian salad of the day (v) (contains nuts, sulphites)	16
pizza	
free range chicken (contains dairy, nuts, sulphites, gluten) free range chicken, fire roasted capsicum, sugo, caramelised red onion, mozzarella	27
margherita (contains gluten, dairy, wheat, sulphites) tomato, mozzarella, bocconcini, torn basil	25
something sweet	
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spa dreaming dining room

lunch from 11.30am / dinner from 6pm

starters

main ridge local olives (vg) (contains: gluten, sulphites, soy) 20

local artisan bread
- **extra bread** 5

whipped local quark (v) (contains: gluten, dairy, soy, sesame) 28
prom country cows curd, food bowl crudites, crisp flat bread

hibachi grilled asparagus (vg) (contains: nuts, soy, sulphites, gluten, sesame) 22
coal charred local asparagus, salsa cruda, toasted macadamia, food bowl herbs, grilled local bread

heirloom tomato caprese salad (v) (contains: dairy, sulphites) 24
local and food bowl grown heirloom tomatoes, burrata, basil verde, extra virgin olive oil

beef tataki (contains: sesame, fish, crustation, soy, egg, sulphites) 26
victorian seared eye fillet, house made ponzu, bonito, yuzu mayo, shallot, spring onion

mains

silken tofu poke bowl (vg) (contains: soy, sesame, sulphites) 40
nori wrapped silken tofu, wakame, edamame, avocado, black sesame crisp, sauteed & pickled local mushrooms, toasted sesame dressing, fresh ginger

confit duck maryland (contains: gluten, dairy) 46
crispy skinned confit duck, house made ricotta gnocchi, summer peas, lite duck jus

fish of the day (contains: fish, please ask your server for other allergens) m.p.
please ask our staff about our daily special

free range chicken breast (contains: soy, sulphites, sesame, lupin) 42
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) 44
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 m.p.
(for food allergens please ask your server)
chefs selection of three signature dishes

sides 10

hawkes farm steamed 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)
grilled asparagus (vg)

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dessert

something sweet

bliss balls (vg) (contains nuts, soy, sulphites, sesame) 4

- coconut beetroot
- peanut and apricot
- seeded bliss ball

rocky road slice (contains nuts, peanuts, soy) 8

orange almond poppyseed slice (contains nuts) 8

salted caramel wagon wheel (contains dairy, egg, gluten) 7.5

lemon tart (contains dairy, egg, sulphites, gluten) 9

carrot cake (contains nuts, dairy, egg, sulphites) 9

passionfruit pannacotta (contains dairy, egg, soy) 15

chocolate beetroot pudding with cream (contains nuts, dairy, egg) 11

johnny ripe apple pie (contains sulphites, gluten, dairy, egg) 7.5

- add ice-cream or cream 2.5

johnny ripe quince friand (dairy, sulphites, egg, tree nuts) 10

affogato (contains dairy) 9

- add frangelico 6

chia pudding (vg) (contains nuts) 9

cheese platters

local cheese platter (v) (contains: dairy, nuts, sulphites, sesame, gluten) 32

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

hot drinks (may contain dairy, sulphites, gluten)

hot chocolate 5

golden latte 5

chai latte 5

organic india tulsi tea 4

- original, green, masala chai, sweet rose, turmeric and ginger

love tea 4

french earl grey, english breakfast, peppermint, lemongrass and ginger, chamomile

peninsula hot springs signature espresso - cappuccino, latte, flat white, 5

long/short macchiato, piccolo, mocha, short/long black

- strong, organic, soy, almond, oat, lactose free .75

- mug/large 1

dessert wine (may contain traces of egg/fish/sulphites)

2023 quealy east muscat rosa - 375ml 64

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light meals

available between 3.30pm – 5.30pm

main ridge local olives (vg) (contains: gluten, sulphites, soy) local artisan bread	20
whipped local quark (v) (contains: gluten, dairy, soy, sesame) prom country cows curd, food bowl crudites, crisp flat bread	28
cheese platter (v) (contains dairy, nuts, sulphites, sesame, gluten) prom country cheeses, quince paste and lavosh	32
smoked salmon cream cheese and caper bagel (contains fish, dairy, sulphites, gluten, sesame)	12
something sweet please see our display cabinet for sweet selection	

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beverages

red wine (may contain traces of egg/fish/sulphites)	g	b
2023 stumpy gully 'panorama' pinot noir mornington peninsula	14	66
2021 dexter pinot noir tuerong vic		120
2019 paradigm hill l'ami sage pinot noir – 375ml merricks vic		84
2018 oceans eight aylward pinot noir shoreham vic		99
2018 moorooduc estate robinson pinot noir shoreham vic		94
2018 yabby lake block 1 pinot noir tuerong vic		190
2016 eldridge estate pinot noir mv6 clonal blend red hill vic		98
2016 montalto estate pinot noir red hill south vic		160
2023 montalto pennon hill pinot noir red hill south vic		79
2017 dromana estate gsm tuerong vic		80
2022 crittenden 'pinocchio' sangiovese mornington peninsula	14	66
2022 crittenden los hermanos tempranillo mornington peninsula	14	66
2023 stumpy gully merlot mornington peninsula	15	70
2012 merricks thompsons lane cabernet sauvignon mornington peninsula	15	70
2019 trofeo estate amphora cabernet sauvignon dromana vic		75
nv mornington estate shiraz mornington peninsula	15	70
2021 gibson the dirtman shiraz barossa valley sa		85
beer and cider (may contain gluten/sulphites)		
prickly mooses otway light		8
st andrews "the apprentice" mid-strength		10
devilbend stumpy lager		10
jetty road brewery pale ale		10
red hill brewery golden ale		10
two bays brewing ipa (gluten free)		10
mr little apple or pear cider		11
mornington peninsula brewery free pale ale		6

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