

private pool

main ridge local olives (vg) <i>(contains gluten, sulphites, soy)</i> local artisan bread	20
local cheese platter (v) <i>(contains dairy, nuts, sulphites, sesame, gluten)</i> 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 <i>(may contain dairy, sulphites)</i>	
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 <i>(may contain sulphites)</i>	
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 - finger lime, lemon myrtle and rosemary - davidson plum, ribery and strawberry gum - bush apple and kakadu plum	8
cold drinks <i>(contains dairy)</i>	
iced chocolate	8.5
iced latte	6.5
iced coffee	8.5
hot drinks <i>(may contain dairy/gluten, sulphites)</i>	
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, long/short macchiato, piccolo, mocha, short/long black	5
extras (strong/organic full cream/ soy/ almond/ oat/ lactose free)	.75
- mug/large	1

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beverages

sparkling, white wine, rose <i>(may contain traces of egg/fish/sulphites)</i>	g	b
portsea sun 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
2024 quealy pinot gris mornington peninsula	15	70
2022 mr bond chardonnay mornington peninsula	16	75
2020 moorooduc estate mcintyre chardonnay moorooduc vic		115
2022 montalto chardonnay reserve mornington peninsula		110
2023 montalto pennon hill chardonnay red hill south vic		79
2021 stonier reserve chardonnay merricks vic		120
2021 dexter chardonnay tuerong vic		92
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
2021 the cups estate pinot rose mornington peninsula	15	70
2019 bittern estate rose bittern vic		58
dessert wine <i>(may contain traces of egg/fish/sulphites)</i>		
2023 quealy east muscat rosa – 375ml balnarring vic		64

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supper

available 9.30pm – 2am

main ridge local olives (vg) <i>(contains gluten, sulphites, soy)</i> local artisan bread	20
vegetarian salad of the day (v) <i>(contains nuts, sulphites)</i>	16
pizza	
free range chicken <i>(contains dairy, nuts, sulphites, gluten)</i> free range chicken, fire roasted capsicum, sugo, caramelised red onion, mozzarella	27
margherita <i>(contains gluten, dairy, wheat, sulphites)</i> 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 mixed olives (vg) <i>(contains gluten, sulphites, soy)</i>	20
artisan bread	
- extra bread	5
sautéed fresh local calamari <i>(contains gluten, fish, mollusc, sulphites, tree nuts)</i>	26
charred winter lettuce, romesco sauce and citrus vinaigrette	
forestry mushroom pate (vg) <i>(contains sulphites, gluten)</i>	22
local mushrooms, pickled oyster mushrooms, petit herbs and sour dough toasts	
beef tataki <i>(contains sesame, fish, crustation, soy, egg, sulphites)</i>	26
victorian seared eye fillet, house made ponzu, bonito, yuzu mayo, shallot, spring onion	

mains

silken tofu poke bowl (vg) <i>(contains soy, sesame, sulphites)</i>	40
nori wrapped silken tofu, wakame, edamame, avocado, black sesame crisp, sauteed & pickled local mushrooms, toasted sesame dressing, fresh ginger	
otway ranges pork belly <i>(contains sulphites)</i>	46
crispy skinned pork, beetroot puree, autumnal red vegetable slaw	
fish of the day <i>(contains fish, please ask your server for other allergens)</i>	m.p.
please ask our staff about our daily special	
free range chicken breast <i>(contains soy, sulphites, sesame, lupin)</i>	42
ras el hanout spiced free range chicken, roasted garlic and turmeric legume puree, warm house pickled eggplant, toasted puffed grains	
victorian sous vide beef cheek <i>(contains gluten, dairy, sulphites)</i>	46
szechuan & bush pepper spiced beef, parsnip-polenta puree, pangrattato, veal jus	
peninsula hot springs shared assiette for two	m.p.
<i>(for food allergens please ask your server)</i>	
chefs selection of three signature dishes	

sides

hawkes farm steamed kipfler potatoes (v, vg**) <i>(contains dairy)</i>	10
autumnal red vegetable slaw (v, vg**) <i>(contains sulphites)</i>	
<i>parsnip and polenta puree</i> (v) <i>(contains dairy)</i>	
sauteed broccolini (vg) <i>(contains dairy)</i>	

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dessert

something sweet

lemon tart <i>(contains dairy, egg, sulphites, gluten)</i>	9
carrot cake <i>(contains nuts, dairy, egg, sulphites)</i>	9
passionfruit pannacotta <i>(contains dairy, egg, soy)</i>	15
chocolate beetroot pudding with cream <i>(contains nuts, dairy, egg)</i>	12.5
johnny ripe apple pie <i>(contains sulphites, gluten, dairy, egg)</i>	7.5
- add ice-cream or cream	2.5
johnny ripe quince friand <i>(dairy, sulphites, egg, tree nuts)</i>	10
affogato <i>(contains dairy)</i>	9
- add frangelico	6

cheese platter

local cheese platter (v) <i>(contains dairy, nuts, sulphites, sesame, gluten)</i>	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, long/short macchiato, piccolo, mocha, short/long black	5
- strong, organic, soy, almond, oat, lactose free	.75
- mug/large	1
dessert wine <i>(may contain traces of egg/fish/sulphites)</i>	64
2023 quealey east muscat rosa – 375ml	

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light meals

available between 3.30pm – 5.30pm

main ridge local olives (vg) <i>(contains: gluten, sulphites, soy)</i> local artisan bread	20
forestry mushroom pate (vg) <i>(contains sulphites, gluten)</i> local mushrooms, pickled oyster mushrooms, petit herbs, sour dough toasts	28
cheese platter (v) <i>(contains dairy, nuts, sulphites, sesame, gluten)</i> prom country cheeses, quince paste and lavosh	32
smoked salmon cream cheese and caper bagel <i>(contains fish, dairy, sulphites, gluten, sesame)</i>	12
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beverages

red wine <i>(may contain traces of egg/fish/sulphites)</i>	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 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
2019 quealy seventeen rows pinot noir balnarring vic		122
2024 quealy tussie mussie pinot noir merricks vic		88
2018 moorooduc estate robinson pinot noir shoreham vic		94
2021 the red fox pinot noir mornington peninsula		70
2016 the cups estate pinot noir mornington peninsula		85
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
2022 gibson the dirtman shiraz barossa valley sa		85
beer and cider <i>(may contain gluten/sulphites)</i>		
prickly mores 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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