

# amphitheatre

lunch & dinner from 11am

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## **pizza** (gluten free base – extra 4)

**spring harvest**, (vg) (contains soy, sulphites, gluten, tree nuts) 26  
vegan basil pesto, ribboned spring vegetables, falafel crumb, local vegan feta, soft herbs and spiced coconut yoghurt

**the tandoori** (contains gluten, sulphites, dairy) 27  
tandoori chicken breast, cherry tomatoes, tomato sugo, red onion, mozzarella and yoghurt

**charcuterie** (contains, gluten, dairy, wheat, sulphites) 27  
calabrese, mozzarella, red peppers, olives, rocket,

**margherita** (v) (contains, gluten, dairy, wheat, sulphites) 25  
medley cherry tomatoes, mozzarella, bocconcini, torn basil

**garlic cheese** (v) (contains gluten, dairy) 21

## **other selections**

**steamed dim sim (1 large)** (contains gluten, sulphites, soy) 4

**sushi** (contains fish, crustacean, sesame, soy, sulphites) 12

**chicken ficelle** – avocado, rocket (contains gluten, egg, sulphites, sesame) 13

**falafel wrap** - hummus, caramelised onion, beetroot, carrot, lettuce 13  
(contains sulphites, gluten, dairy, sesame, soy)

**ciabatta**, salami, tomato, swiss cheese, tomato relish 13  
(contains dairy, sulphites, sesame, gluten)

**pumpkin dahl** - coconut yoghurt, raita 18  
(contains soy, sulphites, sesame, gluten, lupin)

**miso salmon and soba noodle salad** – wakame, pickled ginger, edamames, coriander (contains gluten, 24  
shellfish, fish, soy, sulphites, sesame)

**thai chicken salad** – capsicum, bean shoots, coriander, lettuce, shallots, carrot (contains sulphites, soy, fish, 18  
crustaceans, sesame)

**super green salad** – wombok, capsicum, zucchini, peas, broccolini, dill 16

**johnny ripe gourmet pies** – chunky beef / chicken vegetable 13.5  
served with salad and tomato relish  
(contains dairy, egg, soy, sulphites, sesame, gluten)

**johnny ripe sausage roll** (dairy, egg, soy, sulphites, sesame, gluten) 9

**yay vegan pies** - cooked to order (vg) (contains soy, sesame, gluten) 14  
served with salad and tomato relish

**yay vegan sausage roll** - cooked to order (vg) 9  
(contains nuts, soy, sesame, gluten)

**byron bay mexican bean & veg gluten free** with salad and relish 13.5  
(contains sulphites, soy, lupin)

(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. We cannot guarantee there will not be traces of allergens within our kitchens.

# amphitheatre

breakfast until 10.45am

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## breakfast selections

<b>almond milk chia pod</b> - with fresh berries, granola (vg) (contains nuts)	9
<b>fruit salad</b>	7
<b>halloumi &amp; egg turkish bread</b> - with grilled halloumi, free range egg, onion jam, sautéed spinach, tomato relish (v) (contains dairy, egg, sulphites, gluten, sesame)	14
<b>bacon and free-range egg muffin</b> - with tomato relish, cheddar cheese (dairy, egg, sulphites, sesame/sesame oil, wheat/gluten)	12
<b>house made spiced bean burrito</b> - house made beans, vegan frijole, spinach (contains sulphites, gluten)	10
<b>dahl pocket</b> - house made dahl and spinach wrapped in a tortilla served with coconut yoghurt raita (contains soy, sulphites, sesame, gluten, lupin)	12
<b>sweet muffin of the day</b> - please check our daily specials	7

## hot beverages

<b>espresso coffee</b> by commonfolk (may contain dairy, sulphites, gluten) cappuccino, latte, flat white, mocha, long black, short black, double espresso, long macchiato, short macchiato, piccolo latte, magic	5
<b>hot chocolate</b> by commonfolk (contains dairy, gluten, sulphites)	5
<b>house made chai latte</b> (contains dairy, sulphites) cinnamon, ginger, cardamom, nutmeg, cloves, and black pepper	5
<b>house made golden latte</b> (contains dairy, sulphites) turmeric, ginger, black pepper, honey, and cinnamon	5
<b>love tea</b> - certified organic french earl grey, english breakfast, peppermint, chamomile, lemongrass ginger	5
<b>organic india tulsi tea</b> original, green, masala chai, turmeric, and ginger	5
<b>strong/organic full cream/soy/almond/oat/lactose free</b>	.75
- mug/large	1

## cold beverages

<b>wallaby water – still or sparkling</b>	5
<b>aloe vera</b>	8
<b>coconut water</b>	8
<b>emma and toms – orange, apple, kick starter, green power</b>	8
<b>remedy sodaly – lemon lime bitters, raspberry</b>	5.5
<b>remedy kombucha – passionfruit, wild berries</b>	5.5
<b>bare – watermelon, pine coconut</b>	6.5
<b>ordinary soda – natural cola, yuzu lemon</b>	6.5
<b>iced chocolate</b>	5
<b>iced latte, iced long black</b>	6
<b>non – alcoholic spirits</b>	
<b>naked life – gin &amp; tonic</b>	12
<b>naked life - margarita</b>	12
<b>naked life – italian spritz</b>	12

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