

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)*

good folk 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 commonfolk – godfather espresso blend
cappuccino, latte, flat white, long/short macchiato, piccolo, mocha, short/long black 5
extras .75
(strong/organic full cream/ soy/ almond/ oat/ lactose free)
- mug/large 1

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beverages

sparkling, white wine, rose <i>(may contain traces of egg/fish/sulphites)</i>	g	b
rahona valley “portsea sun” limoncello spritz	15	70
mornington peninsula		
nv red hill estate prosecco	14	66
red hill vic		
nv foxeys hangout sparkling white	15	70
mornington peninsula		
nv montalto pennon hill sparkling rose		79
red hill south vic	14	66
2022 mosselini sauvignon blanc		
mornington peninsula	15	70
2024 quealy pinot gris		
mornington peninsula	16	75
2025 red claw chardonnay		
mornington peninsula		115
2020 moorooduc estate mcintyre chardonnay		110
moorooduc vic		79
2022 montalto chardonnay reserve		120
mornington peninsula	15	70
2023 montalto pennon hill chardonnay		
red hill south vic		48
2021 stonier reserve chardonnay	14	66
merricks vic		
2022 rahona valley ‘kayes block’ riesling	15	70
mornington peninsula		
2020 paradigm hill riesling – 375ml		
merricks vic	14	66
nv crittenden estate ‘pinocchio’ moscato		
mornington peninsula	15	70
2022 the cups estate pinot rose		
mornington peninsula		
dessert wine <i>(may contain traces of egg/fish/sulphites)</i>		
2023 quealy east muscat rosa – 375ml		64
balnarring vic		

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supper

available 9.30pm – 2am

main ridge local olives <i>(vg) (contains gluten, sulphites, soy)</i>	20
local artisan bread	
vegetarian salad of the day <i>(v) (contains nuts, sulphites)</i>	16
pizza	
the tandoori <i>(contains dairy, sulphites, gluten)</i>	27
tandoori chicken breast, cherry tomatoes, tomato sugo, red onion, mozzarella and yoghurt	
margherita <i>(contains gluten, dairy, wheat, sulphites)</i>	25
medley cherry tomatoes, mozzarella, bocconcini, torn basil	
something sweet	
please see our display cabinet for sweet selection	

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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
local grilled asparagus (vg) <i>(contains nuts, soy, sulphites, gluten, sesame)</i>	22
local asparagus, salsa cruda, toasted macadamia, food bowl herbs, sourdough	
prawn and ginger dumplings (3) <i>(contains crustations, sulphites, egg, sesame, soy)</i>	20
steamed dumplings with a traditional chinese dumpling sauce	
snapper ceviche <i>(contains sulphites, gluten, seafood)</i>	26
fresh snapper cured in lime and coconut, dressed with chilli, herbs and crunchy tortilla	
city larder pork and pistachio terrine <i>(contains gluten, sulphites, pistachio, nuts, egg)</i>	26
served with pear and onion chutney, house pickles & local sourdough	

mains

grilled marinated tofu bowl (vg) <i>(contains soy, tree nuts, sesame, sulphites)</i>	40
with firm grilled tofu, quinoa tabouli, broad beans, avocado, zucchini, silken tofu and cashew dressing	
ricotta and caramelised onion tart (v) <i>(contains gluten, egg, dairy, sulphites)</i>	40
with warmed glazed spring ribboned vegetables, local curd and soft herbs	
fish of the day <i>(contains fish, crustations, egg, sulphites)</i>	m.p.
with a warmed potato and dashi mayo salad, grilled local asparagus, prawn and herb compound butter	
coconut poached shredded free range chicken salad <i>(contains soy, sulphites, sesame, crustations, fish)</i>	40
with wombok, capsicum, bok choy, bean shoots fresh ginger, carrot, thai basil, coriander, kimchi, fried sweet potato noodles, noc nam dressing	
fennel, sumac and cumin dried rubbed lamb shoulder <i>(contains fish, sulphites)</i>	48
sous vide lamb shoulder, carrot, capsicum and white bean puree, dutch carrots, salsa verde, jus	
confit duck maryland <i>(contains gluten, dairy, sulphites)</i>	46
crispy skinned confit duck leg, spring pea, mint, herb and cows curd pearl couscous orange, raspberry & rosemary glazed beetroot, light jus	
peninsula hot springs shared assiette for two <i>(for food allergens please ask your server)</i>	m.p.
chefs selection of three signature dishes	

sides

hawkes farm steamed kipfler potatoes (v, vg**) <i>(contains dairy)</i>	10
grilled local asparagus (vg)	
thai slaw (contains soy, sulphites, sesame, crustations, fish)	

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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 <i>cream</i> <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
rocky road <i>(tree nuts, peanuts, soy)</i>	8
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 by commonfolk	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	
espresso coffee by commonfolk – godfather blend	
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 quealy 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
city larder pork and pistachio terrine <i>(contains gluten, sulphites, pistachio, nuts, egg)</i> served with pear and onion chutney, house pickles & local sour dough	26
local cheese platter (v) <i>(contains dairy, nuts, sulphites, sesame, gluten)</i> prom country and main ridge dairy cheeses, quince paste, lavosh	32
arancini of the day <i>(ask our staff for allergies)</i> please ask our friendly staff about our daily arancini	16
something sweet please see our display cabinet for sweet selection	

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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
2022 yabby lake single block release pinot noir mornington peninsula		220
2019 paradigm hill l'ami sage pinot noir – 375ml merricks vic		84
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
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
2021 the cups estate pinot noir mornington peninsula		85
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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