

Spa Dreaming Centre

Breakfast menu

(served between 8am - 11am)

toasted sourdough or fruit toast
served with homemade jams. (gf on request)

house made granola
w/ Gippsland yoghurt, fresh berries and chia seeds. (vg)

almond milk pancakes
w/blueberries, banana, natural yoghurt and pure maple syrup. (vg)

free-range omelette
w/ asparagus, red onion, cherry tomato, goats feta, and toasted sourdough. (vg) (gf on request)

zucchini and corn fritters
w/smoked salmon, avocado salsa, rocket and free range poached egg. (vg on request)

house made polenta bread
w/ house made spiced baked beans, wilted spinach and 2 free range poached eggs. (gf on request)

spiced baked beans
w/ wilted spinach and toasted sourdough. (vg, vn, gf on request)

peninsula free range eggs with bacon
on toasted sourdough (poached, scrambled or fried. (gf on request)

Peninsula Hot Springs vegan breakfast
w/baked flat mushroom, roasted cherry truss tomato, avocado, baby spinach and basil pesto on toasted sourdough. (vg,vn,gf)

Peninsula Hot Springs vegetarian breakfast
w/ baked tomato, flat mushroom, baby spinach you're your choice of free range eggs. (poached, scrambled or fried) on toasted sourdough (vg, gf on request)



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Lunch menu

(served between 11.30am-3pm)

Peninsula Hot Springs platter for two

w/ a selection of cured meats, white anchovies, main ridge olives, house made marinated vegetables, pickled onions, red hill cheese, freshly made dips, sourdough and warmed pita bread. (gf on request)

dips platter

trio of house made dips, main ridge olives, warmed pita bread and toasted sourdough. (gf bread on request, vg, vn on request)

Peninsula Hot Springs thai salad

w/ rice noodles, bean shoots, capsicum, carrots, tomatoes, spring onions and fragrant fresh herbs.

w/ spiced tofu

w/ coconut poached chicken

w/ thai spiced beef

trio of mushroom tart

w/ caramelised shallots, basil pesto, red hill goats curd and a toasted pumpkin seed and citrus salad. (v, vn on request)

tom kah soup

w/ house made prawn wantons, sashimi kingfish, udon noodles and Asian greens.

red lentil and cashew sliders (2)

w/ avocado salsa and tomato relish

w/ roasted beetroot, wild rice, walnut and chickpea salad.

(v, vn, gf bread on request)

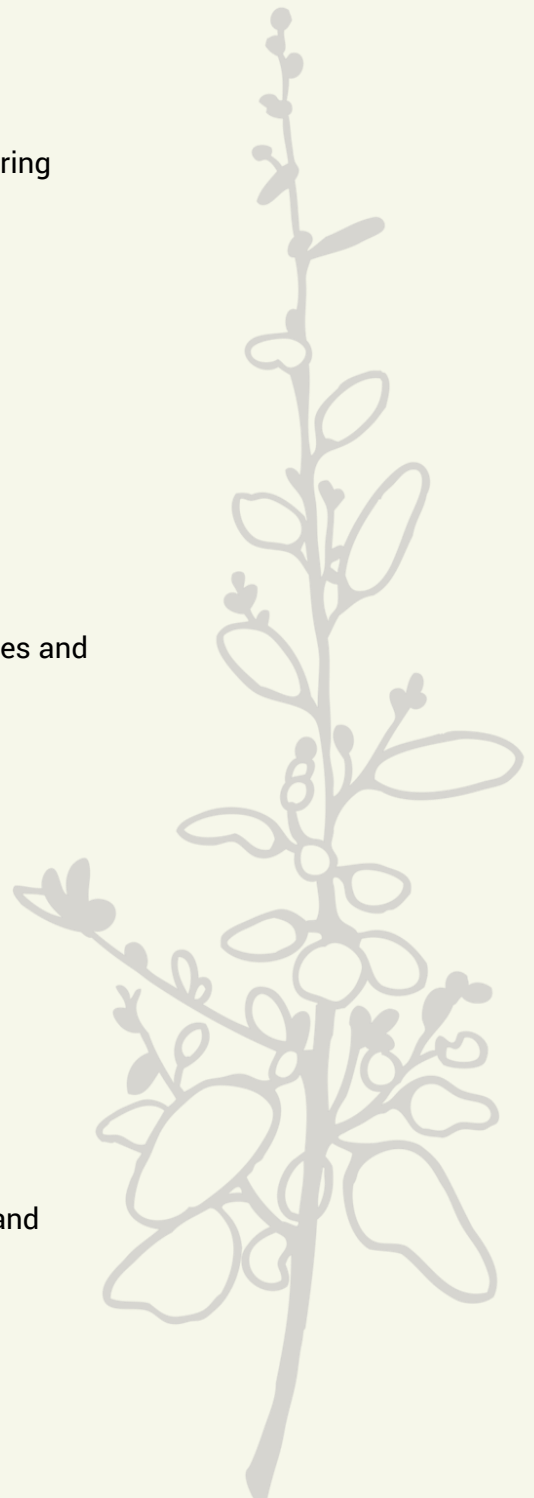
malay seasonal vegetables curry

w/spiced vegetable ribbons, coconut riata and grilled naan

(vn, gf bread on request)

pan fried local calamari

w/garlic, fresh herbs and a pear, rocket and red quinoa salad and citrus aioli.



fish of the day
please refer to daily specials

jamaican jerk free range chicken breast
w/ brown rice and pomegranate salad and smoked guacamole

Indigenous dukkha spiced kangaroo fillet
w/golden beet and cannelloni bean puree, baby kale and beetroot relish.

Peninsula Hot Springs share assiette for two chefs
selection of three tasty dishes from the menu

red hill cheese platter
selection of local cheeses, quince paste and lavosh

Spa Dreaming Centre Dinner menu

(Available Thursday, Friday and Saturday nights from 6pm)

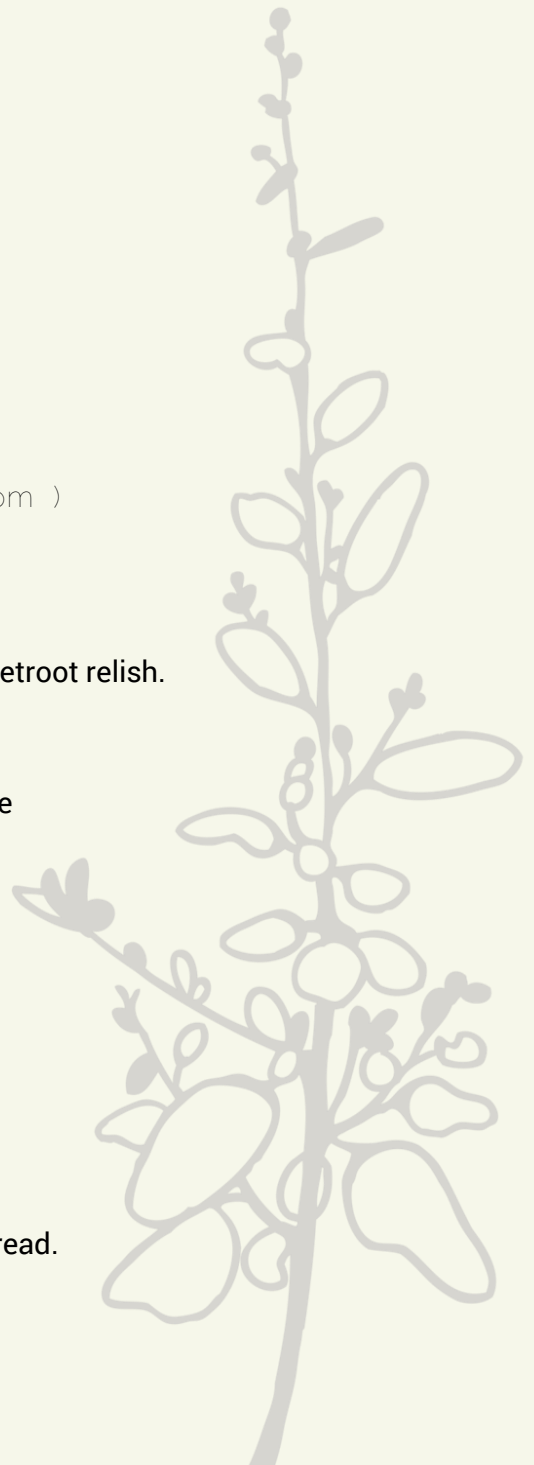
grass fed victorian beef cheek
w/ a golden beet and cannelloni bean puree, baby kale and beetroot relish.

jamaican jerk free range chicken breast
w/ brown rice and pomegranate salad and smoked guacamole

mt mercer pork cutlet
w/ a parsnip, fennel and saffron puree, baby heirloom carrots,
apple slaw and a quince jus.

fish of the day
please refer to the daily specials

malay seasonal vegetable curry (vn)
w/ spiced vegetable ribbons, coconut riata and grilled naan bread.



Wine

- Bittern Estate Rose 2013
- Cataline Sounds Sauvignon Blanc 2016
- Peninsula Estate Chardonnay 2014
- Red Claw Pinot Gris 2015
- The Cups Estate Moscato 2015
- Foxeys Hangout "Red Fox" Pinot Noir 2016
- Hickinbotham Cabernet Sauvignon 2014
- Two Hands "Angle Share" Shiraz 2016
- Foxeys Hangout Sparkling White NV

Beer & Cider

- Prickly Moses Otway Light
- Crown Lager
- Corona
- Red Hill Golden Ale
- Mornington Peninsula Brewery Pale Ale
- Cheeky Rascal Apple Cider

Mixers

- Jim Beam & Cola
- Smirnoff Vodka Lime & Soda
- Gordons Gin & Tonic

Soft drink

- Capi Fruit Soda – Cranberry, Lemon, Blood Orange, Cola or Ginger Beer
- Emma & Toms juice
- Lime & Bitters
- Sparkling Cloudy Apply
- Kombucha Organic Raspberry



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Light meals menu

Peninsula Hot Springs platter for two

w/ a selection of cured meats, white anchovies, main ridge olives, house made marinated vegetables, pickled onions, red hill cheese, freshly made dips, sourdough and warmed pita bread. (gf on request)

dips platter

trio of house made dips, main ridge olives, warmed pita bread and toasted sourdough. (gf bread on request, vg, vn on request)

red hill cheese platter

selection of local cheeses, quince paste and lavosh

Pizza

margherita

fresh tomato, bocconcini and fresh basil

mediterranean vegetables

Mediterranean vegetables with feta

salami

mild salami, capsicum, red onion, olives and goats cheese

chicken

BBQ sauce, chicken, caramelised onion, pine nuts and rocket

(gluten free base available on request)

