

toasted sourdough or fruit loaf (v) **
served with homemade jams

seasonal fruit plate (v, vg)**
add greek or coconut yoghurt extra 3

house-made granola (v)
coconut yoghurt and seasonal fruit

peninsula free range eggs (v) **
on toasted sourdough (poached or fried)

peninsula free range eggs with bacon **
on toasted sourdough (poached or fried)

house-made polenta bread (v)
spiced baked beans, wilted spinach

roasted pumpkin (v, vg)
roasted pumpkin, mixed grains and seeds, avocado,
fire roasted capsicum hummus, garden greens

peninsula free range scrambled eggs **
grilled halloumi, raw beets, soft herbs, zaatar, preserved
lemon, ciabatta

breakfast additions

- add poached egg
- add bacon
- add cured salmon
- add avocado

****gluten free bread available on request**

v) vegetarian

(vg) vegan

(vg**) vegan on request

our menus incorporate immune boosting ingredients

gluten free bread available on request. whilst we do our best to cater to dietary requirements, we cannot guarantee that there won't be traces of allergens within our kitchen. to discuss further please contact our friendly team directly on (03) 59508777

spa dreaming centre
lunch *(after 11:30am)*

local artisan bread (v, vg **)

local olives, chefs' accompaniments

peninsula hot springs shared assiette for two

chefs selection of three signature dishes

please see our staff for our daily specials

tart of the day (v)

served with produce from our food bowl and house made pastry

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peninsula hot springs garden bowl (v, vg)

served with a selection of roasted, sauteed and garden vegetables, organic quinoa and turmeric aioli

soba noodle salad

enoki mushrooms, pea shoots, bean shoots, bok choy, edamame, citrus wasabi dressing,

served with your choice of either:

- bass and flinders gin cured kingfish
- miso glazed eggplant (v, vg)

fish of the day

please see our staff for our daily special

super green salad with turkey

soybean crush, raw and blanched garden vegetables, toasted almonds and pepitas

victorian lamb fillet

baby spinach, new potatoes, heirloom tomatoes, red onion, prom coast sheep's curd

grass-fed ox cheek

served with caramelised parsnip puree, wild mushrooms, light white wine beef jus

peninsula hot springs jambalaya

served with long grain rice, australian chorizo, prawns, cajun chicken, capsicum, sweet potato, spring onion, swiss chard, black garlic oil aioli

cheese platter (v)

selection of local cheeses, quince paste and lavosh

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dahl (v, vg)

house made dahl with fresh turmeric, pumpkin and grilled roti

tart of the day (v, vg)

served with produce from our food bowl and house made pastry

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super green salad with turkey

soybean crush, raw and blanched garden vegetables, toasted almonds and pepitas

fish of the day

please see our staff for our daily special

grass-fed ox cheek

served with caramelised parsnip puree, wild mushrooms, light white wine beef jus

peninsula hot springs shared assiette for two

chefs selection of three signature dishes

hot drinks

organic india tulsi tea

original, green, masala chai, sweet rose

tea – earl grey, english breakfast, peppermint, ginger and lemongrass or chamomile

espresso coffee

cappuccino, café latte, long black, flat white, long macchiato, short macchiato, piccolo latte

(strong or decaf coffee and soy, almond, oat and lactose free milk available on request)

hot chocolate / golden latte / chai latte

cold drinks

iced coffee / chocolate

calm and stormy sparkling mineral water
emma & tom's - green smoothie, kick starter, cloudy apple,
orange

aloe vera water

coconut water

calm and stormy soda – blood orange / raspberry / lemon lime
lemon, lime and bitters

organic raspberry kombucha

mock red hill sparkling apple juice

beer and cider

prickly moses otway light

st andrews beach brewery pilsner

dainton brewery blood orange neipa

red hill brewery golden ale

jetty road brewery pale ale

mock red hill apple cider

main ridge pear cider

mornington peninsula wine

nv foxey's hangout sparkling white

rahona valley riesling

gepetto sauvignon blanc

montalto pennon hill chardonnay

red claw pinot gris

quealy pinot grigio

crittenden estate 'pinocchio' moscato

foxeys hangout rose

foxeys hangout 'red fox' pinot noir

pinocchio sangiovese

bittern estate tempranillo

hickinbotham cabernet sauvignon

montalto pennon hill shiraz

artisan bread (v, vg) **

local olives, chefs' accompaniments

red hill cheese platter (v) **

selection of local cheeses, quince paste and lavosh

peninsula hot springs platter for two **

a selection of cured meats, local cheese and olives,
pickled vegetables, chefs' accompaniments, toasted
artisan bread

***gluten free on request*

pizza

margherita pizza (v)

tomato, mozzarella, bocconcini, torn basil

bbq chicken pizza

tomato, bbq sauce, mozzarella, caramelised onion,
pine nuts, and roquette

salami pizza

tomato, mozzarella, feta, olive, red onion and capsicum

vegan pizza (v, vg)

roasted capsicum hummus, persian cauliflower, mint aioli

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