

spa dreaming centre

## breakfast buffet *(until 10:00am)*

*at peninsula hot springs we celebrate a 'SLOW' food philosophy  
(seasonal, local, organic, wholefoods)*

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### chilled section

- almond milk chia pudding, coconut yoghurt, berries
- house made granola,
- fresh seasonal/local seasonal fruits
- organic and coconut yoghurts

### bread station

- tuerong farm country loaf
- levito sour dough/croissants
- levito fruit bread
- levito gluten free loaf
- muffin of the day
- local spreads and condiments
- butter/oil/nut butter

### charcuterie section

- smoked salmon
- serrano
- house pickles
- kimchi
- organic toasted seeds and nuts
- medjool dates
- prom country cheese selection
- honeycomb

### beverage station

- fresh orange juice and juice of the day
- smoothie of the day
- jersey milk/alternative milks
- your choice of tea or espresso coffee

v) vegetarian

(vg) vegan

(vg\*\*) vegan on request

please note a 10% surcharge applies on all public holidays

whilst we do our best to cater to dietary requirements, we cannot guarantee that there won't be traces of allergens within our kitchen.

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**hot section**

- victorian bacon
- phs grown/local confit tomatoes
- fried rice
- beef chipolata
- house made beans
- poached ora king salmon in a southern sea greens wakame liquor
- mushroom forestry sauteed mushrooms

**local free-range eggs**

- scrambled
- poached

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# private pool

|                                                                                                                                                             |    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>main ridge local olives</b> (vg) <i>(contains gluten, sulphites, soy)</i><br>local artisan bread                                                         | 20 |
| <b>local cheese platter</b> (v) <i>(contains dairy, nuts, sulphites, sesame, gluten)</i><br>prom country and main ridge dairy cheeses, quince paste, lavosh | 32 |
| <b>fruit platter</b>                                                                                                                                        | 15 |
| something sweet<br>please see our display cabinet for sweet selection                                                                                       |    |

# beverages

|                                                                                                                                                 |           |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| juices                                                                                                                                          |           |
| <b>organic fresh orange juice</b>                                                                                                               | 8         |
| <b>cold pressed greens</b> , green apple, celery, pear, silverbeet, lemon, ginger                                                               | 10        |
| smoothies                                                                                                                                       |           |
| blended with coconut water <i>(may contain dairy, sulphites)</i>                                                                                |           |
| <b>detox</b> blueberry, banana, dates, boysenberry                                                                                              | 12        |
| <b>reboot</b> mango, pineapple, banana, passionfruit, mint                                                                                      | 12        |
| <b>energise</b> strawberry, apple, pear, pineapple, dates                                                                                       | 12        |
| <b>blend</b> with soy, almond or oat milk                                                                                                       | add \$1.5 |
| <b>add</b> greek or coconut yoghurt                                                                                                             | add \$1.5 |
| bottled drinks <i>(may contain sulphites)</i>                                                                                                   |           |
| <b>coconut water</b>                                                                                                                            | 8         |
| <b>wallaby water</b> - still or sparkling                                                                                                       | 5         |
| <b>tiro</b> - ginger beer                                                                                                                       | 7         |
| <b>remedy sodaly</b> – lemon lime bitters                                                                                                       | 5.5       |
| <b>ordinary soda</b> – yuzu lemon, pear and cardamom, cola                                                                                      | 6.5       |
| <b>etch sparkling</b><br>- finger lime, lemon myrtle and rosemary<br>- davidson plum, ribery and strawberry gum<br>- bush apple and kakadu plum | 8         |
| cold drinks <i>(contains dairy)</i>                                                                                                             |           |
| <b>iced chocolate</b>                                                                                                                           | 8.5       |
| <b>iced latte</b>                                                                                                                               | 6.5       |
| <b>iced coffee</b>                                                                                                                              | 8.5       |
| hot drinks <i>(may contain dairy/gluten, sulphites)</i>                                                                                         |           |
| <b>hot chocolate</b>                                                                                                                            | 5         |
| <b>house made golden latte/chai latte</b>                                                                                                       | 5         |
| <b>organic india tulsi tea</b> original, green, masala chai, sweet rose                                                                         |           |
| <b>love tea certified organic</b> french earl grey, english breakfast, peppermint, lemongrass and ginger, chamomile                             | 4         |
| <b>espresso coffee by mornington peninsula roasters</b> – cappuccino, latte, flat white, long/short macchiato, piccolo, mocha, short/long black | 5         |
| <b>extras</b><br>(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   |
| <b>portsea sun spritz</b> limoncello                                          | 15 | 70  |
| mornington peninsula                                                          |    |     |
| <b>yellowbox prosecco</b>                                                     | 14 | 66  |
| south australia                                                               |    |     |
| <b>nv foxeys hangout sparkling white</b>                                      | 15 | 70  |
| mornington peninsula                                                          |    |     |
| <b>nv montalto pennon hill sparkling rose</b>                                 |    | 79  |
| red hill south vic                                                            | 14 | 66  |
| <b>2022 mosselini sauvignon blanc</b>                                         |    |     |
| mornington peninsula                                                          | 15 | 70  |
| <b>2024 quealy pinot gris</b>                                                 |    |     |
| mornington peninsula                                                          | 16 | 75  |
| <b>2022 mr bond chardonnay</b>                                                |    | 115 |
| mornington peninsula                                                          |    | 110 |
| <b>2020 moorooduc estate mcintyre chardonnay</b>                              |    | 79  |
| moorooduc vic                                                                 |    | 120 |
| <b>2022 montalto chardonnay reserve</b>                                       | 15 | 70  |
| mornington peninsula                                                          |    | 48  |
| <b>2023 montalto pennon hill chardonnay</b>                                   | 14 | 66  |
| red hill south vic                                                            |    |     |
| <b>2021 stonier reserve chardonnay</b>                                        | 15 | 70  |
| merricks vic                                                                  |    |     |
| <b>2022 rahona valley 'kayes block' riesling</b>                              |    |     |
| mornington peninsula                                                          |    |     |
| <b>2020 paradigm hill riesling – 375ml</b>                                    |    |     |
| merricks vic                                                                  |    |     |
| <b>nv crittenden estate 'pinocchio' moscato</b>                               |    |     |
| mornington peninsula                                                          |    |     |
| <b>2021 the cups estate pinot rose</b>                                        |    |     |
| mornington peninsula                                                          |    |     |
| dessert wine <i>(may contain traces of egg/fish/sulphites)</i>                |    |     |
| <b>2023 quealy east muscat rosa – 375ml</b>                                   |    | 64  |
| balnarring vic                                                                |    |     |

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# supper

available 9.30pm – 2am

|                                                                                    |    |
|------------------------------------------------------------------------------------|----|
| <b>main ridge local olives</b> (vg) <i>(contains gluten, sulphites, soy)</i>       | 20 |
| local artisan bread                                                                |    |
| <b>vegetarian salad of the day</b> (v) <i>(contains nuts, sulphites)</i>           | 16 |
|                                                                                    |    |
| pizza                                                                              |    |
| <b>free range chicken</b> <i>(contains dairy, nuts, sulphites, gluten)</i>         | 27 |
| free range chicken, fire roasted capsicum, sugo, caramelised red onion, mozzarella |    |
| <b>margherita</b> <i>(contains gluten, dairy, wheat, sulphites)</i>                | 25 |
| tomato, 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

|                                                                                                   |    |
|---------------------------------------------------------------------------------------------------|----|
| <b>main ridge mixed olives</b> (vg) <i>(contains gluten, sulphites, soy)</i>                      | 20 |
| artisan bread                                                                                     |    |
| - <b>extra bread</b>                                                                              | 5  |
| <b>sautéed fresh local calamari</b> <i>(contains gluten, fish, mollusc, sulphites, tree nuts)</i> | 26 |
| charred winter lettuce, romesco sauce and citrus vinaigrette                                      |    |
| <b>forestry mushroom pate</b> (vg) <i>(contains sulphites, gluten)</i>                            | 22 |
| local mushrooms, pickled oyster mushrooms, petit herbs and sour dough toasts                      |    |
| <b>beef tataki</b> <i>(contains sesame, fish, crustation, soy, egg, sulphites)</i>                | 26 |
| victorian seared eye fillet, house made ponzu, bonito, yuzu mayo, shallot, spring onion           |    |

## mains

|                                                                                                                                                  |      |
|--------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>silken tofu poke bowl</b> (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 |      |
| <b>otway ranges pork belly</b> <i>(contains sulphites)</i>                                                                                       | 46   |
| crispy skinned pork, beetroot puree, autumnal red vegetable slaw                                                                                 |      |
| <b>fish of the day</b> <i>(contains fish, please ask your server for other allergens)</i>                                                        | m.p. |
| please ask our staff about our daily special                                                                                                     |      |
| <b>free range chicken breast</b> <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            |      |
| <b>victorian sous vide beef cheek</b> <i>(contains gluten, dairy, sulphites)</i>                                                                 | 46   |
| szechuan & bush pepper spiced beef, parsnip-polenta puree, pangrattato, veal jus                                                                 |      |
| <b>peninsula hot springs shared assiette for two</b>                                                                                             | 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 (v vg**) <i>(contains dairy)</i>                    |    |

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# dessert

## something sweet

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

## cheese platter

|                                                                                          |    |
|------------------------------------------------------------------------------------------|----|
| <b>local cheese platter</b> (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)*

|                                                                                   |     |
|-----------------------------------------------------------------------------------|-----|
| <b>hot chocolate</b>                                                              | 5   |
| <b>golden latte</b>                                                               | 5   |
| <b>chai latte</b>                                                                 | 5   |
| <b>organic india tulsi tea</b>                                                    | 4   |
| - original, green, masala chai, sweet rose, turmeric and ginger                   |     |
| <b>love tea</b>                                                                   | 4   |
| french earl grey, english breakfast, peppermint, lemongrass and ginger, chamomile |     |
| <b>peninsula hot springs signature espresso</b> – cappuccino, latte, flat white,  | 5   |
| long/short macchiato, piccolo, mocha, short/long black                            |     |
| - strong, organic, soy, almond, oat, lactose free                                 | .75 |
| - mug/large                                                                       | 1   |

## dessert wine *(may contain traces of egg/fish/sulphites)*

|                                              |    |
|----------------------------------------------|----|
| <b>2023 quealey east muscat rosa – 375ml</b> | 64 |
|----------------------------------------------|----|

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# light meals

available between 3.30pm – 5.30pm

|                                                                                                                                                     |    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>main ridge local olives</b> (vg) <i>(contains gluten, sulphites, soy)</i><br>local artisan bread                                                 | 20 |
| <b>forestry mushroom pate</b> (vg) <i>(contains sulphites, gluten)</i><br>local mushrooms, pickled oyster mushrooms, petit herbs, sour dough toasts | 28 |
| <b>cheese platter</b> (v) <i>(contains dairy, nuts, sulphites, sesame, gluten)</i><br>prom country cheeses, quince paste and lavosh                 | 32 |
| <b>smoked salmon cream cheese and caper bagel</b> <i>(contains fish, dairy, sulphites, gluten, sesame)</i>                                          | 12 |
| something sweet<br>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   |
| <b>2023 stumpy gully 'panorama' pinot noir</b><br>mornington peninsula         | 14 | 66  |
| <b>2019 paradigm hill l'ami sage pinot noir – 375ml</b><br>merricks vic        |    | 84  |
| <b>2016 eldridge estate pinot noir mv6 clonal blend</b><br>red hill vic        |    | 98  |
| <b>2016 montalto estate pinot noir</b><br>red hill south vic                   |    | 160 |
| <b>2023 montalto pennon hill pinot noir</b><br>red hill south vic              |    | 79  |
| <b>2024 quealy tussie mussie pinot noir</b><br>merricks vic                    |    | 88  |
| <b>2018 moorooduc estate robinson pinot noir</b><br>shoreham vic               |    | 94  |
| <b>2021 the red fox pinot noir</b><br>mornington peninsula                     |    | 70  |
| <b>2016 the cups estate pinot noir</b><br>mornington peninsula                 |    | 85  |
| <b>2022 crittenden 'pinocchio' sangiovese</b><br>mornington peninsula          | 14 | 66  |
| <b>2022 crittenden los hermanos tempranillo</b><br>mornington peninsula        | 14 | 66  |
| <b>2023 stumpy gully merlot</b><br>mornington peninsula                        | 15 | 70  |
| <b>2012 merricks thompsons lane cabernet sauvignon</b><br>mornington peninsula | 15 | 70  |
| <b>2019 trofeo estate amphora cabernet sauvignon</b><br>dromana vic            |    | 75  |
| <b>nv mornington estate shiraz</b><br>mornington peninsula                     | 15 | 70  |
| <b>2022 gibson the dirtman shiraz</b><br>barossa valley sa                     |    | 85  |
| beer and cider <i>(may contain gluten/sulphites)</i>                           |    |     |
| <b>prickly mooses otway light</b>                                              |    | 8   |
| <b>st andrews "the apprentice" mid-strength</b>                                |    | 10  |
| <b>devilbend stumpy lager</b>                                                  |    | 10  |
| <b>jetty road brewery pale ale</b>                                             |    | 10  |
| <b>red hill brewery golden ale</b>                                             |    | 10  |
| <b>two bays brewing ipa (gluten free)</b>                                      |    | 10  |
| <b>mr little apple or pear cider</b>                                           |    | 11  |
| <b>mornington peninsula brewery free pale ale</b>                              |    | 6   |

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