

FLINDERS

Where to eat, taste and explore...

If you're attending the Mornington Peninsula Agroecology Forum, you're already in a region connected to sustainable farming, aquaculture and local food systems. The forum brings together farmers, chefs and food innovators to explore regenerative agriculture and the future of how we grow, share and enjoy food.

Flinders is a place where these ideas are part of everyday life. Surrounded by farmland and sea, it's home to some of the Peninsula's freshest produce including truffles, mussels and garlic. Many local producers are part of the Mornington Peninsula Produce (MPP) program, meaning their food is grown bred or raised right here.

A visit to Flinders offers the chance to meet the people behind the produce, taste food grown with care and to see what happens when community, place and purpose come together. And while you're here, take the time to explore, there's plenty more waiting beyond the plate.

Image: Flinders Truffles



Cook Street, Flinders

Your first taste of local

Begin your journey with a slow wander down Cook Street, the heart of Flinders. Once a fishing village and trading post, Flinders still holds onto its past, though these days you're more likely to find local sourdough and small-batch coffee than cargo.

Grab a coffee from Flinders Sourdough, brewed with locally roasted Little Rebel beans. If you're hungry a Beach Bun or one of their famous sausage rolls won't disappoint.

Drop into Manyung Gallery for a look at their current exhibitions, or visit Cook Street Collective to discover creations by local artists and makers. Then, pop into The Nook at Flinders, a beautifully curated space filled with homewares, gifts and books including a lovely selection of recipe books celebrating food and cooking.

Just a short stroll away you'll find the Flinders Golf Club overlooking the ocean with views as impressive as the course.

This is more than a main street, it's a working example of the local economy in action. Take a moment to explore it slowly. Chat to a shopkeeper, ask where the flour in the bread comes from and see how food, art and sustainability come together in everyday ways.

Please note: many businesses in and around Flinders operate reduced hours midweek in winter. We recommend checking ahead for current opening times.



Flinders Sourdough

58 Cook Street, Flinders
Friday to Sunday
9 am to 3 pm



Manyung Gallery

Shop 1/37 Cook Street, Flinders
Tuesday 11am to 5 pm
Thursday to Sunday
10 am to 5 pm



Nook at Flinders

1/52 Cook Street, Flinders
7 days
10 am to 3pm.
Hours vary daily

Taste the Peninsula

A place for serious flavour

Mock Red Hill

Mock Red Hill is a fifth-generation, biodynamic orchard in the Mornington Peninsula hinterland. The Mock family produces fresh apples, pears, avocados, cider, juice and freeze-dried fruits.

Visit the Farmgate Cider Lounge for tastings, Johnny Ripe apple pies, and chocolate-coated freeze-dried strawberries. All served in a 1940s cool store, hosted by sisters Mardi and Sheryn.

Main Ridge Dairy

Main Ridge Dairy, set in the hills of the Mornington Peninsula, produces farmhouse-fresh goat cheese on-site. Visit Billies, their cosy tasting room and providore, or relax on the Dairy Deck with paddock views. With picnic rugs, local produce, and dairy goats nearby, it's a paddock-to-plate experience that blends flavour, farming and the Hinterland landscape.

Montalto

Montalto in Red Hill blends vineyard, olive grove and kitchen garden into one immersive estate. Dine at one of three venues—Montalto Restaurant, The Piazza, or the Cellar Door then explore the 1km winding sculpture trail through the estate.

Their award-winning 'Estate to Plate' experience includes a guided garden tour, hosted wine tasting and a seasonal lunch, showcasing the best of the Mornington Peninsula's food and wine.



Mock Red Hill



1101 Mornington-Flinders Road,
Red Hill



Main Ridge Dairy



295 Main Creek Road,
Main Ridge



Montalto



33 Shoreham Road,
Red Hill South

Fresh from farmgates

Pick up seasonal produce

Flinders Truffles

Flinders Truffles is a family-run regenerative farm producing premium black truffles. A true winter indulgence on the Mornington Peninsula.

Come winter, the farmgate is open most weekends from 10am – 4 pm. It's the perfect place to pick up truffle products or warm up with hot truffle infused soup and triple cheese truffle toasties.

Join a guided truffle hunt with expert scent dogs and uncover the earthy richness of these seasonal delicacies.

Torello Farm

Torello Farm in Tuerong is a working property growing heirloom vegetables, specialty potatoes and tree-ripened fruit. They also raise heritage Belted Galloway cattle and Dorset Down sheep, chosen for their flavour and slow-growing nature.

Visit the farmgate shop for just-picked produce, dry-aged grass-fed beef and seasonal goods from other local farms. Open daily, closed public holidays.

Cape Schanck Olive Oil Estate

Cape Schanck Olive Estate is a family-run grove at the southern tip of the Peninsula, where ocean breezes and a Mediterranean climate create ideal growing conditions. Using mostly organic practices, they produce premium extra virgin olive oil from five European olive varieties, each with a distinct aroma and flavour.

Check their webpage for local stockists.



Flinders Truffles



1900 Mornington Flinders Road,
Flinders

Torello Farm



410 White Hill Road,
Dromana

Cape Schanck Olive Estate



Available at local stockists

Evenings in Flinders

Stay local, stay close

Check-in:

Motel Flinders is recently renovated and just a 10 min walk (uphill) to the village and Forum. The King Rooms have retro vibes with modern comforts, complete with a balcony or private courtyard perfect for a pre-dinner unwind.

Other places to stay

- Quarters Flinders – Hotel-style accommodation at the historic *Flinders Hotel*.
- **Airbnb** – Book a local holiday home, there's a great range in and around the village.

Drinks at dusk:

For a laid-back aperitif, stroll over to Plonk and Stink. A relaxed, stylish venue where handpicked wine, spirits and cheese come with street views and a warm local atmosphere.

Dinner:

MOKE is a refined dining experience led by chef Michael Cole, showcasing the Mornington Peninsula's seasonal produce with precision. Menus feature thoughtfully crafted sharing plates that highlight local growers and small producers. The atmosphere is bespoke, the approach sensory-led. For current opening hours and bookings, visit MOKE's website or check their socials.

Alternative dining options:

- Flinders Hotel \$\$ (Open 7 days)
- Flinders Golf Club (Open for lunch 7 days and dinner Friday)
- The Village Café & Wine Bar \$ (Thurs to Sat dinner, live music some Sundays)
- Pho @ Flinders \$ (Fri to Sun)



Motel Flinders



32 Cook Street, Flinders



From \$189 per night



Plonk and Stink



37 Cook Street, Flinders

Thursday to Sunday
3 pm to 8 pm



M o k e



60 Cook Street, Flinders

Thursday – Sunday
Dinner from 6 pm
Lunch – Saturday and Sunday
from 12.30 pm

Coastal highlights

Walk, watch & Explore

Flinders Blowhole

Just off Boneo Road (opposite Razorback Road), the [Flinders Blowhole](#) lookout is a short walk via boardwalk and stairs. You'll be rewarded with sweeping views of Bass Strait and waves crashing near Elephant Rock.



Keep an eye out for birdlife on Little Bird Rock, or even a sea eagle overhead.

Cairns Bay

A local gem between Punchbowl and Keys Road, [Cairns Bay](#) is well worth the walk. Search for "Tea Tree Creek & Cairns Bay Walk" to find the small roadside car park just five minutes from The Blowhole and follow the 600m track into Mornington Peninsula National Park.



Best visited after rain or in cooler months when the creek flows and you chance seeing the waterfall.

Mushroom Reef Marine Sanctuary

Located in Flinders Mushroom Reef is a protected coastal reserve known for its basalt cliffs, reef platform and rockpools. At low tide, the 'mushroom' shape appears, revealing exposed rockpools and marine life.



Mindful Tip: Leave shells, creatures and rocks undisturbed, photos make the best souvenirs.

More places of interest:

- Westhead Lookout, Flinders
- Cape Schanck Lighthouse and Reserve
- Flinders Pier



Flinders Blowhole



Blowhole Track,
Flinders



Cairns Bay



1850 Boneo Road,
Flinders



Mushroom Reef
Marine Sanctuary



Flinders Ocean Beach Off
Golf Links Road, Flinders

More Experiences



Mornington Peninsula Chocolaterie

45 Cook Street, Flinders
Open Daily
9 am - 5 pm

Handcrafted chocolates, creamy scoops and sweet treats worth the stop.



Flinders General Store

48 Cook Street, Flinders
Open daily
7 am - 7 pm

Old school charm and a one stop shop for essentials, local produce and wine.



Flinders Hotel

23 Cook Street, Flinders
Open daily

Historic hotel offering boutique accommodation and dining daily.



Pier Provedore

38 Cook Street, Flinders
Open Daily
7 am - 3 pm

Coffee, deli cabinet and pantry goods. Easy, local and delicious.



Pho @ Flinders

38B Cook Street, Flinders
Open Friday to Sunday
Various hours

Vietnamese comfort food served with local love and serious flavour.



Cook Street Collective

2/41 Cook Street, Flinders
Open Friday - Monday
10 am to 4 pm

A gallery for local artists with stories, colour and craft on full display.

