

+ LADLE PRESS

HONEST +
HEALTHY +
DELICIOUS +
NUTRITIOUS



Ladle + Press offers you honest, healthy, delicious + nutritious food. **It's real, it's fresh, and it's affordable.** Coupled with this philosophy on food, our focus is on supporting local suppliers - local business, local farmers, local grocers. This honesty in the food, the service, and the affordable price is something that is difficult to find in today's market.

Food needs to taste good. It needs to be made from fresh ingredients. It needs to be **free of preservatives and artificial additives.** It needs to be affordable. And it needs to be **made with passion.** That's what you can expect at Ladle + Press. We're proud of what we do, and we want you to see it. Everything is prepared fresh on-site. Our open kitchen means you can see the fresh flavours being produced throughout the day. The kitchen, the chef and the ingredients are all on view, and we welcome you to watch us work.

Ladle + Press was born from a **passion for wholesome, delicious food, and healthy living.** We're going back to basics, and as part of this philosophy we're passionate about **minimising our waste.** The left over pulp from our cold pressed juices, and the almond meal from our almond milk, will be used in our cooking to enrich flavour and texture, increase nutritional benefits, and at the same time minimise what leaves the back door in a garbage bag.

We have assembled an **experienced and friendly team,** who will provide a superior level of traditional customer service that, sadly, is no longer commonplace. We're going back to basics.

**Ladle + Press,
we think you'll like it**

LADLEANDPRESS.COM.AU

WHAT WE OFFER

JUICE

Cold pressed juice is smooth, rich and delicious. It's extracted using a gentle 'pressing' method and is packed full of vitamins & nutrients. You can buy an L+P cold pressed juice bottled and ready to go, or we'll happily press it for you while you wait and watch.

SOUP

We offer a delicious range of nutritious soups, from traditional favourites to gourmet specialties. All are made 'from scratch' in store, from the freshest ingredients, and proudly preservative free.

ONE POT WONDERS

Slow cooked casseroles, ragouts, curries and risottos, all made with fresh stocks and locally sourced ingredients. This kind of 'back to basics' honest goodness in our fresh food just tastes better.

BREAKFAST

It's really tricky to get a good breakfast on the run. Not at Ladle + Press. Our breakfast bowl food is exactly what you need first thing in the morning - it's fresh, nutritious and utterly delicious.

L+P LOAVES

A unique recipe using the leftover pulp from our cold pressed juices. Proudly refined sugar & preservative free, full of flavour and deliciously moist. Perfect served warm or toasted (and even better with a bit of butter!).

COFFEE

We offer you a fresh take on a daily favourite. Supplied by the artists at Fiebre, this is coffee at its best. Our cold drip coffee is a sublime, smooth brew and is best served on ice. Or enjoy the incredibly balanced flavour of our classic hot drip.

KOMBUCHA

Pro-biotic rich and unrivalled in assisting with gut health and detoxification. We brew our own Kombucha on site, in a range of great flavours which have been blended from our cold press. Our brews are tasty, refreshing, and seriously good for you.

ALMOND MILK

Thanks to The Pure Press we bring you some of the creamiest Almond milk available. No added sugar, no preservatives, no additives, and no pasteurisation. It's lactose free, creamy, natural and delicious.

SWEET STUFF

Satisfying that sweet craving is no longer a guilty pleasure. Nothing artificial, no refined sugar, no nasty additives. Just a delicious snack that hits the sweet spot!



FIND US ON
SOCIAL MEDIA



LADLE + PRESS
SHOP 232 | WESTFIELD WHITFORDS CITY
WA 6025 | 0422 136 460
ORDERS@LADLEANDPRESS.COM.AU