



Swan Valley

Humane Food Region

Free farm animals from cruel farming practices. Choose restaurants that choose humane food.

Humane food. What's the deal?

The RSPCA defines it as food that is animal welfare friendly. Put simply, it means animals have a better quality of life and are respected as living, feeling creatures. Meat chickens can scratch and forage. Layer hens can lay their eggs in a nest and breeding pigs can wallow in mud. As you can imagine, being raised in higher welfare conditions goes well beyond the minimal standards required by law – providing farm animals with a life worth living.



An initiative by:



swanvalley.com.au

Australia just christened its very first Humane Food Region. Guess where?

We're proud to say the Swan Valley has been crowned the first Humane Food Region in Australia. The chefs and producers in the region are a compassionate bunch who have committed to producing and serving humane food in their restaurants and cafes. Expect fresh cage-free eggs, free-range pork and a whole lot of tastier, more wholesome produce, from animals living happier, healthier lives.

Does eating humanely really matter? I mean, why should I care?

Well, for a few reasons.

First and foremost, animals are capable of experiencing fear, pain and stress. Raising animals in surrounds where they are respected and treated kindly is simple decency.

Then there's the matter of quality and taste. We've all heard chefs roll out the line "we only use the best, freshest ingredients", but talk is cheap. If it's not fresh, it's past its best – possibly even inedible or dangerous to consume. As for "the best", what can be better than giving farm animals a better quality of life?

There's a reason why research shows that half of all Australian consumers would prefer to buy humanely produced food. Today's diner notices the difference in taste and finds it more enjoyable to feast in the knowledge that the animals lived a happy, healthy life.

Just how committed is the Swan Valley to humane food?

Very. The Swan Valley Humane Food region program is supported by 30 of the region's restaurants and cafes, and this number is projected to grow as more and more chefs are attracted to the region. Businesses are identified in the region's promotional materials, on www.swanvalley.com.au and nationally on www.choosewisely.org.au

The program is an initiative by the City of Swan and RSPCA WA, led by six local ambassadors, who are all notable, passionate chefs in the region.



Program Ambassadors

“Sadly, the majority of eggs in Australia are produced by hens housed in battery cages.”

Lynne Bradshaw, President - RSPCA WA



Caroline Taylor

Caroline Taylor

Taylor's Art & Coffee House

Growing up in the Swan Valley with regular trips to the North West, I was exposed to farming and station life from a young age. Running a farm is not for the faint hearted and seeing a cow get quartered is not something I like to think about. But as a major part of our diet I believe understanding and supporting where our food comes from is essential for everyone, whether vegan or carnivore.

I feel that with advancing technology and urbanisation we are disconnecting from our awareness of rural practices. To me, opening our eyes to current farming practices is more important than ever in order to make sustainable choices like organic, biodynamic and free-range produce.

At Taylor's we use organic wherever possible, free-range always and locally grown as a first choice.

For example, if something is flown in from California (lemons in summer) I will not order it from my supplier. Our orange juice supplier has figured out a farming technique to grow all year round. His lemons are not great in the summer months but we work around it.

Our local butchers are passionate free-range pork and chicken suppliers who we've used for nine years. They never fail to provide us with fantastic small goods. We use free-range eggs in all our cooking and baked goods and find the quality is second to none.

Kiren Mainwairing

Dear Friends Restaurant

My passion for local and wild produce began in Wales, UK.

I operated Dear Friends in the Swan Valley for seven years with my wife, Kelli, who is equally passionate about showcasing local produce sourced direct from farmers with an emphasis on organic and biodynamic produce.

We're proud to have scooped five Gold Plates for Dear Friends including the Prix de Honour in 2014. We were delighted to be named third in the State and 77th in Australia by the prestigious Gourmet Traveller Restaurant Awards 2013, and were thrilled to receive two stars from The West Australian Good Food Guide 2013.

Kelli and I recently opened Co-Op Dining in East Perth, extending our food philosophy to a more central location in a contemporary setting. I love my regular visits to small farms and foraging for wild produce, which I then transform into a degustation delight at Co-Op from Tuesdays to Saturdays.

“Free-range pork comes from pigs that were born and raised with free access to the outdoors.”

Lynne Bradshaw, President - RSPCA WA



Kiren Mainwairing



“Conventional meat chickens are kept in barren conditions.”

Lynne Bradshaw, President - RSPCA WA



Dean Williams

Dean Williams

Sandalford Wines

My first lessons in cooking were at home, with my Mum, who makes the most fantastic nurturing food. Professionally, I've been a chef since 1987. Most of my working life has been spent in Perth with stints in Sydney, Adelaide and Ayers Rock. However, being a passionate Perth boy, I am always drawn back home.

When it comes to my cooking style, I am a minimalist. Drawing on those lessons from mum, I like to cook meals for restaurant diners that I would cook for my favourite friends when they come to my house.

If you use the best produce, then you are more than halfway to serving the best meal. Free range meats and eggs are the best you can get. That's why we won't use anything less here at Sandalford.

Over the years I have worked at Hillarys Marina in several venues, in small restaurants, for large caterers, in hotels and in function centres, but for the past 14 years I have worked in the wonderful Swan Valley. It's a great part of the Perth region and a lot closer to the CBD than most other wine regions throughout the world.

Mike Price

Sittella Winery & Restaurant

I started my career 40 years ago as a commis chef in the kitchen of the renowned Connaught Hotel London, under the guidance of Danielle Dunas. It was here I developed a real understanding and love for food.

I took this passion to the Savoy Hotel London where I became commis saucier and scored the prestigious title of runner-up in the competition set by the Chaine de Rotisseurs.

Having spent time in London I wanted to explore the finer points of French cuisine and gain valuable experience at a number of Michelin star rated restaurants in Paris and the south of France. Before migrating to Australia with my family I was appointed Executive Chef at the Selsdon Park Hotel London.

My aim is to create original, skilfully crafted food with an emphasis on texture, harmony of flavours and overall balance. I believe that food and flavours enable you to journey through a range of sensations, creating interest and often comfort. My philosophy to food and healthy eating has always been about enjoying everything in a balanced way. Food is one of life's greatest joys. I value my role as a lecturer at West Coast TAFE where I can pass on my years of experience and witness the passion of emerging young chefs.

While humanely produced food may be more expensive than food produced and sold by the big chains, most chefs, including myself, always demand high quality produce, farmed with as little human intervention as possible, which produces food which is tastier and better for you!

The Swan Valley program will inevitably make people more aware of the benefits of humanely produced food and increase their willingness to demand it from restaurants and retailers, encouraging farmers to produce more and reducing costs.

“Consumers are driving the change for humane food.”

Lynne Bradshaw, President - RSPCA WA



Mike Price



“Most pigs in Australia will never set foot outdoors.”

Lynne Bradshaw, President - RSPCA WA



Fiona Lamont

Fiona Lamont

Lamont's Winery & Small Tastes Venue

I've had more than 25 years of experience in the Western Australian food and wine industry based predominately in my Lamont's Swan Valley Winery, from where, as a Directing Partner with my mother Corin and sister Kate, we oversee the running of a 7,000-case winery plus manage more than 40 staff and four other Lamont's businesses across the state.

Lamont's Winery began production in 1978 on advice of my grandfather, Jack Mann, who declared: "If you want something good to drink, you'll have to make it yourself!"

In 1989, when we opened one of the region's first a la carte restaurants adjoining our family winery, I was responsible for the front of house operation and the daily management of our growing business.

In 1996, the year we opened Lamont's City, in Perth's CBD, I moved into the Swan Valley kitchen where I remained as chef until 2005. I then moved to Lamont's Margaret River to manage and create another successful Lamont's business. I have since returned to the Swan Valley to re-model the cellar door operation, which I currently manage combining a small tastes menu with matching Lamont wines.

I broadened my marketing experience operating an agency for Simon Johnson products prior to a dedicated SJ store being opened in Perth. I'm also currently involved in all aspects of marketing across all Lamont's businesses.

In 2003, I joined with a group of committed local producers to form the Swan Valley Food and Wine Trail, a marketing initiative to promote the region's growing popularity as a tourism attraction. I am a passionate ambassador, promoting the assets of the Swan Valley and its wine and food culture.

My two children, Madeleine (aged 23) and Jack (aged 19), both work within the Lamont's businesses and, as fifth generation winemakers, are well positioned to carry the Lamont's brand well into the future.

Manu Fillaudeau

Fillaudeau's Restaurant & Café

Born and trained in Anjou, Loire Valley, I grew up on the family farm and decided to become a chef at 13. At the luxury Parisian theme brasserie restaurant Le Grand Cafe I was trained with great respect of the trade of cooking, with an emphasis on making everything from scratch using local produce.

At 17 I left for Baden Wurtemberg, Germany, spending time in a Michelin star restaurant at the Hotel du Lac Neufchatel, Switzerland, then moving on to the Bocuse d'or winner at the former Carre des templier in the French Riviera, before moving on to London, where I worked at some prestigious places such as Gavroche. I moved to Australia in 2005, cooking in French restaurants in Cairns and Melbourne before discovering Perth where I met my wife, Jasmin.

We opened Fillaudeau's in 2012, and were awarded the Best European Restaurant by the Restaurant and Catering Association in 2013.

I love to cook classic French technique. I believe in the importance of respecting a dish by cooking it the way it has been told from one generation to another, or from the old woman cooking a bouillabaisse in Marseilles, France.

I love my food and wines and am a big supporter of local produce. It's a pleasure to cook with locally grown vegetables, great southern lamb, local free range pork and amazing WA seafood such as Kalbarri crayfish, Shark Bay tiger prawns and Rottnest Island scallops.

My greatest culinary inspirations are Auguste Escoffier, Joel Robuchon and Paul Bocuse.

“By serving higher welfare products, restaurants in the Swan Valley are giving customers what they want.”

Lynne Bradshaw, President - RSPCA WA



Manu Fillaudeau