

Did you know?

A 2017 study found that the importance of fibre is intimately tied with the importance of our gut microbes. A proper fibre diet literally feeds and makes these bacteria thrive. Researchers now say that this role of promoting good gut health may extend to include the health of your brain and neurological systems.



Baguette

Low yeast and long fermentation deliver maximum flavour to this crusty chewy baguette.

TASTE fully developed fermented wheat flavour with a moist crumb and crisp crust.

IDEAL FOR cheese platters, pâtés, soups, sandwiches and with good butter.



We make great food. Every day. We share it with our friends and family. So our products have to be great. Consistently. We are our own harshest critics.

We know that by using only the best ingredients and following traditional techniques we can make the best food for us, our family and our customers.

Phillippa

Celebrate real bread with us and enjoy daily instore tastings, special promotional prices on all your favourite breads and bread-making classes.

To find out more follow us on Instagram, Like us on Facebook or subscribe to our newsletter at www.phillippas.com.au

BAKING CLASS

Visit our website to book an August bread making class.

SCHOOL EXCUSIONS

Primary and secondary school visits to the bakery are welcome. We run these once per term. Send requests via sales@phillippas.com.au



@phillippasbakery



@phillippasbakery

Phillippa's



In Praise of Bread
Since 1994

In Praise of Real Bread

Phillippa's is celebrating real bread made from simple, natural ingredients including flour, water, some salt and a little yeast or sourdough and time.

Time to ripen and ferment slowly, to develop its distinctive and delicious flavours, and time to break down the wheat, making it easier to digest. Taste the time in our award winning breads.

Real bread has many health benefits and can be eaten daily as part of a healthy diet. For more information on the health benefits of bread. For more information visit <https://phillippas.com.au/blog/>



Did you know?

Bread provides B Vitamins which are essential for the body to convert food into energy efficiency. It also provides antioxidant nutrients such as vitamin E and selenium which protect cells from damage by toxic substances including smoke pollution.

Our Breads



Honey Wholewheat



100% Rye Sourdough



White Sourdough



Pane Toscano



Corn Cob

Organic Stoneground Sourdough Bloomer

We believe in using wholesome ingredients that nourish the body and promote good gut health. Phillippa's bread is easier to digest because the enzymes have had time to begin breaking down the gluten in the flour while fermenting... and you can take time to savour it too.



Bread Facts

A study in prediabetic patients found that sourdough bread elicited significantly lower glucose and insulin levels than regular bread.

Studies have found sourdough bread produces beneficial compounds: antioxidants, the cancer-preventive peptide lunasin, and anti-allergenic substances, some of which may help in the treatment of auto-immune diseases.