

To the lighthouse: a trip to Cape Nelson

To the lighthouse: we take a tour of the Cape Nelson Lighthouse.

Enjoying a slice of the good life in Dunkeld

New Dunkeld cafe is a delight...

From serious science to one cool cat



Sisters Victoria (front) and Elizabeth Carey are the smiling faces behind the wonderfully named Day Kitty cafe in the former Flaherty's Chocolate Shop, Warrnambool.

[dropcap style="color: #a5cecd;"] A [/dropcap]mid all the gloom of shops closing in Warrnambool, the city's burgeoning cafe scene is stepping up to the plate to show how funky places can not only survive, but thrive.

The wonderfully named Day Kitty cafe is among the newcomers, having taken over the former – and famous – Flaherty's Chocolate Shop building in Kepler St, right next door to the Capitol Cinema.

Since opening six months ago, the cafe with a striking black-and-white decor has carved out a niche market with its emphasis on organic that includes home-made, artisan milkshakes and icecreams, fresh-pressed juices, light meals, salads and hot drinks.

It is like a soda fountain, meets a coffee shop, meets a gourmet salad-and-juice bar – and it works.



The sisters (Victoria in the middle, Elizabeth, right) were always close and have ended up working side by side after initial careers as scientists. They are pictured here with their eldest sister, Anastasia.

[dropcap style="color: #a5cecd;"] W [/dropcap]arrnambool sisters **Victoria** and **Elizabeth Carey** are behind the venture, although Elizabeth insists she is simply “helping out” Victoria, who created the dream and has pulled all of the pieces together.

Both are former scientists who, after 10 years in their respective fields (the sisters were born two years apart), decided they wanted to do something completely different with their lives.

Victoria worked in dairying manufacturing at Murray Goulburn, in Koroit, where she gained all of the experience necessary to break out into making artisan icecreams that would use only organic ingredients.

The waffle cones, which are hand-made by Elizabeth, use the egg whites leftover from the icecream.

The cafe's icecream and milkshake bar harks back to the hey-day of Flaherty's, who were known not only for their extraordinary array of chocolates – particularly at Easter – but for the entire Flaherty family each taking a turn at serving icecreams and milkshakes to cinema goers.

"I knew exactly the sort of cafe I wanted to have, and I knew it had to be here, in this building," Victoria says.

"We have had different members of the Flaherty family drop in to see how it looks, and that has been really lovely," she adds.



Victoria hand-makes all of the icecreams, using only organic ingredients, while Elizabeth makes the waffle cones using the leftover egg whites.

[dropcap style="color: #a5cecd;"] B [/dropcap]efore joining her big sister at Day Kitty, Elizabeth specialised in the

remediation of contaminated land so it is not surprising that she, too, has a strong commitment to sustainability.

“We try and recycle and reuse as much as we can. Our food scraps are composted and all of the cardboard is taken away and recycled,” she explains.

Even the cutlery and drinking straws are made from recycled bamboo – rather than plastic – although it did take a bit of trial and error to find the right straws.

“We started with some paper ones, but they fell apart before the drink was finished,” Victoria says, laughing.

Day Kitty is now “about 95 per cent organic”, according to Victoria, with a particular style of coffee bean proving to be the final, 5 per cent hurdle.

As for the name, it was chosen simply because it sounded good and is easy to remember.

“It was going to be Day Kitty-Night Owl, because we had planned to eventually open in the evening and offer cheese platters with a nice glass of wine,” Victoria says.

That may still happen, but for now the pair is happy to keep growing the business during daylight hours. The next chapter is about to unfold, with the hiring of a chef so that they can expand their lunch and breakfast menu.

“One day I would really like to also run an organic fruit and vege store, but that is a little further down the track,” Victoria says.



These vintage scoops were found in secondhand stores around Warrnambool and may have even been used by Flaherty's....who knows?

[box type="bio"] Day Kitty, 53 Kepler St, Warrnambool is open Mon to Fri 8.30 to 5.30 and Sat 9-5. Ph: 5561 6921[/box]

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From a cupcake copper to a farmer's wife



Within the space of about a fortnight, Jo O'Keefe went from being a police officer in Portland to running her own cafe in Port Fairy, The Farmer's Wife Harvest Cafe.

[dropcap style="font-size: 60px; color: #ABCCAB;"] A [/dropcap]t the risk of using a bad pun, a new alleyway café in the heart of Port Fairy is quite arresting – not least because it is run by a former police officer.

The Farmer's Wife Harvest Cafe, tucked at the end of a gorgeous bluestone and rubble walled lane off Sackville St, is the latest venture for local **Jo O'Keefe** who has had what can only be described as a varied career.

Until last November, Jo was Senior Constable O'Keefe based at the Portland police station as part of a 10-year career with the thin blue line.

Prior to joining the force, however, she had spent most of her life in hospitality, including working in kitchens while studying – and completing – a Fine Art degree at Deakin University in Warrnambool in the early 1990s.

"Everyone used to call me the Cupcake Copper because I was better known for my scones and cupcakes that I would bring into work, than for any actual policing," Jo laughs.

"I have always had a background in hospitality though and, since I was 18, worked in Lorne, Apollo Bay, Warrnambool and up at the snow fields."



An earlier life in hospitality has seen Jo turn full circle and live her dream of opening her own place.

[dropcap style="font-size: 60px; color: #ABCCAB;"] A [dropcap]fter the birth of her son, Tex, in 2000, Jo decided to scratch an itch that she had harboured since she was 12 years old, after one of the police horses visited her school in Melbourne.

“That horse, ‘Gendarme’, had me completely hooked and I was determined to join the force one day...I finally did, just before I turned 40,” Jo explains.

“I am not sure why, but I thought it might also be better for me as a single Mum, which I was at the time, but I didn’t factor in the night shifts,” she laughs.

As a result, Tex was “raised by the village” of Port Fairy with various friends chipping in to help when Jo moved there in 2006.

It has made Tex a well-adjusted kid, who now helps out making

smoothies and juices in the café during school holidays, says Jo.



Some of the tasty treats on offer: the brownies sold by the tray-full during the peak summer season.

[dropcap style="font-size: 60px; color: #ABCCAB;"] F
[/dropcap]our years ago, life took another turn when Jo married local farmer **Scott Moore** – hence the inspiration for the name of her café.

“I had been thinking about getting out of the force and I always wanted to run my own café, then this place came up and I jumped at it,” Jo says.

“I finished up work in November and, two weeks later, opened up the café in December.”

The café, which offers simple healthy lunches, coffees, cakes, fresh juices and a range of gluten-free products, hit the ground running and Jo found herself making 5.30am starts to

keep on top of the summer rush.

“I knew it was going to be full on for those first couple of months, but it was great fun,” she says.

Part of the café’s appeal is that it is tucked well away from the main street and provides a safe place for kids who are kept entertained by the plastic farm animals that are provided by Jo and can be hidden into the nooks and crannies of the sandstone wall.

“I am not sure if we have found them all again yet,” she smiles.



Some of the local patrons that help to keep the kids happy...

[box] The Farmer’s Wife Harvest Cafe is at 47a Sackville St, Port Fairy, and is open 9am-3pm seven days. You can find it on Facebook [here](#). [/box]



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New path leads to Lozzar's



Phil Slessar and Loretta Riordan have spent the past three years building their dream cafe at Lozzar's, which prides itself on great service and great food.

[dropcap style="font-size: 60px; color: #A02F2F;"] A
[/dropcap]t some point in our lives, most of us reflect on

whether what we do for a living makes us happy or if we need to take a deep breath and make a change.

For **Loretta Riordan** and her partner **Phil Slessar**, that point arrived just over three years ago when Loretta, who had a long career in hospitality, decided she no longer wanted to work for other people, but for herself.

Phil, who came from a background in electric motor repairs, was also ready for a new challenge and doing “something completely different”.

“I was moving from a job where you have very dirty hands, to one where they are very, very clean,” he said with a laugh, extending his fingers for effect.

Together, Loretta and Phil took the plunge and made an offer on a café in Kepler St, Warrnambool that they refurbished and reopened as **Lozzar's Lounge Cafe**.

“I had been working ridiculously hard for other people for many years, but I never had the confidence to think that I could open my own place,” Loretta said.

“Finally, I reached the point where I realised that if I didn't make a move, I would never do it and in the end it all happened very quickly.”



French toast anyone? Breakfast can be as healthy or as decadent as you like at Lozzar's.

[dropcap style="font-size: 60px; color: #A02F2F;"] P
[[/dropcap]hil learned the art of being a barista and Loretta expanded her cooking skills to the point where she could make virtually all of the café's menu range herself, single-handedly, and only source a few items from other suppliers. Front-of-house was taken care of by the very capable **Bec Scholz**, who just moved on to a new venture last week after three years at Lozzar's.

The café has established a loyal following for its breakfast and lunch menu which includes sit-down-and-take-your-time items like french toast, homemade muesli, fruit and oat crumble (breakfast), smoked salmon, feta and pea frittata, or a smoked chicken, leek and roast pumpkin risotto (lunch), plus the full range of 'grab-and-go' bagels, focaccias, salads and soups.

The sweeter side of things includes a range of plump muffins (raspberry and white chocolate is the house specialty) and delicious cakes (such as blueberry and lemon sour cream cake) paired with one of a large selection of T2 teas that are

served in a pot, or a coffee from the ethically responsible Di Bella roasters.



Resistance is useless...raspberry and white choc muffins, made by Loretta, are a house specialty.

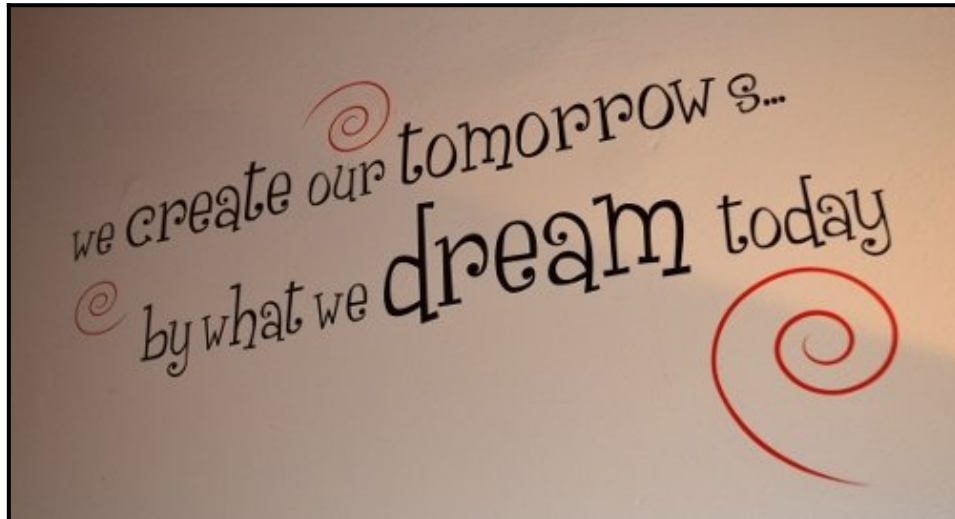
[dropcap style="font-size: 60px; color: #A02F2F;"] W
[/dropcap]hen it comes to a successful café, however, great food and coffee are only one part of the equation. Great service is equally as important and this is where Lozzar's steps up.

"I want all of our customers to be noticed, and by that I mean, when they walk in, we say hello, we make sure they feel welcome and comfortable and really looked after," Loretta said.

The Lozzar's philosophy is reflected in the inspirational

phrases added around the walls, which customers have been known to photograph.

“These sayings reflect my own thinking because I never thought I would ever have my own cafe. It has been hard work, but when the place is buzzing, when our customers are telling us that the food is great, well, it makes your day. It makes it all worthwhile,” Loretta said.



Wall art gives customers something to contemplate while enjoying their coffee...

[box type="bio"] Lozzar's Lounge Cafe, 52a Kepler St, Warrnambool. Open Mon-Fri 8am-5pm, Sat 9am-lunch. Ph: 55612823. Find them on Facebook [here](#). [/box]



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