

THE FLYING FIG

WELCOME TO THE FLYING FIG

Along the lines of the famous Jewish delicatessens our philosophy is simple: we aim to make most of the menu items ourselves from smoking pastrami and pickling to even making our own soft drinks. We aim to be sustainable, fresh and use local produce.

Products that are not made in house are sourced from reputable South Australian suppliers. Our partners and products include:

- The Coffee Barun
- International Oyster
- Harris Smokehouse
- Skala bakery (organically certified by NASAA)
- Tweedvale milk
- Fleurieu yoghurt
- Free range eggs

While this may not be considered health food this is wholesome food that is good for you. Our philosophy and beliefs are that products made in house are healthy for you.

PRODUCTS MADE IN HOUSE

EXTRAS

Bacon	Add bread (1).....	1.0
Bagels	Add egg (1).....	2.0
Labneh	Add hollandaise.....	2.5
Lox	Add house relish.....	2.5
Pastrami	Add house mayo.....	2.5
Pickles	Add latke (2).....	3.0
Sauerkraut	Add baked beans.....	3.0
Shrubs	Add spinach.....	3.0
Soft drinks	Add sauerkraut.....	3.0
	Add chrain.....	4.0
	Add schug.....	4.0
	Add Persian feta.....	4.0
	Add dill pickles.....	4.0
	Add fries.....	4.0
	Add pickled green tomato.....	4.0
	Add fried red tomato.....	4.0
	Add mushrooms.....	4.0
	Add avocado.....	4.5
	Add bacon.....	7.5
	Add house lox (cured salmon)....	8.0
	Add nova (smoked salmon).....	8.0
	Gluten free bread	+2.0

OUR COFFEE

For our milk based coffees we use a blend of Colombian and Ethiopian beans.

We use single origin coffees for black coffees so check with your barista to find out what is on pour.

FOOD TERMS

Lox: atlantic salmon cured for three days with salt, sugar, lemon and dill

Nova: cured salmon and cold smoked

Latke: a pancake made with grated potato, onion and millet

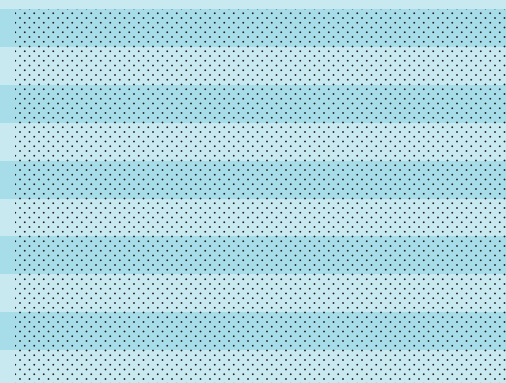
Schug: green salsa verde made of jalapeno, coriander, parsley, garlic, cumin, caraway seeds, salt, pepper and olive oil

Shrubs: fruit or vegetable syrup preserved with vinegar

Chrain: beetroot and horseradish relish

PLEASE TURN OVER FOR
PAGE 2: FOOD
PAGE 3: DRINKS

Please affix stamp below



Date	Table	11072016
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COFFEE - DRINKS - BREAKFAST - LUNCH

PLEASE MAKE US AWARE OF ANY ALLERGIES // MAY CONTAIN NUTS // VEGAN (VG) DAIRY FREE (DF) GLUTEN FREE (GF) VEGETARIAN (V) SUMMER MENU 2019 * * *

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HOUSE BAGELS

Schmear: neufchatel and preserve (V).....6.8

Breakfast Bagel: house smoked bacon, fried egg and house relish.....13.9

Lox: neufchatel, house lox, pickled onion and capers.....14.9

→ add avocado +4.5

BREAKFAST AND BRUNCH

Eggs: fried, poached or scrambled served with rye and chrain (V)10.9

→ Build your own breakfast see pg 1 for extras (Not available after 12pm on weekends)

TFF Granola served with honey spiced labneh, berry compote, fresh berries and mint (contains nuts) (V)(GF).....14.9

Breakfast sandwich (open faced) with pulled beef brisket in a rich red wine and tomato sauce, fried egg, house pickled green tomato and hollandaise*.....19.5

Latke with poached eggs, nova, baby spinach and hollandaise* (GF)19.9

Sweet potato and poppy seed waffles with fried eggs, sweet potato chips, chives and maple syrup (V).....19.9

Buckwheat blini with poached eggs, house lox, pickled green tomato, salmon roe and dill creme fraiche with a yoghurt lemon dressing and dill salad.....19.9

Corned beef hash: corned beef, sweet potato, capsicum and onion hash with poached eggs, zucchini, leek, schug and rye19.9

The Kibbutz Breakfast: a share table for groups of 2 or more. Ask a friendly staff member for details.....25.0 pp

SANDWICHES, BOWL, BLINTZ AND SALAD

Honey Roasted Beet Salad with lentils, crisp chickpeas, baby spinach, coriander & pickled onion with a dill vinaigrette and creme fraiche (V)(GF).....18.9

→ add chicken +4.5

Sweet Blintz: crepes filled with a citrus cream cheese and yoghurt mixture, topped with creme fraiche and fruit compote.....18.9

TFF Nourish Bowl: crispy kale, broccoli, zucchini, pickled onion, quinoa, poached eggs and schug (V)(GF).....19.9

The Original Reuben: (grilled) corned beef, a house made cabbage, kohlrabi and caraway sauerkraut, Swiss cheese and our Russian dressing on dark rye.....22.0

The Vegetarian Reuben: (grilled) grilled capsicum and zucchini, tomato, a cabbage, kohlrabi and caraway sauerkraut, Swiss cheese and chrain on dark rye (V).....21.0

The Brisket Burger: (grilled) house smoked stout brisket, Swiss cheese, red sauerkraut, house bread and butter pickles and cos lettuce with a schug mayonnaise on a brioche bun.....22.0

PASTRAMI: AVAILABLE WEEKENDS ONLY (SAT-SUN, AFTER 10.30AM)

Our pastrami is cured, rubbed in our special blend of spices, smoked for up to 8 hours then steamed for 2 hours and served hot. Ask our friendly staff of its availability.

The Pastrami Reuben: (grilled) house smoked pastrami, house made cabbage, kohlrabi and caraway sauerkraut, Swiss cheese and our Russian dressing on dark rye..... 25.0

Pastrami on Rye: house smoked pastrami with mustard on dark rye (DF)..... 19.9

→ add pickles +4.0

→ add fries +4.0

*Hollandaise will not be served after 12 pm. Any dishes containing hollandaise can be replaced by any of our other house sauces. Ask our staff for suggestions.

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* COFFEE *	TEA	* JUICE *	* COFFEE *	TEA	* JUICE *
WHITE COFFEE			SPARKLING WATER (BOTTLED)		
Caffe latte, cappuccino, flat white.....4.2			Small / Large.....4.0 / 6.0		
Mocchacino.....4.7					
Piccolo, macchiato.....4.1			HOUSE MADE SOFT DRINKS		
Babycino.....2.0			Seasonal, please ask staff..... 6.5		
BLACK COFFEE			SHRUBS		
Espresso, ristretto.....4.0			Seasonal, please ask staff.....7.5		
Long black.....4.2					
HOT CHOCOLATE/CHAI			COLD PRESSED JUICES:		
Hot chocolate.....4.2			All juices.....7.9		
Dirty chai.....5.0			<ol style="list-style-type: none"> 1. Orange 2. Grapefruit 3. Carrot, apple, orange and lemon 4. Apple, beets, carrot and ginger 		
Chai latte.....4.2					
COLD COFFEE			MENU AVAILABLE TO 2.30 PM EVERY DAY NO SPLIT BILLS ON WEEKENDS FOR PARTIES OF 5 OR MORE. PLEASE LET OUR STAFF KNOW OF ANY ALLERGIES		
Cold drip.....6.5					
Iced latte/iced coffee/iced chocolate.....6.0					
Iced mocha.....6.5					
EXTRAS					
Extra shot.....+0.8					
Large.....+1.0					
Bonsoy, almond or Zymil.....+1.0					
TEA (SCULLERY MADE)			* * * * * * * * * * LOOKING FOR A VENUE FOR YOUR NEXT SPECIAL FUNCTION? * * * * * YOU CAN CONTACT US AT SHALOM@THEFLYINGFIGDELI.COM.AU. * * * * *		
Cup.....4.2					
Pot for two.....5.8					
Choose from: Barossa breakfast, chamomile citron, green apple, the orange earl, rainwater mint, full moon chai					
* COFFEE *	TEA	* JUICE *	* COFFEE *	TEA	* JUICE *

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