

THE FLYING FIG

ENJOY!

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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
- 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

ALSO AVAILABLE AS RETAIL

- Bacon
- Bagels
- Labneh
- Lox
- Pastrami
- Pickles
- Sauerkraut
- Shrubs
- Soft drinks
- Corned beef
- Schug
- Chrain
- Tomato relish
- Pickled green tomatoes
- Preserves

EXTRAS

- Add bread (1).....1.0
- Add egg (1).....2.0
- Add house relish.....2.5
- Add house mayo.....2.5
- Add latke (2).....3.0
- Add spicy baked fava beans...3.0
- Add chard.....3.0
- 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.....5.5
- 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 kipfler potato, zucchini, onion, hulled millet and millet flour

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

Gribenes: crisp chicken crackling with fried onions

MENU AVAILABLE TO 2.30 PM EVERY DAY

NO SPLIT BILLS ON WEEKENDS

PLEASE LET OUR STAFF KNOW OF ANY ALLERGIES

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* LOOKING FOR A VENUE FOR YOUR *

* NEXT SPECIAL FUNCTION? *

* YOU CAN CONTACT US AT *

* SHALOM@THEFLYINGFIGDELI.COM.AU *

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* * * WINTER MENU 2020 * * * (V) VEGETARIAN (GF) GLUTEN FREE (DF) DAIRY FREE (VG) VEGAN // MAY CONTAIN NUTS // PLEASE MAKE US AWARE OF ANY ALLERGIES

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HOUSE BAGELS

Schmear: neufchatel and preserve (V)6.8

Breakfast Bagel: house smoked bacon, fried egg and house relish.....14.5

Lox: neufchatel, house lox, pickled onion and capers.....15.5

→ add avocado +4.5

BREAKFAST AND BRUNCH

Eggs: fried, poached or scrambled served with rye and chrain (V)12.9

→ **Build your own breakfast** turnover for extras (Not available after 12pm on weekends)

TFF Porridge: oats, walnuts, apples baked with maple syrup, brown sugar and butter, sprinkled with mandarin dust (V)15.9

Challah French Toast served with pomegranate arils, a lemon ricotta and creme fraiche mix, maple tahini syrup, pomegranate molasses and pistachio halwa (V)18.9

→ add bacon +7.5

Kipfler Potato and Zucchini Latke with poached eggs, lemon ricotta, chard and nova (GF)22.9

Sweet Potato and Poppy Seed Waffles with fried eggs, sweet potato chips, maple syrup and a schmear of spiced sweet potato mash (V)...21.9

→ add bacon +7.5

Ful Medames: spicy baked fava beans served with poached eggs, a tomato, cucumber and parsley salad, pita bread and lemon wedge (V)21.9

Corned Beef Hash: corned beef, sweet potato, capsicum and onion hash with poached eggs, zucchini, leek, schug and rye21.9

The Kibbutz Breakfast: a share table for groups of 2 or more. Ask a friendly staff member for details30.0 pp

SIMPLY BRUNCH

Matzo Ball Soup: chicken broth, chicken, carrot, celery and matzo balls topped with gribenes served with rye toast15.0

Zuppa Pavese: (72 hour) beef broth, with a soft poached egg, rice, tomato, corned beef strips on a rye crouton15.0

Pumpkin Salad: cumin and paprika roasted wedge of pumpkin served with house made hummus, beurre noisette, Persian fetta, herb and red onion salad (V)21.9

→ add chicken +4.5 → add poached egg +2.0

Sweet Blintz: crepes filled with a citrus, creme fraiche, egg and ricotta mixture topped with seasonal compote (V)18.9

→ add bacon +7.5

TFF Nourish Bowl: poached egg, crispy kale, broccoli, zucchini, pickled onion, quinoa and schug (V) (GF)21.9

→ add chicken +4.5 → add bacon +7.5

The Original Reuben: (grilled) corned beef, a house made cabbage, kohlrabi and caraway sauerkraut, Swiss cheese and our Russian dressing on dark rye22.0

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

Brisket Cheese Burger: (grilled) 200 gram aged brisket patty, Monterey Jack cheese, house bread and butter pickles with schug mayonnaise on a brioche bun19.9

→ add pickles +4.0 → add fries +4.0

→ add soup +9.0

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

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