

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
- Floured bakery

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 tomato 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

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

* * * * * SUMMER MENU 2020 * * * * *

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HOUSE BAGELS

Schmear: neufchatel and preserve (V)6.8

Breakfast Bagel: house smoked bacon, fried egg and house tomato relish14.5

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 Granola served with lemon myrtle poached seasonal fruit, a chocolate, avocado and almond butter mousse, cranberry syrup and strawberries (VG)..... 17.9

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 purée (V)...21.9
→ add bacon +7.5

Buckwheat Blini with poached eggs, house lox, salmon roe, a pickled fennel, carrot and radish salad, dill creme fraiche and a balsamic reduction..... 21.9

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

Summer Shakshuka: Spicy capsicum, onion and schug baked eggs in a tomato sauce with Persian feta, mint and pita (V) 21.9
→ add bacon +7.5 → add avocado +4.5

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

SIMPLY BRUNCH

Caesar Salad (TFF Style): cos lettuce, pastrami jerky, poached egg, parmesan, anchovy, bagel chips and house aioli 22.9

Falafel Salad: Chickpea falafel with a garlic and lemon labneh, radish, hazelnut dukkah, crispy chickpeas, sprouted lentils and pita (V)(GF) .. 21.9

Smoked Cauliflower Salad with mahamurra sauce, zucchini, candied walnuts and a barberry, chilli, mint salad (VG)(GF) 21.9

TFF Nourish Bowl: poached eggs, 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 rye 22.0

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 bun 19.9

TFF Tower Burger: Buttermilk fried chicken, cos lettuce, avocado, spicy bacon ranch dressing and latke on a sesame brioche bun 25.5
→ add bacon +7.5

→ add pickles to any sandwich/burger +4.0
→ add fries to any sandwich/burger +4.0

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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