

THE FLYING FIG

ENJOY!

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WELCOME TO THE FLYING FIG

Along the lines of the famous Jewish delicatessens our aim is simple - to make most of the menu items in house. From smoking pastrami and pickling to even making our own soft drinks. Our philosophy is to be sustainable, fresh and to 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
- Skala bakery (organically certified by NASAA)
- Tweedvale milk
- Rohde's free range eggs
- Floured bakery
- Rustico 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

SELECTED ITEMS AVAILABLE AS RETAIL

- Bacon
- Bagels
- Beetroot Kvass
- Chunky tomato sauce
- Chrain
- Corned beef
- Labneh
- Lox
- Mustard
- Pastrami
- Pickled green tomatoes
- Pickles
- Preserves
- Rye Kvass
- Sauces
- Sauerkraut
- Schug
- Shrubs
- Soft drinks

SIDES

- Add bread (1).....1.0
- Add egg (1).....2.0
- Add house chunky tomato sauce. 2.5
- Add house mayo.....2.5
- Add latke (2).....3.0
- Add spiced 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 haloumi.....6.9
- Add bacon.....7.5
- Add house lox (cured salmon).8.5
- Add nova (smoked salmon)....8.5
- 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, 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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** WINTER MENU 2021 ** (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 tomato relish14.8

Lox: Neufchatel, house lox, pickled onion and capers.....15.8
→ add avocado +4.5

BREAKFAST AND BRUNCH

Eggs: Fried, poached or scrambled served with sourdough rye bread and chrain (V) 12.9

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

TFF Porridge: Rolled oats with baked apples stuffed with sultanas and slivered almonds, cinnamon, pomegranate arils and brown sugar (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) 19.9
→ add bacon +7.5

Potato and Zucchini Latke with poached eggs, lemon ricotta, chard and nova 23.9

Sweet Potato and Poppy Seed Waffles with fried eggs, sweet potato chips, maple syrup and a schmear of spiced sweet potato purée (V)...22.9
→ add bacon +7.5

Malawach: Jewish flatbread served with poached eggs, sauteed chard, grated tomato (with garlic and olive oil), schug, hazelnut dukkah and fresh chilli (V)..... 20.9
→ add bacon +7.5 → add avocado +4.5

Corned Beef Hash: Corned beef, sweet potato, capsicum and onion hash with poached eggs, zucchini, leek, brussel sprouts, schug and rye.. 22.9

Shakshuka: Baked eggs in a spiced tomato, capsicum and onion sauce with schug, Persian feta, mint and pita (V) 22.9
→ 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

Matzo Ball Soup: Chicken broth, chicken, carrot, celery and matzo balls topped with gribenes and fried onions served with rye toast..... 16.5

Sweet Blintz: Crepes filled with an egg yolk, citrus cream cheese and ricotta mixture topped with seasonal compote (V) 16.9

Warm Lamb Salad: 24 hour slow cooked lamb shoulder served on an Israeli salad (tomato, cucumber, onion, mint and parsley) with labneh and pita..... 24.9

TFF Nourish Bowl: Poached eggs, crispy kale, broccoli, zucchini, pickled onion, quinoa and schug (V)(GF) 22.9
→ add chicken +4.5 → add bacon +7.5

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

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

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 Lamb Reuben: (grilled) 24 hour slow cooked lamb shoulder, grilled haloumi, a cabbage, kohlrabi and caraway sauerkraut and Russian dressing on dark rye 24.9

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 20.9

TFF Tower Burger: Buttermilk fried chicken, cos lettuce, avocado, Monterey Jack cheese, spicy bacon ranch dressing and latke on a sesame brioche bun 24.5
→ add bacon +7.5

→ add pickles to any sandwich/burger +4.0

→ add fries to any sandwich/burger +4.0

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