

THE FLYING FIG

ENJOY!

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SUMMER MENU 2021 // PLEASE MAKE US AWARE OF ANY ALLERGIES // MAY CONTAIN NUTS (VGO) VEGAN OPTION AVAILABLE // (V) VEGETARIAN (GF) GLUTEN FREE (DF) DAIRY FREE (VG) VEGAN (VGO) VEGAN OPTION AVAILABLE //

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

SIDES

SELECTED ITEMS AVAILABLE AS RETAIL	Add bread (1).....1.0
Bacon	Add egg (1).....2.0
Bagels	Add house chunky tomato sauce. 2.5
Beetroot Kvass	Add house mayo.....2.5
Chrain	Add latke (2).....3.0
Chunky tomato sauce	Add spiced baked fava beans.. 3.0
Corned beef	Add chard.....3.0
Dill Pickles	Add sauerkraut.....3.0
Labneh	Add chrain.....6.0
Lox	Add dill pickles.....4.0
Mustard	Add Persian feta.....4.0
Pastrami	Add fries.....4.0
Pickled Vegetables	Add pickled green tomato.... 4.0
Preserves	Add fried red tomato.....4.0
Rye Kvass	Add mushrooms.....5.5
Sauces	Add avocado.....4.5
Sauerkraut	Add haloumi.....6.9
Schug	Add bacon.....7.5
Shrubs	Add house lox (cured salmon). 8.5
Soft drinks	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

Chrain: Beetroot and horseradish relish

Hawaij: A Jewish spice mix of clove, cardamom, nutmeg, ginger and cinnamon

Israeli Salad: Cucumber, tomatoes, parsley, mint, sesame, lemon and EVOO

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

Latke: A pancake made with grated potato, leek, onion, kale, egg, 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

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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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

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

TFF House Granola served with poached seasonal fruit, a chocolate, avocado and almond butter mousse, cranberry puree and seasonal berries (VG).....17.5

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

Manischewitz Latke: Poached eggs in Jewish red wine with potato, leek and kale latke, asparagus spears, goat's curd and harissa (V)(GF).....22.9

TFF Waffles: House made waffles with a hawaij yoghurt panna cotta, grilled seasonal fruit, berry compote, lemon ricotta, honeycomb crumble, pistachio and mint (V).....22.9

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

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

Pumpkin Grill: Za' atar spiced pumpkin with poached eggs, seared chard, house made hummus, eggplant pickle, sesame, pistachio and kale chips (V)(VGO)(GF) 22.9

The Sabich: Pita filled with crispy eggplant, falafel, boiled egg, Israeli salad, green tahini and amba sauce (V)(VGO)..... 21.9

→ add smoked chicken +3.0

Open Style Omelette with schug, heirloom cherry tomatoes, dukkah, red chilli, Persian feta, a zucchini, rocket, sesame and preserved lemon salad (V)(GF).....22.9

→ add sourdough rye bread +1.0

SIMPLY BRUNCH

The Kibbutz Board: A share table for groups of 2 or more. Ask a friendly staff member for details 35.0 pp

Warm Lamb Salad: 24 hour slow cooked lamb shoulder served on an Israeli salad with labneh and pita 24.9

TFF Falafel Salad with beetroot hummus, a zucchini, pomegranate and mint salad, pickled red onion, lemon and pita (VG) 21.9

→ add smoked chicken +3.0

Jerusalem Ancient Grain Bowl: An eclectic mix of ancient grains, seeds, nuts and fruits (too many ingredients to list, ask our friendly staff for details), heirloom tomato, onion, parsley, mint and lemon (VG) 23.9

Pastrami on Rye: House smoked pastrami with mustard on dark rye (available after 10.30am)(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 (available after 10.30am)..... 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)(VGO) 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

→ add bacon to any breakfast/brunch +7.5

→ add avocado to any breakfast/brunch +4.5

→ add pickles to any sandwich/burger +4.0

→ add fries to any sandwich/burger +4.0