

# THE FLYING FIG

ENJOY!

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WINTER MENU 2022 // PLEASE MAKE US AWARE OF ANY ALLERGIES // MAY CONTAIN NUTS // VEGAN OPTION AVAILABLE // (VGO) VEGAN (VG) DAIRY FREE (DF) GLUTEN FREE (GF) VEGETARIAN (V)

WELCOME TO THE FLYING FIG		OUR COFFEE
<p>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.</p> <p>Products that are not made in house are sourced from reputable South Australian suppliers. Our partners and products include:</p> <ul style="list-style-type: none"> <li>→ The Coffee Barun</li> <li>→ International Oyster</li> <li>→ Skala bakery (organically certified by NASAA)</li> <li>→ Tweedvale milk</li> <li>→ Rohde's free range eggs</li> <li>→ Floured bakery</li> <li>→ Rustico bakery</li> </ul> <p>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.</p>		<p>For our milk based coffees we use a blend of Colombian and Ethiopian beans.</p> <p>We use single origin coffees for black coffees so check with your barista to find out what is on pour.</p>
PRODUCTS MADE IN HOUSE		FOOD TERMS
SELECTED ITEMS AVAILABLE AS RETAIL	SIDES	<p><b>Chrain:</b> Beetroot and horseradish relish</p> <p><b>Gribenes:</b> Crispy chicken skin</p> <p><b>Israeli Salad:</b> Cucumber, tomatoes, parsley, mint, sesame, lemon and EVOO</p> <p><b>Lox:</b> Atlantic salmon cured for three days with salt, sugar, lemon and dill</p> <p><b>Latke:</b> A pancake made with grated sweet potato, leek, onion, kale, egg, hulled millet and millet flour</p> <p><b>Matzo Balls:</b> Matzo meal, egg and schmaltz</p> <p><b>Schug:</b> Green salsa verde made of jalapeno, coriander, parsley, garlic, cumin, caraway seeds, salt, pepper and olive oil</p> <p><b>Shrubs:</b> Fruit or vegetable syrup preserved with vinegar</p>
Bacon	Add bread (1).....1.5	MENU AVAILABLE TO 2.30 PM EVERY DAY
Bagels	Add egg (1).....2.5	
Beetroot Kvass	Add house chunky tomato sauce. 2.5	
Chrain	Add house mayo.....2.5	NO SPLIT BILLS ON WEEKENDS
Chunky tomato sauce	Add latke (2).....3.5	
Corned beef	Add spiced baked fava beans..3.5	
Dill Pickles	Add chard.....3.0	PLEASE LET OUR STAFF KNOW OF ANY ALLERGIES
Labneh	Add sauerkraut.....3.5	
Lox	Add chrain.....4.5	
Mustard	Add dill pickles.....4.5	* * * * *
Pastrami	Add fries.....4.5	
Pickled Vegetables	Add pickled green tomato.....4.0	
Preserves	Add fried red tomato.....4.0	* * * * *
Rye Kvass	Add mushrooms.....6.5	* * * * *
Sauces	Add avocado.....4.9	* * * * *
Sauerkraut	Add haloumi.....6.9	* * * * *
Schug	Add bacon.....8.5	* * * * *
Shrubs	Add house lox (cured salmon).8.5	* * * * *
Soft drinks	Add lamb.....8.5	* * * * *
	Add chicken.....5.5	* * * * *
	Gluten free bread .....+2.5	* * * * *

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## HOUSE BAGELS

**Schmear:** Neufchatel and preserve (V) .....7.2

**Breakfast Bagel:** House smoked bacon, fried egg and house tomato relish .....15.2

**Lox:** Neufchatel, house lox, pickled onion and capers.....16.2

## BREAKFAST AND BRUNCH

**Eggs:** Fried, poached or scrambled served with sourdough rye bread and chrain (V)..... 13.9

→ **Build your own breakfast** turnover for sides

**TFF Porridge:** Rolled oats, a granny smith apple filled with sticky figs and slivered almonds, poached in a Jewish red wine, served with pomegranate arils and spiced honey (V).....18.9

**Middle Eastern Eggs:** 3 skillet fried free range eggs with Persian feta, hazelnut dukkah, schug, preserved lemon puree and dark rye toast (V) (GFO) ..... 22.9

**Challah French Toast** served with pomegranate arils, a lemon ricotta and creme fraiche blend, tahini and maple syrup, honeycomb crumble, pistachio, sesame halva (V) ..... 20.9

**Manischewitz Latke:** Poached eggs in Jewish red wine, asparagus spears, sweet potato, leek and kale latke, goats curd and harissa (V)(GF)..23.9

**Malawach:** Jewish flatbread served with poached eggs, sauteed chard, grated tomato (with garlic and olive oil),schug, hazelnut dukkah, sesame and fresh chilli (V)..... 22.9

**Green Shakshuka:** Baked eggs with spiced onion, green beans, Brussel sprouts, schug, Persian feta, chilli, mint and pita (V)(GFO) ..... 23.9

**Pumpkin Grill:** Ras el hanout spiced pumpkin with poached eggs, seared chard, house made hummus, eggplant pickle, sesame, pistachio and kale chips (V)(VGO)(GF)..... 23.9

**The Sabich:** Pita filled with crispy eggplant, falafel, boiled egg, Israeli salad, green tahini and amba sauce (V)(VGO)..... 22.5  
→ add smoked chicken +5.5

**Pastrami and Corned Beef Hash** with diced potato, onion, Brussel sprouts, fried eggs, harissa yoghurt and malawach.....23.9

## SIMPLY BRUNCH

**TFF Bowl:** Falafel, a zucchini, pomegranate, pickled onion and mint salad, pickled green tomatoes, crisp eggplant, schug, poached egg, lemon and pita (V)(VGO)(GFO) ..... 21.9  
→ add chicken +5.5  
→ add lamb +8.5

**Matzo Ball Soup:** Chicken broth, chicken, carrot, celery, onion and matzo balls, topped with gribenes, crisp shallot, served with toasted dark rye..... 20.9

**Sweet Blintz:** Crepes filled with an egg yolk, citrus cream cheese and lemon ricotta topped with toasted almonds, berry compote, biscotti crumb (V)..... 19.5

**Pastrami on Rye:** House smoked pastrami with mustard on dark rye (available after 10.30am)(DF)(GFO).. 20.9

**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)(GFO)..... 25.9

**The Original Reuben:** (grilled) corned beef, a house made cabbage, kohlrabi and caraway sauerkraut, Swiss cheese and our Russian dressing on dark rye (GFO) ..... 22.9

**The Lamb Reuben:** (grilled) 24 hour slow cooked lamb shoulder, grilled haloumi, a cabbage, kohlrabi and caraway sauerkraut and Russian dressing on dark rye (GFO) ..... 25.9

**The Mushroom Reuben:** (grilled) roasted Swiss brown mushrooms, Swiss cheese, mustard bechamel, a house made cabbage, kohlrabi and caraway sauerkraut, crispy kale and harissa mayonnaise on dark rye (V)(VGO)(GFO) ..... 21.9

**Brisket Cheese Burger:** (grilled) 200 gram aged brisket patty, Monterey Jack cheese, TFF bread and butter pickles, cos leaves, fresh tomato with harissa mayonnaise on a brioche sesame bun ..... 23.9

→ add bacon to any breakfast/brunch +8.5

→ add avocado to any breakfast/brunch +4.9

→ add pickle to any sandwich/burger +4.5

→ add fries to any sandwich/burger +4.5

→ add crispy eggplant (GF) +4.5

→ add Israeli salad (side) +5.5