

THE FLYING FIG



Signature House made Bagels

BREAKFAST BAGEL \$19.50

House-smoked bacon, fried egg and relish (GFO) (DFO)

CHICKEN BAGEL \$20.50

Add Coleslaw (Extra) \$23.90

Grilled chicken tenderloin, avocado, lettuce and neufchatel (GFO) (DFO)

LOX BAGEL (I) \$20.50

Our house-cured salmon, pickled red onion, fresh cucumber ribbons, capers and Neufchatel (GFO) (DFO)

PUMPKIN BAGEL \$20.50

Smoky roasted pumpkin, sauteed spinach, crumbled Persian feta, dukkah and fresh pesto (GFO) (DFO)

GREEN DELIGHT BAGEL \$18.90

Avocado, cucumber, Persian feta, mint, lettuce and pesto (GFO) (DFO)

SCHMEAR BAGEL \$11.90

Neufchatel and preserve (GFO) (DFO)

Classic Reubens

PASTRAMI REUBEN \$29.50

PASTRAMI ON RYE AVAILABLE \$24.50

House-smoked pastrami, kohlrabi and caraway sauerkraut, Swiss cheese, spicy Russian dressing with chilli flakes on dark rye sourdough (GFO) (DFO)

ORIGINAL REUBEN \$28.50

Grilled corned beef, sauerkraut blend, Swiss cheese, spicy Russian dressing with chilli flakes on dark rye sourdough (GFO) (DFO)

LAMB REUBEN \$30.50

24-hour slow-cooked lamb shoulder, house sauerkraut, grilled halloumi, spicy Russian dressing with chilli flakes (GFO) (DFO)

VEGETARIAN REUBEN \$28.50

Grilled vegetables with sauerkraut, Swiss cheese, chrain, spicy Russian dressing with chilli flakes on dark rye sourdough (GFO) (DFO)

Fresh Salads

CHICKEN SALAD \$27.90

Chicken tenderloin, mediterranean salad with roasted chickpeas, balsamic glaze, Feta, labneh and pita bread (GFO)(DFO)

FALAFEL SALAD \$27.90

Four house-made falafels, sweet potato hummus, mediterranean salad, radish, mint and lemon puree, pita bread (GFO)

Egg & Specialties

CLASSIC EGGS \$16.50

Your choice of fried, poached, or scrambled eggs, served with sourdough rye, butter and traditional chrain (GFO) (DFO)

MIDDLE EASTERN EGGS \$25.50

Three skillet-fried eggs, Persian feta, spicy schug, preserved lemon puree, hazelnut dukkah, fresh chilli, dark rye (GFO) (DFO)

SUMMER SHASHUKA \$26.90

CHOICE OF PULLED BEEF WITH SUJUK \$28.90

Baked eggs in spiced tomato sauce, Persian feta, schug, fresh chilli, pita bread (GFO) (DFO)

PUMPKIN MEAL \$27.50

Grilled pumpkin with mixed herbs, poached eggs, spinach, Persian feta, pumpkin pesto, pomegranate molasses, crispy kale, chilli on dark rye (GFO) (DFO)

QUEEN BREAKFAST \$28.50

Two poached eggs, avocado, grilled zucchini, warm bacon in whipped goat cheese, chermoula, herbs, nut mix on dark rye (GFO)

BALSAMIC MUSHROOMS \$27.90

Mushroom medley, goat curd, confit garlic, balsamic glaze, hazelnut dukkah, fried enoki, two poached eggs, dark rye (GFO) (DFO)

SWEET POTATO LATKE \$27.90

Crispy latkes, smashed avocado, Herb Yogurt, Sauteed Spinach, Halloumi, sweet potato & kale crisps, two Poached Eggs

CHALLAH FRENCH TOAST \$26.90

Challah, ricotta & crème fraîche, caramelised banana, pistachio, halwa, pomegranate arils, Cinnamon maple, Brûléed orange

HASH BROWN STACK \$25.50

Crispy potato hash brown layered with spinach, smoky maple bacon with two poached eggs and hollandaise, finished with fresh herbs.

PORRIDGE \$21.90

Overnight soaked oats cooked in oat milk, blueberry compote, oat crumble, green apple and mint salsa.

POTATO RÖSTI & CURED SALMON \$25.50

Crispy potato rösti topped with crème fraîche, house-cured salmon, pomegranate molasses drizzle, dill leaves and a fried egg. (DFO)

Gourmet Burgers

BRISKET CHEESEBURGER \$28.90

Beef brisket patty, swiss cheese, bacon, B+B pickles, caramelised onion, tomato, lettuce, burger sauce on brioche served with fries (GFO)

CHICKEN BURGER \$27.90

Grilled/fried chicken tenderloin, coleslaw, B+B pickles, caramelized onion, lettuce, chipotle sauce on brioche served with fries (GFO)

The Flying Fig Signature Specialties

CHILLI SCRAMBLE \$27.90

Chilli scrambled Eggs, Smash Avocado, Beetroot Hummus, Feta, Dukkah, Herb Salad with Pickled Carrots and Beetroot on Brioche Bread (GFO) (DFO)

TFF OTTOMAN \$27.90

Scrambled eggs, spinach, avocado, halloumi, tahini yoghurt, house-made sweet chilli sauce, tomato powder herb salad and challah bread (DFO) (GFO)

TFF BENNY WAFFLE \$27.90

Tabasco-milk fried chicken, freshly made waffle, wilted spinach, poached eggs, pomegranate molasses, dukkah, hollandaise sauce and chilli oil

TFF HOUSE GRANOLA \$22.90

Our artisanal house-made granola blend, served with caramelized coconut yogurt and seasonal berries. (DFO)

TFF WAFFLES \$26.90

House-made sweet potato waffles, cinnamon maple syrup, cookies ice cream, blueberry compote, seasonal berries and sweet potato crisps (DFO)

CHICKEN SOUVLAKI \$26.90

Option: Lamb Souvlaki (24-hour slow cooked lamb) \$30.50

Grilled chicken with Tzatziki sauce, salad with onion, pomegranate molasses, capsicum and served with hot chips and pita bread.

OUR PHILOSOPHY

At The Flying Fig, we're inspired by the legendary Jewish delicatessens, but with a fresh, local twist. Our mission is beautifully simple: to craft as much of our menu in-house as possible. From the aromatic curls of smoke rising from our pastrami to the crisp snap of our house-made pickles, and even the effervescent dance of our homemade soft drinks, each item on our menu is a labor of love. We firmly believe that food made in-house isn't just more sustainable and fresh—it's a pathway to healthier, more wholesome eating. When you dine with us, you're not just having a meal; you're partaking in a culinary experience crafted with intention, care, and a deep respect for ingredients.

From Our Kitchen to Your Table

Imagine biting into a sandwich where each component tells a story.

- The pastrami, smoked to perfection in our very own kitchen
- The pickles, crisp and tangy, jarred by our dedicated team
- The bread, fresh and aromatic, from our local artisan partners
- Even the drink in your glass, fizzing with homemade goodness

As you peruse our menu, know that each dish is more than just food— it's a celebration of heritage, a commitment to quality, and a tribute to the rich mosaic of flavors that make up Jewish cuisine. So, sit back, relax, and prepare for a meal that's been waiting generations to meet you.

Products made in-house

SMOKED BACON	SHUG
BAGELS	SAUERKRAUT
CHRAIN	PASTRAMI
RELISH	MUSTARD
CORNED BEEF	LOX
DILL PICKLES	LABNEH
PRESERVES	RYE KAVASS
SAUCES	SOFT DRINKS

KETCHUP \$3.50	RELISH \$3.50
BREAD/GF \$2.90/\$4.00	EGG \$3.00
CHOCOLATE SAUCE \$4.00	AIOLI \$4.50
HOLLANDAISE SAUCE. \$4.50	SPINACH \$4.50
PERSIAN FETA \$6.00	CHRAIN \$5.00
FRIES SMALL/LARGE. \$6.50/\$12.50	GOAT CURD \$6.50
MUSHROOMS \$6.80	DILL PICKLE \$6.00
SWEET CHILLI SAUCE \$4.50	TOMATO \$5.00
HASHBROWNS \$4.50	AVOCADO \$5.50
BACON/LOX/CORNED BEEF \$8.50	HALLOUMI \$7.50
PASTRAMI/LAMB \$9.50/\$10.50	COLESLAW \$5.00
CHICKEN \$6.50	SCHUG \$4.00
SAUERKRAUT \$5.00	LATKE (2) \$7.00

The Flying Fig Culinary Glossary

CHRAIN: A vibrant and zesty Eastern European condiment crafted from freshly grated beetroot and pungent horseradish. This bright magenta relish offers a perfect balance of earthy sweetness and memorable heat, traditionally served alongside rich meats or incorporated into sandwiches.

SCHUG: A dynamic Middle Eastern green salsa verde that awakens the palate. Our house-made version combines fresh jalapeños, aromatic coriander, and Italian parsley with fragrant garlic, warming cumin, and distinctive caraway seeds. All ingredients are brought together with premium extra virgin olive oil, creating a sauce that's both herbaceous and pleasantly spicy.

RUSSIAN DRESSING: Our chef's interpretation of this classic spread features a house-made spicy aioli. Unlike traditional versions, ours emphasizes fresh, bold flavors while maintaining the creamy, tangy profile that makes this sauce a perfect complement to our sandwiches and Reubens.

KOHLRABI: Often called "turnip cabbage," this versatile cultivar of wild cabbage offers a crisp texture and mild, sweet flavor reminiscent of broccoli stems with the pepper notes of radish. We feature this ingredient prominently in our house-made sauerkraut.

LATKE: A contemporary twist on the traditional sweet potato pancake. Our version combines grated sweet potato, ginger, kale bound together with egg and made gluten-free using a blend of hulled millet and millet flour. The result is a crispy exterior giving way to a tender, flavorful interior.

LOX: Premium Atlantic salmon, expertly cured through a three-day process using a precise blend of salt and sugar, brightened with fresh lemon and fragrant dill. This time-honored curing method results in silky, translucent slices with a delicate texture and rich flavor profile.

NEUFCHATEL: A French-style cream cheese that offers a lighter, slightly tangier profile than traditional cream cheese. Its smooth, spreadable texture and subtle flavor make it the perfect companion for our bagels and sandwiches.

LOOKING FOR A VENUE FOR YOUR NEXT SPECIAL FUNCTION?

MAKE A RESERVATION

p: (08) 7226 1788

e: shalom@theflyingfigdeli.com.au

No-Split Bill on weekend/public holiday
15% surcharges applies on Public holiday