

THE FLYING FIG



Signature Bagels

BREAKFAST BAGEL \$ 16.90

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

CHICKEN BAGEL \$ 17.90

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

LOX BAGEL \$ 17.90

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

PUMPKIN BAGEL \$ 16.90

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

GREEN DELIGHT BAGEL \$ 16.90

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

Classic Reubens

PASTRAMI REUBEN \$ 26.90

PASTRAMI ON RYE AVAILABLE \$21.90

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

ORIGINAL REUBEN \$ 25.90

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

LAMB REUBEN \$ 26.90

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

SHAKSHUKA REUBEN \$ 26.90

Grilled corned beef, housemade sauerkraut, Swiss cheese, shakshuka, B+B Pickles, fried egg, lettuce, spicy Russian dressing on dark rye sourdough (GFO) (DFO)

VEGETARIAN REUBEN \$ 24.90

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

Light Options

HALF SANDWICH MEAL \$ 25.90

Your choice of half sandwich served with fresh coleslaw

Fresh Salads

WARM LAMB SALAD \$ 26.90

24-hour slow-cooked lamb shoulder on Mediterranean salad with roasted chickpeas, labneh and pita bread

FALAFEL SALAD \$ 24.90

Four house-made falafels, sweet potato hummus, Mediterranean salad with quinoa, mint and lemon puree, pita bread (GFO)

Eggs & Specialties

CLASSIC EGGS \$ 14.90

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

MIDDLE EASTERN EGGS \$ 22.90

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

SUMMER SHAKSHUKA \$ 23.90

CHOICE OF PULLED BEEF WITH SUJUK \$26.90

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

PUMPKIN \$ 23.90

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

MEDITERRANEAN MUFFIN \$ 23.90

Two poached eggs, grilled bacon, caramelized onion & capsicum, massadam, spinach, hollandaise on English muffin (GFO) (DFO)

QUEEN BREAKFAST \$ 25.90

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

BALSAMIC MUSHROOMS \$ 24.90

Slow-roasted mushroom, goat curd, confit garlic, balsamic glaze, hazelnut dukkah, fried enoki, two poached eggs, dark rye (GFO) (DFO)

ZUCCHINI + CORN LATKE \$ 25.90

Crispy latkes, smashed avocado, tahini yoghurt, herb salad, pangritata, pomegranate molasses, cucumber, spinach, two poached eggs

CHALLAH FRENCH TOAST \$ 24.90

Challah bread, vanilla ricotta & crème fraîche, butterscotch sauce, caramelised banana, pistachio, halwa, pashmak, pomegranate, flamed marshmallow

Gourmet Burgers

BRISKET CHEESE BURGER \$ 25.90

200g aged brisket patty, Swiss cheese, bacon, B+B pickles, caramelized onion, tomato, lettuce, burger sauce on brioche served with fries (GFO)

CHICKEN BURGER \$ 23.90

Choice of grilled or buttermilk fried chicken, coleslaw, B+B pickles, caramelized onion, lettuce, chipotle sauce on brioche served with fries (GFO)

BLT \$ 24.90

House-smoked bacon, grilled chicken, lettuce, tomato, caramelized onion, Swiss cheese, chipotle sauce on brioche bun with fries (GFO)

The Flying Fig Signature Specialties

TFF BREAKFAST \$ 27.90

Fried, poached, or scrambled egg, house-smoked bacon, sautéed mushrooms, roasted tomatoes, chipolatas, wilted spinach, hash browns with sourdough rye bread (GFO) (DFO)

TFF OTTOMAN \$ 24.90

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

TFF BENNY WAFFLE \$25.90

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

TFF HASH \$ 25.90

Medley of diced potatoes, braised cabbage, sweet capsicum, and zucchini, corned beef and two fried eggs. Finished with Persian feta, spicy schug, and chipotle sauce. Served with sourdough rye bread

TFF HOUSE GRANOLA \$ 18.90

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

TFF WAFFLES \$ 23.90

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

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 every 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. At The Flying Fig, we don't just serve food—we serve tradition, innovation, and a whole lot of love.

Products made in-house

SMOKED BACON

BAGELS

CHRAIN

RELISH

CORNED BEEF

DILL PICKLES

PRESERVES

SAUCES

SCHUG

SAUERKRAUT

PASTRAMI

MUSTARD

LOX

LABNEH

RYE KVASS

SOFT DRINKS

KETCHUP \$ 2.90

BREAD/GF \$ 2.00/\$ 3.90

CHOCOLATE SAUCE \$ 3.00

HOLLANDAISE SAUCE \$ 3.90

PERSIAN FETA \$ 4.90

FRIES SMALL/LARGE \$ 4.90/\$ 12.90

MUSHROOMS \$ 5.90

SWEET CHILLI SAUCE \$ 3.90

HASHBROWNS \$ 2.90

BACON/LOX/CORNED BEEF \$ 7.90

PASTRAMI/LAMB \$ 8.90

CHICKEN \$ 5.00

SAUERKRAUT \$ 4.00

RELISH \$ 2.90

EGG \$ 2.90

AIOLI \$ 3.90

SPINACH \$ 3.00

CHRAIN \$ 5.00

GOAT CURD \$ 5.00

DILL PICKLE \$ 4.90

TOMATO \$ 4.00

AVOCADO \$ 4.90

HALLOUMI \$ 6.90

COLESLAW \$ 4.00

SCHUG \$ 4.00

LATKE (2) \$ 4.00

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 Jewish zucchini pancake. Our version combines grated potato with onion and nutrient-rich carrot, 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.

MEDITERRANEAN SALAD: A refreshing medley that captures the essence of Middle Eastern cuisine. Crisp cucumber and ripe tomatoes are diced and tossed with fresh parsley and mint. Dressed with our house-made lemon purée and premium extra virgin olive oil, creating a light, bright, and invigorating salad.

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

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