

Welcome To Avatar Dining



Avatar Dining this name likely reflects aim to provide a dining experience that immerses guests in an authentic Nepalese and Indian flavors while adding unique touches to make the experience memorable and transformative. This title positions the restaurant as a space where tradition meets creativity, embodying the essence of these rich culinary traditions.

Avatar Dining has recently earned notable recognition for Market Harborough 2022, 2023, 2024 Best Fine Dining and Lutterworth 2023, 2024 Best New Restaurant as a Leicester Curry Award and English Curry Award.

Our Multi Award winning chefs who consistently craft exceptional dishes to our front of house staffs who provide impeccable service.

Nepalese cuisine is increasingly popular due to its balanced flavor healthful ingredients.

Indian food is widely recognized for its extensive use of spices and herbs.

First and foremost, we would like to extend our heartfelt thanks to the very loyal customer and our incredible team.

Please share your feedback through social platform email or messages.

It has been a pleasure and honor to have been successful in Market Harborough and Lutterworth. Avatar Dining is the perfect restaurant for you to celebrate your special occasion, romantic dinner, party or special events.



The Avatar Dining Team

VEGETABLE APPETISERS ^v



PAKORAS (ONION BHAJI) E D £6.95

Onion and coriander seeds deep fried, served with a cool cucumber chutney

VEGETABLE SAMOSA G D £6.95

Crispy fried crushed samosa stuffed with potato, peas and Nepalese spices, served with cucumber chutney

CHILLI GARLIC MUSHROOM E So D £7.95

Herbs, spices, coated fresh mushroom, sizzled with hint of chili & garlic

HONEY CHILLI POTATO E So D £7.95

Deep fried baby potatoes, coated with corn flour, tossed in a Szechuan sauce and honey

PANEER TIKKA D £7.95

Indian cottage cheese marinated with yoghurt & spices, cooked in a clay oven

ALOO TIKKI D £7.95

Mashed Potatoes, green chili, garam masala, grated ginger

SEAFOOD APPETISERS



PRAWN / KING PRAWN PURI G M D £8.95 / £10.95

Prawns cooked with Nepalese spices served with puri bread

FISH AMRITSARI E M D £9.95

Strips of Tilapia, battered and deep fried served with Tamarind chutney

ORISSA CHILLI FRIED SQUID M So D £10.95

Stir-fried tossed with crushed chilli, ginger, garlic, black pepper, coconut and cherry tomato sauce (hot), served with spiced yoghurt chutney

CRAB & COD CAKE E G M D £10.95

Lemon zest, parsley, mint, Nepalese spice and herbs, served with spice yoghurt and Tamarind chutney

CLAY OVEN JUMBO PRAWN D M D £11.95

Spiced King prawn with ginger, garlic, yoghurt & touch of chili

MONKFISH TIKKA D M £12.95

Infused with dill, mustard and crushed coriander seeds, cooked in a clay oven, served with spiced yoghurt chutney

SEAFOOD PLATTER (Ideal for Two People) D M E £22.95

Jumbo Prawn, crab & cod cake, monkfish tikka and fish Amritsari

MEAT APPETISERS



- MOMO (Chicken)** contains sesame, **G So** £7.95
Dumpling served with tomato and sesame chutney, most popular appetiser in Nepal. (Please allow us 15-20 minutes)
- CHICKEN LOLLIPOPS** **E G D** £7.95
Chicken wings marinated Nepalese & Indian spiced, deeped
Served with mint yoghurt chutney
- GARLIC CHICKEN/LAMB KOFTA KEBAB** (hot) **So** £8.95/£9.95
Minced balls of chicken / lamb stir fried with a chef's special sauce
- CHICKEN / LAMB / DUCK TIKKA** **D** £7.95 / £9.95 / £10.95
Garlic and thyme marinated chicken, lamb, duck tikka, cooked in a clay oven, served with cucumber chutney
- LAMB SHEEK KEBAB** **E D** £9.95
Minced lamb marinated with ginger, garlic, coriander and pimento served with cucumber chutney
- CHICKEN MALAI TIKKA** **D N** £9.95
Marinated chicken with fresh cream, hung yoghurt, cheese, ginger, garlic and cashew nuts cooked in a clay oven and served with cucumber chutney
- ROASTED RACK OF LAMB** £11.95
Lamb rack marinated with garlic, ginger, crushed black pepper, yoghurt and mint served with a cucumber chutney
- MINI PLATTER** **D E** £11.95
Chicken Tikka, Lamb Kebab, Clay oven king prawn
- MIXED PLATTER (Ideal for Two People)** **D E N** £19.95
Aloo Tikki, onion bhaji, malai tikka, lamb kebab



V = Vegetarian **N** = Nuts **G** = Gluten **E** = Egg
M = Mustard **So** = Soya **D** = Dairy

CHEF 'S SIGNATURE DISHES



MODU MURG *D N* (very mild) £13.95

Strips of chicken breast cooked with honey, mango and coconut in a creamy sauce, served with crispy parsnips

GARLIC CHILLI CHICKEN *E So* (fairly hot) £13.95

Coated pieces of chicken cooked in Nepalese spices with fresh green chili, spring onion and pepper with a garlic sauce

MURGH CHATTINAD *M* (fairly hot) £13.95

Boneless pieces of chicken tossed with onion, coconut cream, tempered with curry leaves and crushed black pepper

CURRY LABABDAR CHICKEN / LAMB £16.95 / £17.95

D M N Tender pieces of chicken / lamb cooked with onion, coconut, ginger & served with saffron pilau rice (medium)

OLD DESHI STYLE CHICKEN CURRY *D N* £17.95

Honey glazed chicken cooked in a rich tomato sauce with coconut cream & fenugreek leaves, served with saffron pilau rice (medium)

PATIYALA CHICKEN *D E* (medium) £17.95

Barbecued pieces of chicken cooked with spinach and wrapped in omelette, served with tomato & onion sauce and pilau rice

KOLAPURI CHICKEN (fairly hot) £13.95

Pieces of chicken breast cooked with tomatoes, red chili & pepper

GURKHALI CHICKEN / LAMB *D M* £14.95 / £15.95

Boneless chicken or lamb cooked with Nepalese herbs, yoghurt & green chili (fairly hot)

HIMALI CHICKEN *D* (medium) £18.95

Whole chicken breast stuffed with spinach, sultanas, potato & cheese, served with garlic, mushroom & butter sauce and served with mashed potatoes

HARIYALI LAMB *D* (medium) £14.95

Lamb cooked with fresh mint, spring onion & Nepalese spices

GOAN GREEN CHICKEN CURRY *D* (fairly hot) £15.95

Green Chili, peppercorn, tamrind, coriander paste, mint & coconut cream

GRILLED DUCK BREAST VINDALOO *M D* (hot) £17.95

Char Grilled duck, crushed chili, black pepper, mustard seed

LAMB RACK VINDALOO (on the bone) *M D* (hot) £18.95

Red chili, black pepper, ginger, garlic & indian spice

LAMB SHANK ROGHAN JOSH STYLE (medium) £19.95

Slow, pot-cooked with tomato, fresh herbs & spices

AVATAR SPECIAL CHICKEN / LAMB £16.95/£17.95

Strips of barbecue flavour chicken / lamb cooked with fresh green pepper, onions, fresh tomato sauce and Nepalese herbs (medium)

WOOD FRIED TANDOORI DISHES

Served with tomato and onion-based sauce

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| PANEER SHASLIK <i>D V</i> | £12.95 |
| Spiced coated cubes of cottage cheese, char grilled onions, pepper and tomatoes served with tomato and onion-based sauce | |
| CHICKEN/LAMB TIKKA (Boneless) <i>D</i> | £14.95 / £16.95 |
| DUCK TIKKA (Boneless) <i>D</i> | £17.95 |
| CHICKEN / LAMB SHASLIK (Boneless) <i>D</i> | £15.95 / £17.95 |
| TANDOORI Chicken (On the bone) <i>D</i> | £16.95 |
| TANDOORI MIXED GRILL <i>D N E</i> | £20.95 |
| Tandoori chicken, lamb tikka, lamb kebab, Malai tikka, Chicken tikka | |
| TANDOORI KING PRAWN <i>D</i> | £20.95 |
| Marinated king prawn with various spices cooked in a clay oven | |
| TANDOORI LAMB RACK <i>D M</i> | £21.95 |
| Rack of lamb served with masala mashed potato and coconut infused homemade sauce | |

FRESH SEAFOOD DISHES

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| NEPALESE MACHA SPECIAL <i>D M</i> | £20.95 |
| Marinated monkfish cooked with crushed mustard seeds, a touch of garlic, ginger and fresh coriander (Medium-fairly hot) | |
| KING PRAWN MOILEE <i>M</i> | £20.95 |
| King prawn cooked with mustard seeds, curry leaves, crushed ginger, with shallots, coconut milk and fresh lemon juice (Medium) | |
| KING PRAWN CHILLI MASALA <i>M So</i> | £20.95 |
| Stir fried, Chili sauce, onion, mix pepper, indian style semi-dry (Fairly hot) | |
| MANGLORE TIGER PRAWN CURRY <i>D M</i> | £20.95 |
| Green chili, coconut milk, chili flakes, south indian style (Fairly hot) | |
| GRILLED TILAPIA CURRY <i>M</i> | £20.95 |
| Marinated Tilapia fillet pan grilled, cooked with mustard seed, curry leaves, goan spices (Medium) | |
| ROASTED MONKFISH <i>D M</i> | £21.95 |
| Marinated fish with dill, mustard, cooked in clay oven served with roasted vegetables and Served with Sauce (Medium) | |

TRADITIONAL DISHES

CHICKEN / LAMB TIKKA MASALA (Mild) D N £12.95 / £13.95

Marinated & grilled chicken / lamb cooked with avatar special tikka sauce & fresh cream

KING PRAWN TIKKA MASALA (Mild) D N £18.95

Marinated king prawn cooked with avatar special tikka sauce fresh cream

DUCK TIKKA MASALA (Mild) D N £18.95

Marinated & grilled duck cooked with avatar special tikka sauce fresh cream

BUTTER CHICKEN (Mild) D N £12.95

Cooked with ginger, garlic, butter and kasmiri methi leaves in a creamy tomato & nuts-based sauce

The following dishes are available with Vegetable, Chicken, Lamb, Prawn, King Prawn or Duck:

KORMA (very mild) D N With coconut creamy sauce

PASSANDA (mild) D N Delicately flavoured sauce with cream, nuts & red wine

CURRY (medium) Cooked with an onion and fresh tomato sauce

MADRAS (hot) With onion, fresh tomato, fresh lime juice & red chili

VINDALOO (very hot) With onion, fresh tomato, tossed with mustardseeds, black pepper, coriander seeds and chili flakes

BALTI (medium) With fresh onion, tomato, ginger, paprika, green chili and lemon juice

BHUNA (medium) With fine chopped tomato and onion, ginger, garlic, paprika, cumin and coriander

JALFREZI (fairly hot) With green chili, bell peppers, onion & tomatoes

SAAG (medium) Cooked with fresh garlic spinach

KARAHI (medium) With fried onions, tomatoes, garlic, ginger & black pepper

PATHIA (fairly hot) With garlic, ginger, tomatoes, Tamarind & lemonjuice (sweet & sour)

DANSAK (fairly hot) With garlic, ginger and yellow lentils (sweet & sour)

DUPIAZA (medium) Cooked with chunks of fresh onions

ROGHAN JOSH (medium) With ginger, garlic & fresh tomatoes

VEGETABLE V £9.95

CHICKEN / LAMB £11.95 / £12.95

CHICKEN / LAMB TIKKA £12.95 / £13.95

PRAWN £12.95

KING PRAWN £17.95

DUCK TIKKA £17.95

BIRYANI DISHES

Biryani dishes are cooked with basmati rice complimented with mixed vegetable curry sauce & Raita

- VEGETABLE BIRYANI D** £16.95
Fresh coriander, onion, coconut, saffron, Butter Ghee, rose water (**medium**)
- BOHRI CHICKEN BIRYANI D** £19.95
Green chili, fresh mint, fresh coriander, onion, coconut, saffron, Butter Ghee, rose water (**Fairly hot**)
- HYDERABADI LAMB BIRYANI D** £20.95
Red chili, fresh mint, fresh coriander, onion, coconut, saffron, Butter Ghee, rose water (**Fairly hot**)

SPECIAL VEGETABLE DISHES

- AVATAR SPECIAL VEGETABLE G** £11.95
Fresh asparagus, mushroom, peas & green beans cooked in a special sauce (**Medium**)
- BAIGAN KA BHARTA D (Medium)** £11.95
Red chili, ginger, garlic, garam masala, chopped coriander
- CHANA, ALOO AND BRINJAL G (Medium)** £11.95
Chickpeas, potatoes and aubergine cooked with Nepalese special herbs & spices
- CHILLI PANEER MASALA D So (Fairly hot)** £11.95
Indian cottage cheese, tossed with onion, pepper, soya & chilli sauce

VEGETABLE SIDE DISHES v

- GARLIC SPICED SPINACH** £7.25
Fresh spinach cooked with roasted garlic and onion
- PALAK PANEER D** £7.25
Fresh spinach stir fried with garlic, cumin & paneer finished with a touch of cream
- DAL MAKHANI D** £7.25
A black lentil delicacy simmered overnight with fresh tomato sauce, garlic & ginger, finished with cream and butter
- YELLOW LENTILS D** £7.25
Yellow lentils simmered with ginger, garlic, tomato, green chillies and finished with fresh coriander
- JAIPUR CRISPY OKRA** £7.95
Cooked with carom seed, tomatoes & garlic

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| MUMBAI STYLE POTATOES | £7.25 |
| Potatoes cooked with tomato & onion gravy | |
| CHANA MASALA | £7.25 |
| Chickpeas gently cooked & simmered in curry sauce | |
| MUSHROOM BHAJI | £7.25 |
| Button mushrooms cooked with tomato & onion | |
| ALOO GOBI | £7.25 |
| Cauliflower florets and potatoes tossed with cumin & turmeric | |
| SAAG ALOO Spinach & potato | £7.25 |

ACCOMPANIMENTS

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| STEAMED BASMATI RICE | £3.95 |
| SAFFRON FLAVOURED PILAU RICE G | £4.25 |
| DARJEELING EGG FRIED RICE So | £4.50 |
| MUSHROOM RICE D | £4.50 |
| GARLIC FRIED RICE | £4.50 |
| COCONUT RICE D | £4.50 |
| SPECIAL FRIED RICE So E | £4.95 |
| KEEMA RICE D | £4.95 |
| CHIPS | £3.95 |
| RAITA (Cucumber, tomato & yoghurt) D | £3.90 |
| GREEN SALAD | £5.95 |
| KACHUMBAR SALAD | £5.95 |
| PAPADOMS Plain or Spicy | Each £1.20 |
| HOME MADE CHUTNEY TRAY D | Per Person £1.20 |

BREADS **D G E**

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| PLAIN NAAN | £3.95 |
| GARLIC & CORIANDER NAAN | £4.25 |
| PESHAWAR NAAN (contains Almonds) | £4.50 |
| CHEESE & CHILLI NAAN | £4.50 |
| KEEMA NAAN | £4.50 |
| VEGETABLE & SHALLOTS FILLED NAAN | £4.50 |
| TANDOORI ROTI (Whole meal bread) | £2.95 |
| CHAPATI (Whole meal bread) | £2.75 |
| PARATHA (Whole meal bread) | £3.95 |
| VEGETABLE STUFFED PARATHA | £4.50 |

EARLY OFFER

Sunday - Thursday
Arrive before 7.30pm

(Choose any one dish from each section below)

ONE COURSE MEAL - £17.95

Main Course & Rice or Naan Bread

TWO COURSE MEAL - £18.95

Starter, Main Course & Rice or Naan Bread

THREE COURSE MEAL - £22.95

**Starter, Main, Rice or Naan Bread &
Ice Cream or Coffee**

STARTER:

**Veg Samosa, Onion Bhaji, Aloo Chat,
Aloo Tikki, Paneer Tikka, Lamb
Kebab**

Chicken Chat, Chicken Pakora, Chana Puri, Chicken Tikka

MAIN COURSE:

**Chicken Tikka Masala, Chicken Korma,
Seasonal Local Vegetable Curry,
Chicken or Lamb Curry, Chicken or Lamb Balti,
Chicken or Lamb Bhuna,
Chicken or Lamb Jalfrazi, Chicken or Lamb Saag,
Chicken or Lamb Karai,
Chicken or Lamb Pathia, Chicken or Lamb Dansak,
Chicken or Lamb Dupiaza, Chicken or Lamb Roghan Josh**

RICE & NAAN:

Basmati Rice, Pilau Rice, Plain Naan

FINAL COURSE

Tea, Coffee or Ice Cream

(Please Note: You can order anything else from the main menu if you like. There will be a charge for the difference)

***Any question please ask the member of staff,
we are happy to help you.***

FOOD ALLERGY NOTICE

Please be advised that food prepared here
may contain these ingredients:

Milk, egg, wheat, soya, peanuts, nuts,
mustard, fish and shellfish

Customers are asked to advise our staff of any allergies or
intolerances prior to ordering. If you would like to know
the ingredients used in a specific dish
our manager will be pleased to assist.

14 MAJOR ALLERGENS

