

Welcome To Avatar Dining



Avatar Dining provides a dining experience that immerses guests in authentic Nepalese and Indian flavours, complemented by distinctive touches that make every visit memorable and transformative. This vision establishes our restaurant as a place where tradition meets creativity, celebrating the richness and diversity of our culinary heritage.

Avatar Dining has been honoured with notable recognition in Market Harborough, winning the Best Fine Dining award for three consecutive years (2022, 2023, and 2024), and being awarded Restaurant of the Year 2025 within Leicestershire. Additionally, Avatar Market Harborough has received accolades at the prestigious English Curry Awards.

Our sister branch in Lutterworth has also achieved significant success, earning the Best New Restaurant title at the Leicester Curry Awards in 2023, 2024, and 2025.

At Avatar Dining, our multi-award-winning chefs are devoted to crafting exceptional dishes, while our dedicated front-of-house team ensures impeccable service for every guest.

Nepalese cuisine is celebrated for its balanced flavours and healthful ingredients, while Indian cuisine is renowned for its vibrant and skilful use of spices and herbs.

We extend our heartfelt gratitude to our loyal customers and talented team, whose continued support has made these achievements possible.

We welcome your feedback through social media, email, or direct messages, and look forward to celebrating your special occasions whether a romantic dinner, party, or private event at Avatar Dining in Market Harborough and Lutterworth.



The Avatar Dining Team

VEGETABLE APPETISERS v

PAKORAS (ONION BHAJI) E D £7.25

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

VEGETABLE SAMOSA G D £7.25

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

CHILLI GARLIC MUSHROOM E D So £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 £9.95 / £11.95

Prawns cooked with Nepalese spices served with puri bread

FISH AMRITSARI E M D £10.95

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 £11.95

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

CLAY OVEN JUMBO PRAWN D M £12.95

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

MONKFISH TIKKA D M £14.95

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 £26.95

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

MEAT APPETISERS

- MOMO** (Chicken) contains sesame **G So** £8.95
Dumpling served with tomato and sesame chutney, most popular appetiser in Nepal. (Please allow us 15-20 minutes)
- CHICKEN LOLLIPOPS** **D E G** £8.95
Chicken wings marinated Nepalese & Indian spiced, deep fried served with mint yoghurt chutney
- GARLIC CHICKEN/LAMB KOFTA KEBAB** (hot) **So** £9.95/£10.95
Minced balls of chicken / lamb stir fried with a chef's special sauce
- CHICKEN / LAMB / DUCK TIKKA** **D** £8.95 / £11.25 / £12.95
Garlic and thyme marinated chicken, lamb, duck tikka, cooked in a clay oven, served with cucumber chutney
- LAMB SHEEK KEBAB** **E D** £10.95
Minced lamb marinated with ginger, garlic, coriander and pimento served with cucumber chutney
- CHICKEN MALAI TIKKA** **D N** £10.95
Marinated chicken with fresh cream, hung yoghurt, cheese, ginger, garlic and cashew nuts cooked in a clay oven and served with cucumber chutney
- MINI PLATTER** **D E** £12.95
Chicken Tikka, Lamb Kebab, Clay oven king prawn
- ROASTED RACK OF LAMB** **D.** £13.95
Lamb rack marinated with garlic, ginger, crushed black pepper, yoghurt and mint served with a cucumber chutney
- MIXED PLATTER** (Ideal for Two People) **D E N** £21.95
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)** £14.25
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)** £14.25
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)** £14.25
Boneless pieces of chicken tossed with onion, coconut cream, tempered with curry leaves and crushed black pepper
- KOLAPURI CHICKEN (fairly hot)** £14.95
Pieces of chicken breast cooked with tomatoes, red chili & pepper
- HARIYALI LAMB *D*(medium)** £16.25
Lamb cooked with fresh mint, spring onion & Nepalese spices
- GOAN GREEN CHICKEN CURRY *D* (fairly hot)** £16.95
Green Chili, peppercorn, tamrind, coriander paste, mint & coconut cream
- GURKHALI CHICKEN / LAMB *D M*** £15.95 / £16.95
Boneless chicken or lamb cooked with Nepalese herbs, yoghurt & green chili (fairly hot)
- CURRY LABABDAR CHICKEN / LAMB.** £17.95 / £18.95
D M N Tender pieces of chicken / lamb cooked with onion, coconut, ginger & served with saffron pilau rice (medium)
- AVATAR SPECIAL CHICKEN / LAMB** £17.95/£18.95
Strips of barbecue flavour chicken / lamb cooked with fresh green pepper, onions, fresh tomato sauce and Nepalese herbs (medium)
- OLD DESHI STYLE CHICKEN CURRY *D N*** £18.95
Honey glazed chicken cooked in a rich tomato sauce with coconut cream & fenugreek leaves, served with saffron pilau rice (medium)
- HIMALI CHICKEN *D*(medium)** £19.95
Whole chicken breast stuffed with spinach, sultanas, potato & cheese, served with garlic, mushroom & butter sauce and pilau rice
- PATIALA CHICKEN *D E* (medium)** £19.95
Barbecued pieces of chicken cooked with spinach and wrapped in omelet, served with tomato & onion sauce and pilau rice
- GRILLED DUCK BREAST VINDALOO *M D*** £19.95
Char Grilled duck, crushed chili, black pepper, mustard seed (hot)
- LAMB RACK VINDALOO (on the bone) *M D*** £21.95
Red chili, black pepper, ginger, garlic & Indian spice (hot)
- LAMB SHANK ROGHAN JOSH STYLE (medium)** £21.95
Slow, pot-cooked with tomato, fresh herbs & spices

WOOD FIRED TANDOORI DISHES

PANEER SHASLIK **N D V** £14.95

Spiced coated cubes of cottage cheese, char grilled onions, pepper and tomatoes served with makhani sauce

CHICKEN/LAMB TIKKA (Boneless) **D** £15.95 / £18.95

DUCK TIKKA (Boneless) **D** £19.95

CHICKEN / LAMB SHASLIK (Boneless) **D** £16.95 / £19.95

TANDOORI Chicken (On the bone) **D** £17.95

TANDOORI MIXED GRILL **D N E** £22.95

Tandoori chicken, lamb tikka, lamb kebab, Malai tikka, Chicken tikka

TANDOORI KING PRAWN **D** £22.95

Marinated king prawn with various spices cooked in a clay oven

TANDOORI LAMB RACK **D M** £24.95

Rack of lamb served with masala mashed potato and Moilee tomato sauce

FRESH SEAFOOD DISHES

GRILLED TILAPIA CURRY **M (medium)** £21.95

Marinated Tilapia fillet pan grilled, cooked with mustard seed, curry leaves, goan spices

KING PRAWN MOILEE **M (medium)** £21.95

King prawn cooked with mustard seeds, curry leaves, crushed ginger, with shallots, coconut milk and fresh lemon juice

KING PRAWN CHILI MASALA **M So (fairly hot)** £21.95

Stir fried, Chili sauce, onion, mix pepper, indian style semi-dry

MANGLORE TIGER PRAWN CURRY **D M** £21.95

Green chili, coconut milk, chili flakes, south indian style
(fairly hot)

NEPALESE MACHA SPECIAL **D M** £22.95

Marinated monkfish cooked with crushed mustard seeds, a touch of garlic, ginger and fresh coriander (medium - fairly hot)

ROASTED MONKFISH **D M (fairly hot)** £24.95

Marinated fish with dill, mustard, cooked in clay oven served with roasted vegetables (Dry and served with sauce)

TRADITIONAL DISHES

CHICKEN / LAMB TIKKA MASALA (mild) **D N** £14.95 / £15.95

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

BUTTER CHICKEN (mild) **D N** £13.95

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

DUCK TIKKA MASALA (mild) **D N** £19.95

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

KING PRAWN TIKKA MASALA (mild) **D N** £19.95

Marinated king prawn cooked with avatar special tikka sauce & fresh cream

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

KORMA (very mild) **D N** With coconut creamy sauce

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 mustard seeds, 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

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

PATHIA (fairly hot) With garlic, ginger, tomatoes, Tamarind & lemon juice (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 £13.95

LAMB £14.95

CHICKEN TIKKA £14.95

LAMB TIKKA £15.95

PRAWN £13.95

KING PRAWN £18.95

DUCK TIKKA £18.95

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 £20.95

Green chili, fresh mint, fresh coriander, onion, coconut, saffron,
Butter Ghee, rose water (Fairly hot)

HYDERABADI LAMB BIRYANI D £22.95

Red chili, fresh mint, fresh coriander, onion, coconut, saffron,
Butter Ghee, rose water (Fairly hot)

SPECIAL VEGETABLE DISHES V

AVATAR SPECIAL VEGETABLE G £12.95

Fresh asparagus, mushroom, peas & green beans
cooked in a special sauce (Medium)

BAIGAN KA BHARTA D (Medium) £12.95

Red chili, ginger, garlic, garam masala, chopped coriander

CHANA, ALOO AND BRINJAL G (Medium) £12.95

Chickpeas, potatoes and aubergine cooked with
Nepalese special herbs & spices

CHILLI PANEER MASALA D So (Fairly hot) £13.95

Indian cottage cheese, tossed with onion, pepper, soya & chilli sauce

VEGETABLE SIDE DISHES V

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

ALOO GOBI £7.25

Cauliflower florets and potatoes tossed with cumin & turmeric

MUSHROOM BHAJI £7.25

Button mushrooms cooked with tomato & onion

CHANA MASALA £7.25

Chickpeas gently cooked & simmered in curry sauce

SAAG ALOO Spinach & potato	£7.25
MUMBAI STYLE POTATOES Potatoes cooked with tomato & onion gravy	£7.25
GARLIC SPICED SPINACH Fresh spinach cooked with roasted garlic and onion	£8.95
JAIPUR CRISPY OKRA Cooked with carom seed, tomatoes & garlic	£8.95
PALAK PANEER <i>D</i> Fresh spinach stir fried with garlic, cumin & paneer, finished with a touch of cream	£8.95

ACCOMPANIMENTS

STEAMED BASMATI RICE	£3.95
SAFFRON FLAVOURED PILAU RICE <i>G</i>	£4.25
COCONUT RICE <i>D</i>	£4.50
MUSHROOM RICE <i>D</i>	£4.50
GARLIC FRIED RICE	£4.50
DARJEELING EGG FRIED RICE <i>So</i>	£4.95
SPECIAL FRIED RICE <i>So E</i>	£5.25
KEEMA RICE <i>D</i>	£5.25
RAITA (Cucumber, tomato & yoghurt) <i>D</i>	£3.90
CHIPS	£3.95
GREEN SALAD	£5.95
KACHUMBAR SALAD	£5.95
PAPADOMS Plain or Spicy	Each £1.20
HOME MADE CHUTNEY TRAY <i>D</i>	Per Person £1.20

BREADS *D G E*

PLAIN NAAN	£3.95
GARLIC & CORIANDER NAAN	£4.25
PESHAWAR NAAN WITH MANGO & COCONUT	£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	£4.95

EARLY OFFER

Monday - Thursday

Arrive before 7.00pm

(Choose any one dish from each section below)

ONE COURSE MEAL - £18.95

Main Course & Rice or Naan Bread

TWO COURSE MEAL - £20.95

Starter, Main Course & Rice or Naan Bread

THREE COURSE MEAL - £24.95

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

STARTER:

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



GLUTEN



CRUSTACEANS



EGGS



FISH



PEANUTS



SOYA



MILK



TREE NUTS



CELERY



MUSTARD



SESAME



SULPHITES



LUPIN



MOLLUSCS