

Welcome To Avatar Dining



Avatar Dining is a Nepalese and Indian restaurant in Market Harborough. Our food successfully combines characteristics from Asian Cuisine which has its own culinary history creating foods that are rich with flavour and culture.

Our food is simple, subtle and satisfying, famous for its nutrition level and tempting taste. As a fine dining restaurant, our team strive to run Avatar as an establishment which offers authentically prepared quality Nepalese and Indian foods using local products with just a modicum of a twist.

Our chefs' training and experience comes from working at luxury hotels across Nepal and India, and some of the most prestigious Indian restaurants in London.

We utilise India's and Nepal's aromatic herbs, spices and other ingredients in our restaurant's kitchen today. We have mastered their flavours both in the traditional and contemporary sense.

We want to thank all our customers for their ongoing support to establish this restaurant and their positive and supportive reviews. If you enjoy your meal today please review us on Tripadvisor, just search for "Avatar Dining Market Harborough".



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

We also offer outside catering and outside bar for events, business meetings and corporate functions.

The Avatar Dining Team

VEGETABLE APPETISERS V



- PAKORAS (ONION BHAJI) E** **£4.95**
Crispy nuggets of potato, onion and coriander seeds deep fried, served with a cool cucumber chutney
- VEGETABLE SAMOSA G** **£4.95**
Crispy fried crushed samosa stuffed with potato, peas and Nepalese spices, served with cucumber chutney
- CHILLI GARLIC MUSHROOM E** **£5.95**
Herbs, spices, coated fresh mushroom, sizzled with hint of chilli & garlic
- HONEY CHILLI POTATO E** **£5.95**
Deep fried baby potatoes, coated with corn flour, tossed in a Szechuan sauce and honey
- PANEER TIKKA D** **£5.95**
Indian cottage cheese marinated with yoghurt & spices, cooked in a clay oven
- HARABARA KEBAB New E** **£5.95**
Palak, peas and potatoes, shallow pan fried, prepared with a hint of green chilli, ginger and lemon juice
- MAKAI BHEL New D** **£5.95**
Sweetcorn, coconut milk, Tamarind sauce and Savi-Ruchi

SEAFOOD APPETISERS



- PRAWN / KING PRAWN PURI G** **£5.95/ £8.95**
Prawns cooked with Nepalese spices served with puri bread
- FISH AMRITSARI New E** **£8.95**
Strips of Tilapia, battered and deep fried served with Tamarind chutney
- ORISSA STYLE CHILLI FRIED SQUID M** **£8.95**
Stir-fried squid tossed with crushed chilli, ginger, garlic, black pepper, coconut and cherry tomato sauce (hot), served with spiced yoghurt chutney
- CRAB & COD CAKE New E G** **£8.95**
Lemon zest, parsley, mint, Nepalese spice and herbs, served with spice yoghurt and Tamarind chutney
- SALMON / MONKFISH TIKKA New D M** **£9.95**
Infused with dill, mustard and crushed coriander seeds, cooked in a clay oven, served with spiced yoghurt chutney
- LASOONI JINGA D M** **£9.95**
King prawn marinated with ginger, garlic & Nepalese spices, served with spicy yoghurt chutney
- SEAFOOD PLATTER (Ideal for Two People) D M** **£17.95**
Lasooni Jinga, crab & cod cake, monkfish tikka and fish amritsari

MEAT APPETISERS



MOMO (Chicken) contains sesame G	£5.95
Dumpling served with tomato and sesame chutney, most popular appetiser in Nepal. (Please allow us 15-20 minutes)	
HOT GARLIC CHICKEN KOFTA KEBAB <i>New</i> So	£5.95
Minced balls of chicken stir fried with a chef's special sauce	
HOT GARLIC LAMB KOFTA KEBAB <i>New</i> So	£6.95
Minced balls of lamb stir fried with a chef's special sauce	
CHICKEN TIKKA D	£5.95
LAMB TIKKA D	£6.95
DUCK TIKKA D	£7.95
Garlic and thyme marinated chicken tikka or lamb tikka or duck tikka, cooked in a clay oven, served with cucumber chutney	
LAMB SHEEK KEBAB E	£5.95
Minced lamb marinated with ginger, garlic, coriander and pimento served with cucumber chutney	
CHICKEN MALAI TIKKA <i>New</i> D N	£6.95
Marinated with fresh cream, hung yoghurt, cheese, ginger, garlic and cashew nuts cooked in a clay oven	
KALMI KEBAB <i>New</i> D N	£6.95
Chicken thigh marinated in yoghurt, cashew nuts and Nepalese Herbs, cooked in a tandoori oven	
ROASTED RACK OF LAMB <i>New</i> D	£8.95
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 G	£15.95
Harabara kebab, onion bhaji, malai tikka, lamb tikka	



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

CHEF'S SIGNATURE DISHES



- MODU MURG** *D N* £10.25
Strips of chicken breast cooked with honey, mango and coconut in a creamy sauce, served with crispy parsnips (very mild)
- GARLIC CHILLI CHICKEN** *E* £10.25
Coated pieces of chicken cooked in Nepalese spices with fresh green chillis, spring onions and peppers with a garlic sauce (fairly hot)
- MURGH CHATTINAD** *M* £10.25
Boneless pieces of chicken tossed with onion, coconut cream, tempered with curry leaves and mustard seeds (fairly hot)
- CURRY LABABDAR (CHICKEN / LAMB)** *D M N* £12.25
Tender pieces of chicken / lamb cooked with onion, coconut, ginger & sweet chilli, served with saffron pilau rice (medium)
- OLD DESHI STYLE CHICKEN CURRY** *D N* £12.25
Honey and orange glazed chicken cooked in a rich tomato sauce with coconut cream & fenugreek leaves, served with saffron pilau rice (mild)
- PATIYALA CHICKEN** *New D E* £12.25
Barbecued pieces of chicken cooked with spinach and wrapped in omelette, served with tomato & onion sauce and Khichdi rice
- KOLAPURI CHICKEN** *New D* £11.25
Pieces of chicken breast cooked with tomatoes, red chilli & peppers
- CHICKEN / LAMB KOFTA** *New* £10.25 / £11.25
Meatballs cooked in tomato and onion sauce with Nepalese herbs & spices
- GURKHALI CHICKEN / LAMB** *D* £10.25 / £11.25
Boneless chicken or lamb cooked with Nepalese herbs, yoghurt & green chillies (medium-fairly hot)
- HIMALI CHICKEN** *D* £16.25
Whole chicken breast stuffed with spinach, sultanas, potato & cheese, served with garlic butter sauce and pilau rice
- BLACK CHICKEN BREAST** *D* £15.25
Grilled supreme of chicken breast served with black lentils & Khichdi rice
- HARIYALI LAMB** *D* £11.25
Lamb cooked with fresh mint, spring onion & Nepalese spices
- RARA LAMB** £11.25
Cooked with red chilli, shallots, ginger & coriander
- TANDOORI LAMB RACK** *D M* £17.25
Rack of lamb served with masala mashed potato and Moilee tomato sauce
- ROGHAN JOSH STYLE LAMB SHANK** £17.25
Slow, pot-cooked with tomato, fresh herbs & spices
- KATHMANDU DUCK** *D* £15.25
Strips of duck cooked with onion, pepper, ginger & roasted garlic

CHEF'S SIGNATURE DISHES



AVATAR SPECIAL LAMB **D** £14.95

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

KATHMANDU CHICKEN **D** £13.95

Fresh chicken supreme pieces stir-fried with ginger and garlic, touched with coconut cream and tomato sauce

WOOD FIRED TANDOORI DISHES



PANEER SHASLIK **N D V** £10.95

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

TANDOORI MIXED GRILL **D N** £16.95

Tandoori chicken, Kalmi kebab, lamb tikka, lamb kebab and Malai tikka

TANDOORI KING PRAWN **D** £17.95

Marinated king prawn with various spices cooked in a clay oven

TANDOORI CHICKEN (On the bone) **D** £11.25

CHICKEN / LAMB TIKKA (Boneless) **D** £10.25 / £11.25

CHICKEN / LAMB SHASLIK (Boneless) **D** £11.25 / £12.25

TANDOORI DUCK TIKKA **D** £15.95

FRESH SEAFOOD DISHES



NEPALESE MACHA SPECIAL **D M** £16.95

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

KING PRAWN MOILEE *New* **M** £16.95

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

KING PRAWN DELIGHT **D N** £16.95

Grilled king prawn served with corn sauce and lemon rice

GRILLED TILAPIA RANGOLI *New* **E** £16.95

Marinated Tilapia fillet pan grilled, served with a fresh cucumber salad and Khichdi rice.

ROASTED SALMON / MONKFISH **D M** £17.95 / £18.95

Marinated fish with dill, mustard, honey and green chilli, cooked in a clay oven served with roasted vegetables

KARELLA STYLE BLACK TIGER PRAWNS **M** £17.95

A traditional South Indian dish with dijon, curry leaves, garlic and coconut cream, served with saffron rice

TRADITIONAL DISHES



CHICKEN / LAMB TIKKA MASALA (mild) **DN** £9.95 / £10.95
Marinated & grilled chicken / lamb cooked in yoghurt, fresh cream & a tandoori sauce

KING PRAWN TIKKA MASALA (mild) **DN** £15.95
Marinated & grilled king prawn cooked in yoghurt, fresh cream & a tandoori sauce

DUCK TIKKA MASALA (mild) **DN** £14.25
Marinated & grilled duck cooked in yoghurt, fresh cream & a tandoori sauce

BUTTER CHICKEN (mild) **DN** £10.25
Cooked with ginger, garlic, butter and kasmiri methi leaves in a creamy tomato based sauce

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

KORMA (very mild) **DN** With coconut creamy sauce

PASSANDA (mild) **DN** Delicately flavoured sauce with yoghurt, almonds & red wine

KASHMIRI (mild) **DN** With mixed fruit cocktail and creamy sauce

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

MADRAS (hot) With onion, fresh tomato, coconut milk, fresh lime juice & red chilli

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

BALTI (medium) With fresh onion, tomato, ginger, paprika, mustard seeds, green chilli and lemon juice

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

JALFREZI (fairly hot) With green chilli, peppers, onion & plum tomatoes

SAAG (medium) Cooked with fresh garlic spinach

KARAI (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** £7.25

CHICKEN £9.95

LAMB £10.95

CHICKEN / LAMB TIKKA £10.25 / £10.95

PRAWN £10.95

KING PRAWN £15.95

DUCK £14.95

BIRYANI DISHES

Biryani dishes are cooked with basmati rice complimented with mixed vegetable curry sauce (cucumber chutney)

VEGETABLE BIRYANI V	£10.95
CHICKEN BIRYANI	£11.95
CHICKEN TIKKA BIRYANI	£12.95
LAMB BIRYANI	£12.95
LAMB TIKKA BIRYANI	£13.95
PRAWN BIRYANI	£13.95
KING PRAWN BIRYANI	£16.95

SPECIAL VEGETABLE DISHES **V**

AVATAR SPECIAL VEGETABLE <i>New</i>	£9.25
Fresh asparagus, mushroom, peas & green beans cooked in a special sauce	
HARABARA SOBZI <i>New</i>	£9.25
Fresh spinach, broccoli and beans	
CHANA, ALOO AND BRINJAL D	£9.25
Chickpeas, potatoes and aubergine cooked with Nepalese special herbs & spices	
CHILLI PANEER MASALA D So	£9.25
Indian cottage cheese, tossed with onion, pepper, soya & chilli sauce	

VEGETABLE SIDE DISHES **V**

GARLIC SPICED SPINACH	£4.95
Fresh spinach cooked with roasted garlic and onion	
PALAK PANEER D	£4.95
Fresh spinach stir fried with garlic, cumin & paneer, finished with a touch of cream	
DAL MAKHANI D	£4.95
A black lentil delicacy simmered overnight with fresh tomato sauce, garlic & ginger, finished with cream and butter	
YELLOW LENTILS D	£4.95
Yellow lentils simmered with ginger, garlic, tomato, green chillies and finished with fresh coriander	
JAIPUR CRISPY OKRA	£4.95
Cooked with carom seed, tomatoes & garlic	

MUMBAI STYLE POTATOES	£4.95
Baby potatoes cooked with tomato gravy	
CHANA MASALA	£4.95
Chickpeas gently cooked & simmered in curry sauce & mango powder	
MUSHROOM BHAJI	£4.95
Button mushrooms cooked with tomato & onion	
ALOO GOBI	£4.95
Cauliflower florets and potatoes tossed with cumin & turmeric	
SAAG ALOO Spinach & potato	£4.95

ACCOMPANIMENTS

STEAMED BASMATI RICE	£3.50
SAFFRON FLAVOURED PILAU RICE	£3.95
DARJEELING STYLE EGG FRIED RICE	£4.10
MUSHROOM RICE 	£4.10
GARLIC FRIED RICE	£4.10
COCONUT RICE	£4.10
SPECIAL FRIED RICE	£4.25
KEEMA RICE 	£4.25
CHIPS	£3.25
RAITA (Cucumber, tomato & yoghurt) 	£3.25
GREEN SALAD	£3.95
PAPADOMS Plain or Spicy	Each £1.00
HOME MADE CHUTNEY TRAY 	Per Person £1.00

BREADS

PLAIN NAAN	£3.25
GARLIC & CORIANDER NAAN	£3.95
PESHAWAR NAAN WITH MANGO & COCONUTS	£3.95
CHEESE & CHILLI NAAN	£3.95
KEEMA NAAN	£3.95
VEGETABLE & SHALLOTS FILLED NAAN	£3.95
TANDOORI ROTI (Wholemeal bread)	£2.95
CHAPATI (Wholemeal bread)	£2.25
PARATHA	£3.25
VEGETABLE STUFFED PARATHA	£3.95

EARLY OFFER

Sunday - Thursday *(Except Wednesday)*

Arrive before 7.30pm

(Choose any one dish from each section below)

ONE COURSE MEAL - £13.95

Main Course & Rice or Naan Bread

TWO COURSE MEAL - £15.95

Starter, Main Course & Rice or Naan Bread

THREE COURSE MEAL - £16.95

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

STARTER:

Veg Samosa, Onion Bhaji, Aloo Chat,
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)*

EVERY WEDNESDAY BANQUET NIGHT

3 COURSE MEAL

£17.95 *only*

Just choose from our A La Carte menu

Any Starter

+

Any Main Course

+

Any Rice or Naan

+

Tea / Coffee / Ice Cream

Supplements:

Any starter above £5.95, any main course above £10.25
and alternative desserts will be charged
the difference in menu price.
A side dish additional £3.00

*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

