

SINCE 2020

AVATEA



Got dietary needs? We've got you. We can substitute meats with our house vegan seitan.
Just let us know about any allergies or restrictions when ordering.

START

Ika Mata



\$27

Ika Mata—fresh local raw fish with salad and lemon, inspired by Tere's Mona Tai, served with crispy island fries—bright, zesty, and full of island flavour

Spring rolls



\$22

Crispy Vietnamese-inspired pork spring rolls served with a perfectly balanced dipping sauce—light, flavourful, and moreish

Stuffed cheese & Spinach Naan Bread

\$35

Warm stuffed naan with melted mozzarella and local spinach, finished with garlic butter and served with a renga dipping sauce—rich, cheesy, and satisfying

RICE BOWL

Crispy Honey



\$35

Golden crispy chicken tossed in a rich garlic honey butter sauce, served with fluffy rice, fresh rainbow salad, and creamy kewpie—sweet, savoury, and full of flavour

Sesame Tuna

\$35

Fresh raw fish marinated in sesame, lime, and honey, served with rice, rainbow salad, and sashimi sauce—bright, refreshing, and perfectly balanced

Crispy Seitan



\$30

Golden, crispy seitan served with fluffy rice, fresh rainbow salad, and a rich vegan garlic sauce—crunchy, satisfying, and full of flavour

SALADS

Chicken Paw Paw Salad



\$35

Tender grilled chicken with minted paw paw, rainbow salad, and a fragrant Asian-style dressing

Chicken Caesar Salad

\$38

Golden, crispy chicken schnitzel served with a fresh Caesar salad, Poached egg, shaved parmesan, croutons, and creamy Caesar dressing

Bún Chá Giò



\$37

Vietnamese Fusion,
Fresh vermicelli noodle salad with crispy spring rolls, herbs, pickled vegetables, and a bold, tangy dressing—light, crunchy, and full of flavour

BURGERS Beef/Chicken/Fish

Pounder

\$30

Juicy ground beef stacked with double cheese, pickles, white onion, and our signature pounder sauce on a toasted seeded brioche bun—simple, bold, and seriously satisfying

Whopper

\$30

Juicy ground beef stacked with cheese, crisp iceberg lettuce, fresh tomato, pickles, white onion, and our signature pounder sauce on a toasted seeded brioche bun—fresh, loaded, and full of flavour

Smash

\$35

A smashed-up take on a classic—double beef patties with melted cheese, pickles, onion, and our signature Avatea special sauce on a toasted bun—simple, nostalgic, and seriously better

All Burgers come with chips or side salad

LOADED FRIES

BBQ Chicken & Bacon \$30

Juicy chicken stacked with crispy bacon, onion, melted mozzarella, tangy pickles, and our rich house poulder sauce—bold, saucy, and loaded with flavour

KIDS MENU

Fish & Rice \$15

Cheeseburger & Chips \$15

Nuggets & Chips \$15

MAIN SIZE MEALS

Fish & Chips \$35

Locally sourced catch of the day in a crisp Rus Brew beer batter, served with golden fries and a fresh island-style salad

Renga \$40

A rich, aromatic Indian-inspired curry with your choice of fish or chicken, served with warm garlic naan and fluffy rice—comforting, flavourful, and satisfying

Famous Original Fish Tacos \$35

Grilled fish served on house-made fried bread with crisp rainbow salad, garlic, and Avatea's signature special sauce.

The Chick Magnet \$35

Crispy chicken tenders served with a fresh paw paw salad, golden fries, and a dipping sauce—light, tropical, and satisfying

MEET THE CHEFS

Behind every plate at Avatea is a team that lives and breathes flavour. From early prep to the final garnish, our kitchen is built on passion, creativity, and a love for bringing people together through food

23 years in the Kitchen

The calm in the chaos and the flavour architect behind our menu. Known for bold, comforting dishes and signature sauces that keep people coming back.

12 years Experience

Calm, precise, and consistent, Jeannie has a natural talent for bringing out the best in our local ingredients, letting each dish speak for itself.

5 years Experience

Heremanaate Creative, flavour-driven, and a true foodie, Heremanaate has a knack for building bold yet balanced dishes that keep you coming back for more

Head Chef, Nz

Karin Wilson-Crombie



Lead Chef, Aitutaki

Jeannie Teinangaro-Teaukura



Training Chef, Aitutaki

Heremanaate Manapori

