

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

**Garlic Shrimp**  **\$22**

Crispy prawns coated in a fragrant garlic sauce—crispy, savoury, and full of flavour

## SHARING

**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

**Ru's Seafood platter** **\$105**

Ru's Seafood Platter—our ultimate coastal feast featuring creamy seafood chowder, fresh ika mata, sesame tuna, crispy battered fish, island fries, garlic bread, salad, rice, and a selection of house sauces—fresh, indulgent, and made to share

**Feast Mode** **\$105**

Choose your feast—loaded fries, chicken wings, slider burgers, grilled chicken, or steak—served with rice, fresh salad, and rich mushroom sauce—heartily, satisfying, and made your way

## 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

**Chicken Teriyaki** **\$35**

Tender grilled chicken coated in a glossy teriyaki butter sauce, served with fluffy white rice, fresh rainbow salad, and creamy kewpie—sweet, savoury, and perfectly balanced

**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

## VIBRANT CURRIES

**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

**Chicken Panang Curry** **\$40**

Rich, creamy Thai-inspired chicken Panang curry with tender chicken, served with fragrant rice—warm, aromatic, and full of flavour

**Prawn Noodle Curry** **\$40**

Lemongrass prawns in a creamy coconut sauce with glass noodles—fragrant, light, and full of island flavour



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## 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

## LOADED FRIES

### Steak Overload \$42

Crispy fries piled high with tender steak strips, smothered in rich mushroom sauce and finished with melted mozzarella—hearty, cheesy, and seriously satisfying

### BBQ Chicken & Bacon \$30

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

### Beef Bacon Cheese \$30

Crispy fries loaded with seasoned ground beef, crispy bacon, onion, melted mozzarella, tangy pickles, and our signature pounder sauce—like a cheeseburger, reimagined

### Seafood Overload \$42

Crispy fries loaded with creamy seafood chowder, packed with seafood, and topped with melted mozzarella—rich, indulgent, and seriously comforting

## SIDES

### Chicken Wings \$20

### Wok Fried Greens with Garlic Sauce \$17

### Cabbage & Corned Beef \$22

### Fries Bowl \$10

All Burgers come with chips or side salad

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## 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

### Garlic Seafood Chowder

\$45

Island-style garlic seafood chowder with prawns, fish, mussels, and squid in a creamy coconut sauce, served with rice, fresh salad, and island fries—rich, comforting, and full of flavour

### The Chick Magnet

\$ 35

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

### The House Steak

\$45

Juicy grilled sirloin steak served with golden fries, fresh salad, garlic bread, and a rich mushroom sauce—hearty, classic, and full of flavour

### Wingin' it Combo

\$35

Six juicy chicken wings, tossed in your choice of sweet or spicy sauce, served with golden fries and a fresh salad—sticky, crispy, and full of flavour

### Rose Sauce Prawn Pasta

\$37

Pasta coated in a rich, creamy rosé sauce with succulent prawns, finished with parmesan—smooth, indulgent, and full of flavour

### Famous Original Fish Tacos

\$35

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

## KIDS MENU

### Nuggets & Chips

\$ 15

### Cheeseburger & Chips

\$15

### Fish & Rice

\$15

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## 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

Head Chef, Nz

Karin Wilson-Crombie



### 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

Lead Chef, Aitutaki

Jeannie Teinangaro-Teaukura



### 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

Training Chef, Aitutaki

Heremanaate Manapori

