



Breakfast

(Served with Avatar's Potatoes or Fruit and Whole Wheat Toast)

<i>Two Eggs (any style)</i>	\$ 6.95
<i>Two Eggs (any style) with choice of bacon, link sausage or ham</i>	\$ 8.50
<i>Chicken Apple Sausage with 2 eggs any style</i>	\$ 8.50
<i>Classic Eggs Benedict 2 eggs poached on an English Muffin with ham and Hollandaise Sauce</i>	\$ 8.95
<i>Florentine Benedict a Classic Benedict with spinach and Hollandaise Sauce</i>	\$ 8.50
<i>Blackstone Benedict a Classic Benedict with Canadian Bacon, tomato, avocado & Hollandaise Sauce</i>	\$ 9.50
<i>Smoked Salmon Benedict a Classic Benedict with smoked salmon and Hollandaise Sauce</i>	\$10.50
<i>Avatar's Muffin Breakfast 2 eggs poached on an English Muffin with avocado, cheese and salsa</i>	\$ 9.50
<i>Muffin Breakfast 2 eggs scrambled on an English Muffin with ham topped with cheese</i>	\$ 8.50
<i>Breakfast Burrito Wrapped in Indian Bread - scrambled eggs, ham, Yukon Potatoes, cheese with salsa on the side</i>	\$ 7.50
<i>Poached Egg Plate Roasted potatoes, whole wheat toast or English Muffin</i>	\$ 7.50

Scrambles

<i>Avatar's Favorite Fresh herbs with garlic, onions, basil, oregano, black olives, spinach, cheese tomato and Feta</i>	\$ 9.95
<i>Veggie Scramble Onions, fresh spinach, green onions and mushrooms</i>	\$ 8.50
<i>Big Scramble Ground beef and onions</i>	\$ 9.50
<i>Fresh Spinach Scramble Spinach, ground beef, onions and mushrooms</i>	\$ 8.50
<i>Mexican Style Eggs Black beans, fresh salsa, sour cream and tortillas</i>	\$ 7.50
<i>Breakfast Plate Fresh veggies, potatoes, whole wheat toast or English Muffin</i>	\$ 7.50

Three Egg Omelettes

<i>Zara's Favorite Ground beef, onions, mushrooms, tomatoes and Cheddar Cheese</i>	\$ 9.95
<i>Petaluma's Favorite Bacon, mushrooms, onions and Cheddar Cheese</i>	\$ 9.50
<i>Denver Ham, onions, green peppers and Cheddar Cheese</i>	\$ 9.50
<i>Ham, Green Onions, mushrooms and Pepper Jack Cheese</i>	\$ 9.50
<i>Fresh Spinach, mushrooms and Jack Cheese</i>	\$ 8.50
<i>Fresh Mushrooms and Swiss Cheese</i>	\$ 8.50
<i>Avocado, green onions, black olives and Jack Cheese</i>	\$ 8.50
<i>Spanish Omelette Cheddar Cheese, salsa, avocado, sour cream and a flour tortilla</i>	\$ 8.95

Old Favorites

<i>Waffles Buttermilk or eggless with fruit (blueberry compote add \$1)</i>	\$ 5.50
<i>French Toast with fruit (blueberry compote add \$1)</i>	\$ 7.50
<i>Dutch Baby Oven baked pancake served with melon and blueberry compote</i>	\$ 7.50
<i>Short Stack Pancakes (2)</i>	\$ 5.95
<i>Full Stack Pancakes (3)</i>	\$ 6.95

Punjabi Breakfast

<i>Stuffed Paratha Whole wheat leavened Indian Bread served with homemade yogurt and chai.</i>	\$ 7.50
<i>Can be stuffed with Daikon Radish or Yukon Potatoes and Cilantro or Spicy Cauliflower or Turkey Sausage.</i>	

Sides

<i>Homemade Muffin</i>	\$ 2.00	<i>Eggs (scrambled or poached)</i>	\$ 3.00
<i>Toast/English Muffin</i>	\$ 1.50	<i>w/cheese</i>	\$ 4.00
<i>Roasted Potatoes</i>	\$ 3.00	<i>Sausage</i>	\$ 3.00



avatars

PURVEYORS OF ETHNIC CONFUSIONS

SINCE 1989

707.765.9775

Appetizers & Salads

<i>Rock Shrimp in Fresh Chutney - Fresh rock shrimp cooked lightly in olive oil and fresh chutney made from cilantro, basil, mint, garlic, ginger and an assortment of spices.</i>	9
<i>Blackened Jumbo Prawns - Humongous jumbo prawns dry-marinated in our Cajun-style blackened spices and then grilled to perfection. Served with a ginger, mint-jam and Grand Mariner sauce (Vegan option available).</i>	10
<i>Lightly Curried Button Mushrooms - Button mushrooms simmered in a very light, mild curry reduction.</i>	8
<i>Bowl of Mustard Greens & Spinach - w/ indian bread</i>	9
<i>Bowl of Smoked Eggplant - w/ indian bread</i>	9
<i>Soup du Jour - Our soups, made fresh every day, will always be 100% vegetarian. It is served with a homemade Paratha (North Indian leavened wheat bread) and an assortment of homemade chutneys</i>	7
<i>Mixed Greens Salad - with fresh tomatoes, crumbled goat cheese lightly tossed in our homemade vinaigrette</i>	5
<i>Baby Spinach and veggie Salad - w/Jumbo Prawns - Baby spinach tossed lightly in basil, mint, and cilantro chutney</i>	12
<i>Jerk or Curried Chicken Salad - Mixed greens with marinated Jerk chicken breast tenders, goat cheese and tomatoes</i>	11
<i>Blackened Seafood Salad - Blackened Salmon and Abi with mixed greens, Feta & Tomatoes</i>	12

Punjabi Burritos

Our whole wheat burritos include rice, garbanzos, homemade yogurt, tamarind, salsa, fruit chutney, and carrot pickle.

<i>Curried Chicken, or Lamb, or Ground Turkey</i>	8
<i>Curried Pumpkin - add Chicken or Lamb or Ground Turkey or Tofu for 1</i>	7
<i>Curried Sweet Potato - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	7
<i>Curried Eggplant - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	8
<i>Mustard Greens & Spinach - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	8
<i>Curried Seasonal Vegetables - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	8
<i>Blackened Seasonal Vegetables - w/Chicken, Beef or Rock Shrimp or Crab or Salmon or Sea Bass or Abi add 1</i>	9
<i>Jerk Chicken or Jerk Beef Strips</i>	9

Punjabi Rice Plates

Served with salsa, fruit chutney, beans, yogurt, tamarind, and carrot pickle

<i>Vegetarian Rice Plate- w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	9
<i>Curried Pumpkin & Seasonal Vegetables - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	10
<i>Mustard Greens, Spinach & Seasonal Vegetables - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	10
<i>Smoked Eggplant & Seasonal Vegetables - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	10
<i>Blackened Seasonal Vegetables - w/Chicken, Beef or Rock Shrimp or Crab or Salmon or Sea Bass or Abi add 1</i>	12
<i>Daal Curry and rice - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	10
<i>Sweet Potato & Seasonal Vegetables - w/Chicken or Lamb or Ground Turkey or Tofu add 1</i>	9

Avatar's Dishes

Enchiladas are made using corn tortillas, lightly sprinkled with jack and cheddar cheeses, homemade curried enchilada sauce, yogurt, Salsa e3 Fruit, Papadom, tamarind sauces, and rice.

Curried Pumpkin Enchilada - w/Chicken or Lamb or Ground Turkey or Tofu add 1	12
Sweet Potato Enchilada - w/Chicken or Lamb or Ground Turkey or Tofu add 1	12
Smoked Eggplant Enchilada - w/Chicken or Lamb or Ground Turkey or Tofu add 1	13
Mustard Greens e3 Spinach Enchilada - w/Chicken or Lamb or Ground Turkey or Tofu add 1	13
Seasonal Vegetables Enchilada - w/Chicken or Lamb or Ground Turkey or Tofu add 1	12
Any Enchilada Above - w/Crab or Salmon or Sea Bass or Abi or Rock Shrimp	14
Jamaican Jerk Chicken - w/rice and grilled vegetables.	14
Jamaican Jerk Venison - w/rice and grilled vegetables.	18
Jamaican Jerk Beef Strips - w/rice and grilled vegetables.	16
Blackened Filet of Lamb, Prawns, e3 Mussels - w/rice and grilled vegetables.	18
Lamb Curry - w/rice and grilled vegetables.	16
Chicken Curry - w/rice and grilled vegetables.	15
Curry Trio - Chicken, Lamb, and Jumbo Prawns - w/rice and grilled vegetables.	17
Quinoa w/ Seasonal Vegetables - w/Chicken or Lamb or Ground Turkey or Tofu add 1	13
w/Crab or Salmon or Sea Bass or Abi or Rock Shrimp add 5	

Dessert

Avatar's Dream	<i>There is only one dessert we carry here and we call it Avatar's Dream. Close your eyes and picture the sweetest concoction of dessert flavors from around the world coming full circle on one plate of bliss. Divine</i>	6
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Drinks

Bottle Sparkling Water 550ml 5 750ml 5
Flavored Sparkling Water 5
Cream Soda, Root Beer, Ginger Beer 5
Coke, Diet Coke, Sprite 2
Home made iced tea, Home made lemonade 2.5
Mango, Rose, Sweet, or Salty Lasi 4
Cbai 3.5
Cappuccino 5
Espresso 2
Latte 5, Mocha 5.50, Extra Shot .50
Drip Coffee 2

Sides

Paratha 5
Papadom 1
5 Chutnies 2

Children's Menu

Chicken and Rice, <i>with or without a light tomato and garlic ginger sauce</i>	8
Indian Quesadilla, <i>with whole wheat Indian bread and melted cheese.</i>	6
Salmon and Veggies <i>with or without a light tomato and garlic ginger sauce</i>	10