



GOLDEN AVATAR

A Taste of the Divine...

Golden Avatar offers a unique dining experience full of variegated tastes set in a relaxed café style atmosphere. Our 100% Vegetarian menu features rotating entrees and includes a variety of soups, salads, fried savories, chutneys and children-friendly items.

At Golden Avatar we have drawn our inspiration from the rich traditions of the east. Our recipes are sattvic (based on the mode of goodness) and we use no onions or garlic in any of our dishes. The resultant flavors are light, fresh and satisfying. We offer many vegan dishes and we use organic dairy and other ingredients as much as possible.

Vegetable Entrées per scoop \$2.25

Sak Paneer Sabji

Fresh steamed spinach in a light cream sauce with diced paneer.

Gobhi, Matar Paneer Sabji

Tender cauliflower mixed with tomatoes, peas & marinated paneer.

Baigan Matar Paneer Tarkari

Mixed vegetable eggplant stew in tomato gravy with peas & fresh paneer.

Baigan Matar Sabji

Butter soft eggplant dices marinated in tomato gravy with peas & massala tofu.

Sambar

Sweet and sour South Indian style eggplant stew with yams, green beans & shredded coconut.

Gobhi Baraballi Paneer Sabji

Delicately spiced cauliflower, green beans & marinated paneer, sprinkled with slivered almonds.

Matar Paneer Sabji

Deep fried paneer cubes and peas simmered in tomato gravy, garnished with fresh cilantro.

Alu Paneer Tarkari

Creamed potatoes with mixed vegetables & fresh paneer.

Rice, Soups & Salads

Chawal per scoop \$.75/\$1.25

Beginning with high quality basmati rice, each day we add a light spice or a sprinkling of vegetables. (Vegan)

Dal per scoop \$1.75

Thick, hearty Indian mung bean or split yellow pea soup with diced vegetables & mild spicing. (Vegan)

Sweet Rajma Dal \$1.50

Indian baked beans, perfect for kids, or you! (Vegan)

Laphia per scoop \$1.75

Our creamy soups are blended from a variety of seasonal & root vegetables including potatoes, zucchini, yams & peas.

Dahi Bhaat per scoop \$1.75

This yogurt rice salad combines fluffy rice with fresh yogurt, cilantro & mild spice to create a cool & flavorful treat. (Try it with pappadam!)

Savories & Relishes

Pakora each \$.75

Fresh cut vegetable pieces dipped in chickpea flour batter & golden fried, served with chatni or raita.

Kofta and Bada each \$.50

Delicious balls of grated vegetables or ground dal, prepared with mild spicing & served with chatni or raita.

Pappadam each \$.50

Crispy lentil crackers—try them with your meal or on their own with chatni, raita or yogurt rice!

Chatni per scoop \$.50

Our signature tomato or spicy fruit relish with fresh chilies & organic cane sugar.

Raita per scoop \$.50

Shredded cucumber with cilantro in a mild cumin yogurt sauce.

Cheese Herb Scones . . . \$2.50

Toasted w/veggie & cream cheese, served with chatni . . \$3.75

We also serve an assortment of organic sandwiches, salads, baked goods & espresso drinks.

Open Monday–Friday 8 am–8 pm

2757 Friendly St, Eugene 541 302-1365