

Dinner Menu

Appetizer (\$5)

SIGNATURE PLANT-BASED (VG)

PKHALI

Georgian vegetable-walnut blend—bold and nutrient-dense

SPROUTED MUNG & WALNUT BITES

Fresh sprouts, walnuts, herbs—clean plant protein

FERMENTED LENTIL POPS (PAKORA)

Crispy, savory protein and fiber-rich fried balls

FROM GRILL

PANEER KEBAB

(V)

Juicy, spice-marinated grilled paneer

CHICKEN KEBAB

(M)

Juicy, spice-marinated grilled chicken

CHUTHEY (SAUCES)

Brown (Sweet & Sour- Tamarind and Jaggery (unrefined sugar))

Red (Hot - Mixed Red chilli, onion, tomato)

Green (Hot - Green chilli, Mint, Cilantro)

Salad (\$5)

BCC RAINBOW SALAD

VG

Beet, carrot, cabbage, sprouts, seeds, pomegranate dressing

CHICKPEA PROTEIN SALAD

VG

Chickpeas, cucumber, tomatoes, herbs, lemon-olive oil—light and filling

Soup (\$5 cup and \$9 bowl)

BEET & VEG BORSCHT

V

Beet, carrot, cabbage, potato cooked in veg broth, served with creamy yogurt

CHICKEN BORSCHT

(M)

Beet, carrot, cabbage, potato, chicken cooked in chicken broth, served with creamy yogurt



Main (\$11)

Choice of Protein - Chicken (M), Paneer (V) OR Lentil and Veg (VG)
Curries are served with Rice or whole wheat and Roti (whole wheat flat bread)

SCIEATS SPECIALS

SCIEATS TIKKA MASALA

Onion-tomato and fermented vegetable-cashew nut-based cream gravy

SAAG

Mustard, spinach, Kale and Collard greens, tomato, onion gravy

HALEEM (LENTIL & GRAIN PROTEIN BOWL)

Blend of seven lentils and grains mix, meat, spices and herbs.

BIRYANI

Fragrant rice cooked saffron, and spices

HOUSE LENTIL DAL

Mixed lentils cooked with onion, ginger, garlic, tomatoes and spices

COCONUT CURRY

Thai-spiced coconut-based curry

Drink (\$3)

MADE WITH REAL FRUITS

BERRY MINT REFRESHER (VG)

Mixed berries infused with fresh mint

MANGO LASSI (V)

Naturally sweet and tangy Mango blended with house-made yogurt into a smooth drink.

HOUSE LEMONADE (VG)

Lemonade with a twist of caramelized sugar meets zesty lemon. Made from real lemon.

SPECIAL CHAI (V)

Black tea, ginger, mint, cardamom, milk, and sugar boiled to perfection for a flavor and taste

Dessert (\$4)

CARROT HALWA (V)

A warm, fiber-rich dessert made with slow-cooked carrots, milk, raisins and sliced almonds

MUNG HALWA (VG)

Ground Green Beans cooked with ghee, dates, raisins, sliced almonds

SciEats Balanced Meal (\$16)

APPETIZER, SOUP/SALAD, MAIN

SciEats Family Meal (\$40)

2 ITEMS OF EACH - APPETIZER, SOUP/SALAD, MAIN, DRINK/DESSERT



Seasonal

Appetizer

CUCUMBER YOGURT CUPS

Crisp cucumber cups filled with yogurt, citrus, and fresh herbs. Cooling, light, and refreshing for summer days.

Salad

CUCUMBER HERB SALAD

Fresh cucumber, herbs, and citrus with light seasoning for a crisp, cooling bite. Bright, refreshing, and perfect alongside warm mains.

Soup

CHILLED TOMATO GAZPACHO

Chilled tomato, cucumber, pepper, and herbs blended into a refreshing summer soup. Light, vibrant, and naturally rich in fresh vegetable flavor.

Main

ROASTED SUMMER VEG KORMA

Seasonal roasted vegetables in a light cashew and spice curry. Comforting, wholesome, and deeply flavorful without feeling heavy.

Drink

WATERMELON MINT REFRESHER

Fresh watermelon, mint, citrus, and sparkling water for a cooling summer drink. Lightly sweet, hydrating, and made with real fruit.

Dessert

BERRY CREAM DELIGHT

Fresh berries layered with light cream and a delicate base for a cool summer dessert. Smooth, lightly sweet, and refreshing without feeling heavy.



Special of the Month

Puerto Rican

Salad

CUCUMBER & AVOCADO SALAD

Fresh cucumber, avocado, herbs, and citrus with light seasoning for a cool, refreshing side. Crisp, bright, and perfect alongside warm savory dishes.

Main

POLLO GUISADO (PUERTO RICAN CHICKEN STEW)

Slow-cooked chicken with sofrito, adobo, herbs, and vegetables in a rich savory stew. Comforting, flavorful, and served with rice for a balanced wholesome meal.

Drink

TAMARIND CITRUS COOLER

Tamarind, citrus, and chilled water blended into a lightly sweet tropical refresher. Bright, tangy, and cooling for warm summer days.

Dessert

TEMBLEQUE

Light coconut pudding finished with cinnamon and toasted coconut for a cool, delicate dessert. Smooth, lightly sweet, and inspired by traditional Puerto Rican comfort flavors.

