

ANIMA

BY MINDESCAPES®



**DINER
MENU**

INDO-CHINESE



Soup

Hot and Soup (Veg / Chicken)	₹220 / ₹250
Sweet Corn (Veg / Chicken)	₹220 / ₹250
Manchow (Veg / Chicken)	₹220 / ₹250
Lemon Coriander (Veg / Chicken)	₹220 / ₹250

Mains (Chicken, Prawns, and Fish)

Chilli Chicken (Dry / Gravy)	₹290
Lemon Chicken	₹320
Kung Pao Chicken	₹350
Manchurian Chicken	₹285
Chicken in Hot Garlic Sauce	₹305
Sweet and Sour Chicken	₹310
Hunan Chicken	₹340
Chicken with Cashew Nuts	₹330
Prawns in Hot Garlic Sauce	₹390
Sichuan Prawns	₹390
Garlic Pepper Prawns	₹390
Sweet and Sour Fish	₹390
Fish in Black Bean Sauce	₹380
Fish in Hot Garlic Sauce	₹380
Thai Green Curry Chicken	₹425
Thai Red Curry Chicken	₹425

Appetizers – Vegetarian

Spring Rolls	₹260
Crispy Fried Wontons	₹260
Honey Chilli Potatoes	₹250
Paneer Chilli Dry	₹280
Crispy Honey Lotus Stem	₹240
Salt and Pepper Vegetables	₹260
Veg Momos (Steam / Pan Fried)	₹285

Mains (Vegetarian)

Vegetable Manchurian (Dry / Gravy)	₹270
Tofu in Black Bean Sauce	₹280
Stir-Fried Mixed Vegetables	₹270
Baby Corn & Mushroom in Chili Sauce	₹280
Cauliflower Manchurian	₹270
Chilli Paneer	₹280
Paneer in Sichuan Sauce	₹280
Stir-Fried Asian Greens with Tofu	₹320
Thai Green Curry	₹350
Thai Red Curry	₹350

Appetizers’ – Chicken & Seafood

Spring Rolls	₹290
Crispy Fried Wontons	₹290
Dry Chilli Chicken	₹290
Chicken Lollipop	₹290
Salt and Pepper Prawns	₹350
Golden Fried Prawns	₹360
Chicken Momos (Steam / Pan Fried)	₹325

Rice and Noodles

Chilli Garlic Fried Rice (Veg / Egg / Chicken)	₹275 / ₹295 / ₹320
Sichuan Fried Rice (Veg / Egg / Chicken)	₹280 / ₹310 ₹325
Steamed Rice	₹250
Egg Fried Rice	₹280
Chicken Fried Rice	₹295
Veg Fried Rice	₹275
Hakka Noodles (Veg / Egg / Chicken)	₹275 / ₹295 / ₹320
Sichuan Noodles (Veg / Egg / Chicken)	₹275 / ₹295 / ₹320
Chow Mein (Veg / Egg / Chicken)	₹275 / ₹295 / ₹320
American Chop Suey (Veg / Chicken)	₹300 / ₹325

Explore our freshly prepared Chinese delicacies, daily specials, and custom bowls made to order, perfect for any occasion

Prices are exclusive of GST; please inform us of any allergies or dietary restrictions.

INDIAN



Starters & Kebabs (Vegetarian)

Paneer Tikka	₹295
Paneer Pakoda	₹295
Tandoori Mushroom	₹275
Veg Seekh Kebab	₹275
Aloo Tandoori	₹275

Non-Vegetarian Starters

Chicken Malai Tikka	₹320
Tandoori Chicken (Half/Full)	₹490 / ₹690
Hariyali Chicken Kebab	₹340
Chicken Seekh Kebab	₹320
Mutton Seekh Kebab	₹425
Fish Tikka	₹385
Tandoori Prawns	₹395

Rice and Biryani

Steamed Basmati Rice	₹250
Jeera Rice	₹260
Peas Pulao	₹270
Egg Biryani	₹300
Chicken Biryani	₹350
Mutton Biryani	₹395
Veg Biryani	₹285

Savour our freshly made North Indian delights,
daily specials, and custom meals crafted to suit
your taste and occasion

Vegetarian Mains

Paneer Butter Masala	₹280
Palak Paneer	₹285
Paneer Bhurji	₹275
Matar Paneer	₹295
Saag Paneer	₹295
Bhindi Do Pyaza	₹240
Navratan Korma	₹265
Vegetable Kofta	₹285
Mushroom Masala	₹285
Bhindi Masala	₹245
Baingan Bharta	₹245
Aloo Matar	₹255
Aloo Jeera	₹255
Aloo Methi	₹255
Green Peas Masala	₹275
Chole Masala	₹265
Rajma Masala	₹260
Dal Makhani	₹275
Dal Tadka	₹265

Indian Breads

Tandoori Roti	₹70
Naan (Plain/Butter/Garlic)	₹75 / ₹85 / ₹85
Cheese Naan	₹95
Onion Kulcha	₹75
Aloo Paratha	₹100
Plain Paratha	₹75
Chapatti	₹60

Non-Vegetarian Mains

Butter Chicken	₹290
Kadhai Chicken	₹290
Chicken Korma	₹310
Mughlai Chicken	₹330
Chicken Do Pyaza	₹365
Chicken Saag	₹355
Keema Matar	₹425
Lamb Bhuna	₹435
Mutton Saag	₹445
Mutton Do Pyaza	₹425
Fish Curry	₹375
Fish Tikka Masala	₹395
Prawn Masala	₹425
Prawns Butter Masala	₹435
Egg Curry	₹295

Curd and Accompaniment

Dahi Boondi	₹75
Dahi Cucumber Raita	₹75
Green Salad	₹65
Kuchumbar	₹65
Masala Papad	₹65

Desserts

Gajar Halwa	₹195
Moong Dal Halwa	₹195

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REKINDLE YOUR SOUL

Nestled in the scenic beauty of Coonoor, Nilgiris, Anma by MindEscapes® offers a soulful dining experience where every bite tells a story. Our menu brings together the best of **Xin's bold Indo-Chinese** flavours and **Nirvana's rich North Indian** curries, catering to every taste and culinary craving.

At Anma, we take pride in crafting each dish with meticulous care, ensuring a perfect balance of flavours and textures. Whether it's the warm ambiance, attentive service, or the thoughtfully prepared meals, every detail is designed to leave you with a memorable experience.

Anma is more than just a diner—it's a space where food and purpose unite. Every meal you savor supports community-driven initiatives and sustainability efforts, making your dining experience both delicious and meaningful.

Join us at **Anma by MindEscapes®**, where exceptional cuisine, heartfelt hospitality, and a commitment to creating a positive impact come together to nurture your soul.

anmabymindescapes.in

Near Nilgiris Supermarket,
Figure Of 8 Rd, Bedford,
Coonoor, Tamil Nadu 643101

mindescapes.in

ELEVATE / EAT / RELAX /



CELESTE



NIRVANA



ZEN



DIVINO



EUPHORIA



NIDRA



ANIMA

BY MINDESCAPES®



CAFE
MENU

REKINDLE YOUR SOUL

Step into the world of **Anma Café by MindEscapes®**, a soul-nourishing haven nestled amidst the serene blue hills of the Nilgiris. Here, culinary convenience, emotional richness, and social responsibility converge to create an unforgettable experience that transcends dining. Anma is more than a café—it is a transformative journey of purpose and connection.

Adding to this experience, Anma Café proudly features a wide array of **delectable offerings from Euphoria by MindEscapes®**. From artisanal breads and decadent cakes to gourmet cookies, indulgent pastries, and even hearty burgers, every bite is crafted to perfection, ensuring there's something for every palate.

From freshly crafted dishes thoughtfully prepared for those on the go, to the serene ambience and heartfelt hospitality, every detail at Anma Café is designed to uplift your spirit and nurture well-being. With every purchase, you contribute to meaningful social initiatives, supporting environmental conservation, education, and community empowerment.

anmabymindescapes.in

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mindescapes.in



All Day Breakfast	₹399 / 525
English Breakfast Bacon, sausage, ham, eggs, tomato, hash brown, mushrooms, beans, bread & preserves	
.English Breakfast (Veggie) Grilled cottage cheese, mushrooms, tomatoes, baked beans, hash browns, bread & preserves.	₹399 /525
American Breakfast Bacon or sausage, eggs, hash brown, baked beans, pancakes with maple syrup or honey	₹525
Rise and Shine Hash brown, baked beans, fresh fruit, bread & preserves	₹399
French Toast	₹279
American Pancakes	₹279
Waffles	₹279
Eggs to Order	₹279
Egg Benedict	₹325
Burgers	
Chicken Burger	₹349
Veggie Burger	₹279
Pork Burger	₹429
Lamb Burger	₹429
Sandwiches <i>(Plain/grilled; choice of bread)</i>	
Cheese Sandwich	₹149
Tomato and Cucumber Sandwich	₹149
Rainbow Veggie Sandwich	₹179
Three Layer Veggie Club Sandwich	₹269
Three Layer Non-Veggie Club Sandwich	₹299
Chicken Mustard Sandwich	₹249
Chicken & Cheese Sandwich	₹279
Roasted Beef Sandwich	₹289
Breads & On Toast	
Butter Crossaint	₹120
Double Bake Chocolate Crossaint	₹150
Baked Beans On Toast	₹300
Creamy Mushroom On Toast	₹325
Korean Cheese Bun	₹150
Sourdough Loaf	₹250
Whole Wheat Sourdough	₹295
Fourgrain Sourdough	₹300
Bread/Toast Basked	₹190

Hotdogs	
Hotdog	₹349
Veggie Dog	₹329
Paninis	
Mozzarella, Tomato, and Basil Panini	₹259
Tomato, Ham and Mozzarella Panini	₹279
Sausage, Egg, Bacon, Tomato Relish Panini	₹299
Desserts & Ice Creams	
Peach Melba	₹349
Pear Belle	₹349
Anma Coupe	₹349
Double Chocolate Sundae	₹349
Tutti Frutti	₹349
Choice of Ice-Cream (Two Scoops)	₹199
Sweet Bites	
Classic Gooley Brownie	₹169
Walnut Brownie	₹169
Flourless Brownie (Gluten free)	₹169
Chocolate Eclairs	₹169
Rumball	₹169
Lemon Tart	₹149
Classic Dark Fudge	₹290
Pistachio & Cranberry Fudge	₹290
Biscuits (Plate of 4)	
Macarons	₹199
Biscotti	₹149
Ragi	₹149
Coconut Nice	₹149
Hobnobs	₹149
Shortbread	₹149
Cinnamon Swirl	₹149
Chocochip	₹149
Tea Cakes	
Madeira	₹149
Honey Sultana And Pecan	₹149
Carrot And Walnut	₹149
Banana Bread	₹149
Coffee Walnut	₹149

Teas & Coffees	
Single Espresso	₹149
Double Espresso	₹179
Brewed Coffee	₹199
Cappuccino	₹199
Americano	₹179
Latte	₹199
Mocha	₹199
Hot Chocolate With Marshmallow	₹249
Hot Chocolate With Whipped Cream	₹249
Nilgiris Tea	₹129
Darjeeling Tea	₹149
Masala Tea	₹129
Lemon Tea	₹129
Green Tea	₹129
Earl Grey	₹169
Anma Tea Toddy	₹179
Cold Beverages	
Juice of the Day	₹179
Fresh Lime Water / Soda	₹119
Mineral Water	₹99
Cold Coffee	₹249
Cold Coffee with Ice-Cream	₹279
Iced Lemon Tea	₹179
Milkshakes	₹249
Ice-Cream Sodas	₹149
Coca-Cola Float	₹249
Fruity Smoothies	₹279
Sides Extra	
Sausage (Chicken / Pork)	₹250
Bacon (Chicken / Pork)	₹250
Hashbrowns	₹150
Finger Chips / Wedges	₹175



Check with us for freshly baked breads, daily specials and custom cakes made to order.

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SATIATE YOUR SOUL

ANMA
BY MINDESCAPES®

Anma is a heartfelt tribute by Dipali Sikand, Chief Inspiration Officer, MindEscapes®, to her mother, **Mira Sikand**, whose enduring spirit and boundless compassion continue to inspire us. Nestled amidst the tranquil Nilgiri hills, Anma Café seamlessly blends **culinary convenience** with **emotional depth** and a **commitment to social responsibility**. Every dish, every moment, and every initiative reflects Mira Sikand's legacy of love, care, and purpose.

Adding a touch of sweetness, Anma also features delightful offerings from **Euphoria by MindEscapes®**, including artisanal breads, indulgent cakes, and gourmet pastries, crafted to elevate every dining experience.

Through impactful projects like **Hill of Flowers & Miracles®**, Anma empowers local women, nurtures biodiversity, and contributes to a brighter future—honoring the vision of a remarkable woman whose kindness shaped lives and left an indelible mark on the world.

anmabymindescapes.in

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mindescapes.in

hillofflowers.com

miracles.shop

ELEVATE | EAT | RELAX

