

# 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

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

### 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	₹280 / ₹310 ₹325
(Veg / Egg / Chicken) Steamed Rice	₹250
Egg Fried Rice Chicken Fried Rice	₹280 ₹295
Veg Fried Rice	₹275
Hakka Noodles	₹275 / ₹295 / ₹320
(Veg / Egg / Chicken) Sichuan Noodles	(2/5 / (295 / (320
(Veg / Egg / Chicken)	₹275 / ₹295 / ₹320
Chow Mein	₹275 / ₹295 / ₹320
(Veg / Egg / Chicken) American Chop Suey	(2/3/(233/(320













(Veg / Chicken)





₹300 / ₹325

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

**∓**200

# **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

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





















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









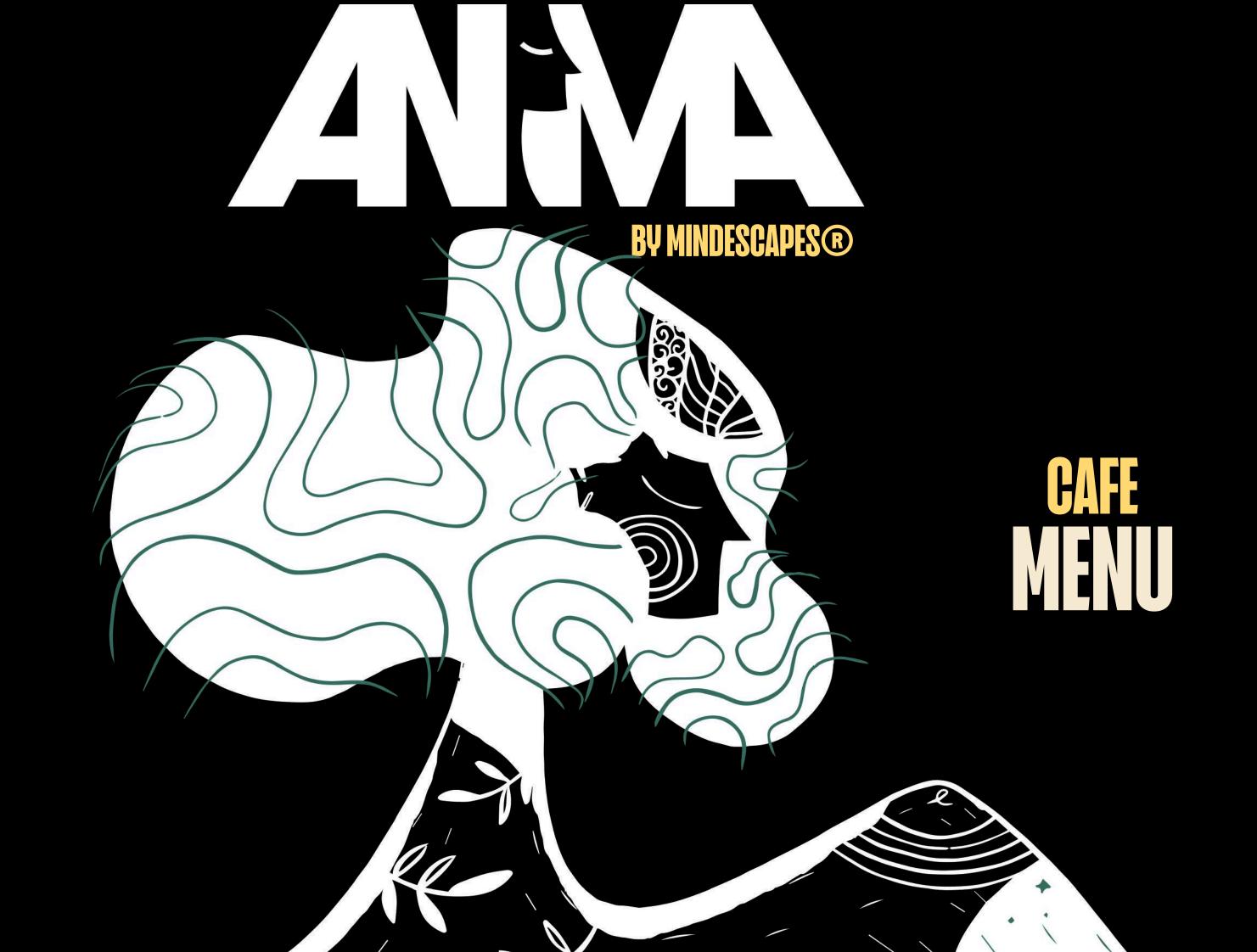






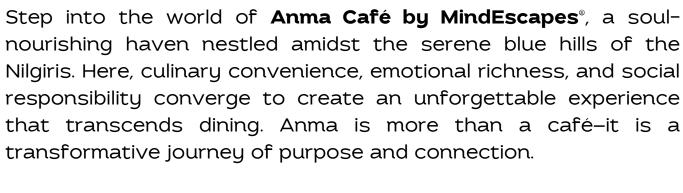












Adding to this experience, Anma Café proudly features a wide array of **delectable offerings from Euphoria by MindEscapes**<sup>®</sup>. From artisanal breads and decadent cakes to gourmet cookies, indulgent pastries, and even hearty burgers, every bite is crafted to perfection, ensuring there's something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

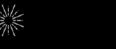
From freshly crafted dishes thoughtfully prepared for those on the go, to the serene ambience and heartfelt hospitality, every detail at Anma Café is designed to uplift your spirit and nurture well-being. With every purchase, you contribute to meaningful social initiatives, supporting environmental conservation,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

## anmabymindescapes.in

Near Nilgiris Supermarket, Figure Of 8 Rd, Bedford, Coonoor, Tamil Nadu 643101 **mindescapes.in** 













All Day Breakfast	-000 (505	Hotdogs		Teas & Coffees	
English Breakfast	₹399 / 525	Hotdog	₹349	Single Espresso	₹149
Bacon, sausage, ham, eggs, tomato, hash		Veggie Dog	₹329	Double Espresso	₹179
brown, mushrooms, beans, bread & preserves				Brewed Coffee	₹199
. <b>English Breakfast (Veggie)</b> Grilled cottage cheese, mushrooms,	₹399 /525	Paninis	-250	Cappuccino	₹199
tomatoes, baked beans, hash browns, bread		Mozzarella, Tomato, and Basil Panini	₹259	Americano	₹179
& preserves.		Tomato, Ham and Mozzarella Panini	₹279	Latte	₹199
American Breakfast	<b></b>	Sausage, Egg, Bacon, Tomato Relish Panini	₹299	Mocha	₹199
Bacon or sausage, eggs, hash brown, baked	₹525	Desserts & Ice Creams		Hot Chocolate With Marshmallow	₹249
beans, pancakes with maple syrup or honey		Peach Melba	₹349	Hot Chocolate With Whipped Cream	₹249
Rise and Shine	₹399	Pear Belle		Nilgiris Tea	₹129
Hash brown, baked beans, fresh fruit, bread & preserves			₹349	Darjeeling Tea	₹149
·	-070	Anma Coupe	₹349	Masala Tea	₹129
French Toast	₹279 -270	Double Chocolate Sundae	₹349	Lemon Tea	₹129
American Pancakes	₹279 -270	Tutti Frutti	₹349	Green Tea	₹129
Waffles	₹279 ₹370	Choice of Ice-Cream (Two Scoops)	₹199	Earl Grey	₹169
Eggs to Order	₹279 <b></b>	Sweet Bites		Anma Tea Toddy	₹179
Egg Benedict	₹325	Classic Gooey Brownie	<b>∓</b> 160	_	
Burgers		Walnut Brownie	₹169 ₹169	Cold Beverages	-470
Chicken Burger	₹349	Flourless Brownie (Gluten free)		Juice of the Day	₹179
Veggie Burger	₹279	Chocolate Eclairs	₹169 ₹160	Fresh Lime Water / Soda	₹119 -00
Pork Burger	₹429	Rumball	₹169 ₹160	Mineral Water	₹99
Lamb Burger	₹429	Lemon Tart	₹169 ₹140	Cold Coffee	₹249
		Classic Dark Fudge	₹149 ₹300	Cold Coffee with Ice-Cream	₹279
Sandwiches (Plain/grilled; choice of bread)	-1.10	3	₹290 ₹300	Iced Lemon Tea	₹179
Cheese Sandwich	₹149	Pistachio & Cranberry Fudge	₹290	Milkshakes	₹249
Tomato and Cucumber Sandwich	₹149 -470	Biscuits (Plate of 4)		Ice-Cream Sodas	₹149
Rainbow Veggie Sandwich	₹179 	Macarons	₹199	Coca-Cola Float	₹249
Three Layer Veggie Club Sandwich	₹269 ₹300	Biscotti	₹149	Fruity Smoothies	₹279
Three Layer Non-Veggie Club Sandwich Chicken Mustard Sandwich	₹299 ₹249	Ragi	₹149 ₹149		
Chicken & Cheese Sandwich	₹2 <b>7</b> 9	Coconut Nice	₹149 ₹149	Sides Extra	
Roasted Beef Sandwich	₹289	Hobnobs	₹149 ₹149	Sausage (Chicken / Pork)	₹250
Noasted Beer Sandwicht	(203	Shortbread	₹149 ₹149	Bacon (Chicken / Pork)	₹250
Breads & On Toast		Cinnamon Swirl		Hashbrowns	₹150
Butter Crossaint	₹120	Chocochip	₹149 ₹149	Finger Chips / Wedges	₹175
Double Bake Chocolate Crossaint	₹150	Chocochip	(149		
Baked Beans On Toast	₹300	Tea Cakes			
Creamy Mushroom On Toast	₹325	Madeira	₹149		
Korean Cheese Bun	₹150	Honey Sultana And Pecan	₹149		
Sourdough Loaf	₹250	Carrot And Walnut	₹149		
Whole Wheat Sourdough	₹295	Banana Bread	₹149	BY MINDESCAPES®	
- · · · · · · · · · · · · · · · · · · ·	<b>₹</b> 3∩∩	0.000.000	-1.10		



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







Coffee Walnut

₹149

₹300

₹190

Fourgrain Sourdough

Bread/Toast Basked

# SATIATE YOUR SOUL

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

Near Nilgiris Supermarket,
Figure Of 8 Rd, Bedford,
Coonoor, Tamil Nadu 643101
mindescapes.in
hillofflowers.com
miracles.shop





