

ANIMA

REKINDLE THE SOUL



ANMA

Gastronomy meets genuineness

Anma is a tribute to the soul of food. Derived from the Tamil word Anma, meaning soul, and inspired by Ma for mother, Anma carries the quiet legacy of Mira Sikand — a woman whose warmth, care, and instinctive nurturing shaped a family's relationship with food. Conceived by her daughter, Dipali Sikand, Founder of MindEscapes®, Anma is both a personal homage and a universal philosophy.

Here's the thing. Food is never just about taste. It is memory. It is comfort. It is the gentle act of looking after one another.

Rooted in the misty calm of the Nilgiris yet drawing from kitchens across India and the world, Anma offers a menu that blends nourishment with joy. Wholesome Indian meals sit beside Chinese comfort bowls, fresh sandwiches, nostalgic hotdogs, handcrafted desserts, and thoughtfully brewed beverages. Every plate is prepared with local ingredients, mindful techniques, and a belief that what you eat should leave you feeling lighter, not heavier.

At Anma, dining is an emotional experience as much as a nutritional one. Our dishes are curated to restore balance, evoke calm, spark happiness, and quietly lift the spirit.

This is the MindEscapes® philosophy brought to life — heritage reimaged with imagination, sincerity without show, and wellness without preachiness.

**Anma is food for the body.
Anma is food for the soul.**

The Anma Ritual

Nourish & Reflect



ARRIVAL PAUSE

When seated, close your eyes, take a deep breath, and let the space settle.



INTENT SETTING

Before your first bite, set an intention for your meal.



MINDFUL FIRST BITE

Notice the textures and flavors of your first bite. Be fully present.



SIP & PONDER

Pause between courses, sip your drink, and reflect on your experience so far.



SHARE & CAPTURE

Share an insight with your companions or jot down a thought in your journal.



GRATITUDE CLOSE

At the end of the meal, take a moment of gratitude for the nourishment.

ALL DAY BREAKFAST



ENGLISH

Bacon, sausage, ham, eggs, tomato, hash browns, mushrooms, beans, toast and a choice of tea or coffee.

595



AMERICAN

Bacon or sausage, eggs, hash browns, beans, fluffy pancakes with syrup & cream and a choice of tea or coffee.

575



RISE & SHINE

Hash browns, beans, fruits, toast & preserves and a choice of tea or coffee.

475



CONTINENTAL

Croissant & toast with butter & preserves, seasonal fruit, yogurt and a choice of tea or coffee.

450



ENGLISH (V)

Cottage cheese, mushrooms, tomato, beans, hash browns, corn fritters, avocado, toast and a choice of tea or coffee.

495



EGG BENEDICT

Poached eggs with hollandaise and chicken salami on a toasted bun.

450



PANCAKES

3 fluffy pancakes topped with maple or chocolate syrup, cream and berries.

425



WAFFLES

2 waffles with toppings of choice and whipped cream and berries.

415

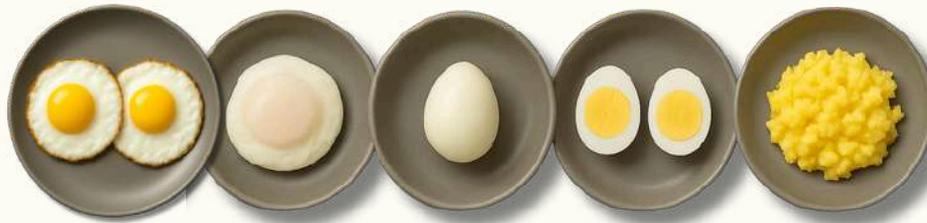


FRENCH TOAST

Milk bread topped with berries, syrup & cream and berries.

350

EGGS TO ORDER



CHOICE OF ANY TWO EGGS

Serves One: Fried | Poached | Soft Boiled | Hard-Boiled | Scramble. Comes with a hash brown and two slices of bread | toast.



CHOICE OF ANY TWO EGGS

Serves One : Plain Omelet | Stuffed Omelet (cheese, tomato or mushroom), | Egg Burji | Comes with a hashbrown and two slices of bread / toast.

250



275

ACCOMPANIMENTS



Finger Chips | Hash browns | Potato Wedges | Bread Basket

185



Bacon | Ham | Sausages (Chicken | Pork)

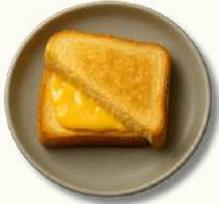
250



GST will be charged extra. Subject to availability Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

CLASSIC SANDWICHES

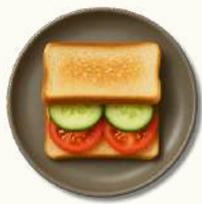
CHOICE OF BREAD: TOASTED OR GRILLED, IN THIN WHITE OR WHOLE WHEAT BREAD, SERVED WITH CRISP WAFER CHIPS.



CHEESE

A timeless classic featuring deliciously melted cheese.

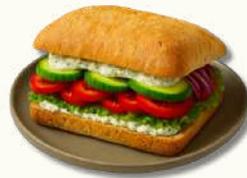
150



ALL VEGGIE

A refreshing combination of cool cucumber and juicy tomatoes.

150



RAINBOW VEGGIES

A colorful veggie stack with avocado, peppers and creamy herb cheese

245



CHICKEN MUSTARD

Tender chicken paired with tangy mustard. a zesty delight.

250



CHICKEN & CHEESE

Savoury chicken and melted cheese for a satisfying bite..

250



ROASTED CHICKEN

Succulent roasted chicken paired with creamy mayonnaise.

295



BLT

Crispy bacon layered with fresh lettuce, tomato and mayo.

295



ROAST BEEF

Hearty roast beef for a robust and satisfying sandwich.

295

ON TOAST

CHOOSE FROM OUR HOMEMADE WHITE, WHOLE WHEAT, OR SOURDOUGH BREAD.



BAKED BEANS

A comforting topping of delicious baked beans.

275



MUSHROOM

Savoury mushrooms in a creamy sauce for a delightful toast.

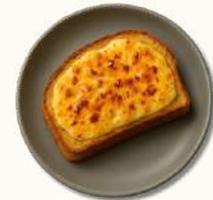
275



CHICKEN

Creamy chicken mixture for a rich and flavourful treat.

300



CHILLI CHEESE

Spicy and cheesy goodness for a kick of flavour.

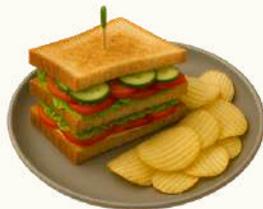
275



AVOCADO MOUSSE

Slices of avocado on toasted bread, garnished with salt, pepper, and a drizzle of chilli oil.

300



VEGGIE CLUB

A satisfying vegetarian delight with layers of flavour.

400



NON VEGGIE CLUB

A hearty and delicious non-vegetarian option. Chicken Or Ham with bacon.

495



GRILLED PANINI

Mozzarella, tomato, cheese & fragrant basil | Tomato, ham and mozzarella | Sausage egg bacon and tomato relish

325

350

375

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

BURGERS & HOTDOGS

IRRESISTIBLE, SERVED WITH A GENEROUS HELPING OF CRISPY FRENCH FRIES.



HOT DOG

Classic American hot dog, topped with mustard, relish, onions, and other condiments

425



VEGGIE DOG

Nestled in a warm hotdog bun, garnished with a medley of veggies and tangy sauces.

380



CHICKEN BURGER

Chicken patty, layered with crisp lettuce, tomatoes, jalapeno, gherkins and caramelised onions

450



VEGGIE BURGER

Veggie patty, lettuce, tomatoes, jalapeno, gherkins and caramelised onions.

400



PORK BURGER

Pork patty with cheese, lettuce, tomato, jalapeño, gherkins & caramelised onions.

525



LAMB BURGER

Lamb patty with cheese, lettuce, tomato, jalapeño, gherkins & caramelised onions.

525



BEEF BURGER

Beef patty with cheese, lettuce, tomato, jalapeño, gherkins & caramelised onions..

525



CHEESE BURGER

Freshly baked buns filled with gooey cheese and garlic butter goodness.

400

PASTA

COMFORT TWIRLED INTO EVERY BITE.



PENNE ALFREDO

Creamy parmesan sauce with a velvety finish.

VEGGIE

345

CHICKEN

395



SPAGHETTI ARRABBIATA

A fiery tomato and chili sauce coating tender spaghetti.

345

395



PESTO PASTA

Penne tossed in a creamy basil sauce.

375

410



MAC & CHEESE

Classic baked macaroni in a rich cheddar sauce.

345

WRAPS

FRESH FLAVOURS ROLLED TO PERFECTION



VEGGIE RAINBOW

Pickled radish, peppers, avocado, lettuce, red onion, and herb cheese spread,

250



CHICKEN & CHEESE

Savoury chicken with melted cheese and crisp lettuce wrapped warm.

275



ROAST CHICKEN

Succulent roasted chicken with creamy mayo, lettuce and tomato.

300



BLT

Crispy bacon, lettuce, tomato, and mayo for a classic BLT in a wrap.

350

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

BEVERAGES

REFRESHING. CRAFTED TO PERFECTION IN EVERY GLASS.



FRESH FRUIT JUICE

Refreshing juices pressed from seasonal fruits, served chilled

190



LIME SODA

Sparkling soda with a zesty lime twist.

125



COLD COFFEE

Smooth, chilled coffee blended with milk and ice.

250 | 280



MILK SHAKE

Thick, creamy shakes in classic and fruity flavours.

250 | 325



ICECREAM SODA

Bubbly soda poured over creamy ice cream.

190



COKE FLOAT

Classic cola topped with a scoop of vanilla ice cream.

250



ICED LEMON TEA

Cool, tangy tea infused with fresh lemon.

180



BUN MUSKA + CHAI

Buttery bun muska paired with a steaming cup of chai.

240

COUPES & SUNDAES

LAYERED INDULGENCE IN EVERY SCOOP



PEACH MELBA

Vanilla ice cream, poached peaches, raspberry sauce, and whipped cream.

350



TUTTI FRUITI

A creamy scoop studded with colorful candied fruit bits, sweet and refreshing in every bite.

350



ANMA COUPE

Vanilla ice cream, strawberries,, whipped cream , strawberry bed of sponge cake

350



CHOCOLATE SUNDAE

Vanilla and chocolate ice cream topped with chocolate sauce and cream.

350



DOUBLE SCOOP

Choice of 2 scoops of mango, chocolate, vanilla or strawberry ice-cream.

150



DOUBLE DOUBLE

Choice of 2 scoops of mango, chocolate, vanilla or strawberry ice-cream with chocolate sauce and nuts.

200



HOT MOCHA

A rich blend of coffee and chocolate, served hot with whipped cream.

200



HOT CHOCOLATE

Velvety hot cocoa plain or topped with whipped cream.

200

275

GST will be charged extra. Subject to availability Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

HOT BEVERAGES

INDULGENT. BLENDED, BREWED, AND STIRRED JUST RIGHT, SERVED WITH OUR SIGNATURE COOKIE.



ANMA TEA TODDY

A soothing spiced tea toddy, Anma's signature comfort in a cup

180



HOT TEA SELECTION

A curated selection Darjeeling teal Masala teal Lemon tea | Green Tea | Earl Grey

150



ESPRESSO

Rich, bold espresso served as a single shot or a powerful double

150 | 180



CAPPUCCINO

A perfect balance of rich espresso, steamed milk, and velvety foam.

200



LATTE

Silky espresso mellowed with steamed milk and a touch of foam.

200



BREWED

Freshly brewed, smooth and aromatic in every sip.

200



AMERICANO

Smooth espresso stretched with hot water for a bold, clean brew.

200



VIENNESE

A decadent blend of strong coffee with whipped cream.

225

SWEET INDULGENCES

CHOOSE FROM OUR BAKERY-FRESH COOKIES, DECADENT DESSERTS, AND FRESHLY SLICED CAKES.



BISCUITS

Choice of biscuits Butter | Cinnamon Swirl | Ginger (200 g)

200



BROWNIES

Walnut Brownie served plain or with vanilla ice-cream.

200 | 250



TARTS

A delicious Lemon or Strawberry Tart.

175



POUND CAKE

Slice of bananal carrot | coffee | vanilla walnut cake.

150



CHOCOLATE ÉCLAIR

Light choux pastry filled with cream and glossy chocolate.

175



RUMBALL

Rich chocolate truffle with a hint of rum, smooth and indulgent.

175



DESSERT IN A JAR

Flavour of the day, creamy cheesecakes, mousses, and layered treats in a jar

295



PLUM CAKE

Rich, spiced cake studded with fruits and nuts for a classic indulgence.

190

GST will be charged extra. Subject to availability Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.



At Xin by MindEscapes®, cuisine and ideas meet.

Born from the bold street flavours of Calcutta and reimagined in the quiet of the Nilgiris, Xin is where Asian comfort food becomes a catalyst for conversation. Our dishes are crafted to balance heat and harmony, crunch and depth — energising the body while awakening the mind.

Xin is not just a place to eat. It is a place to think, to share, to create.

Across every format — **Xin Go** for quick, flavour-packed bowls, **Xin Den** for café-style collaborations, and **Xin Fine** for elevated dining — the purpose remains the same: food that sparks dialogue, fuels creativity, and builds community.

[XINBYMINDESCAPES.COM](https://www.xinbymindescapes.com)

[KETTI.OOTY.COONOOR.BENGALURU](https://www.ketti.ooty.coonoor.bengaluru)

QUICK BITES

SERVES ONE



dim sum



Steamed Dimsum

Chicken	179/199
Prawn	209/249
Veggie	169/189

Light (4) Regular (6)



Pan fried Dimsum

Chicken	189/209
Prawn	219/259
Veggie	179/199

Light (4) Regular (6)



Spring Rolls

Chicken	199
Veggie	179



Siu Mai

Chicken & Prawn	285
-----------------	-----



Fire Cracker Prawns

Prawn	385
-------	-----



Fried Wonton

Chicken	199
Veggie	189

handhelds

Banh Mi



Katsu	Chicken Paneer	215
Hot Mustard	Chicken Paneer	215
Lemongrass	Chicken Paneer	215
Spicy Garlic	Chicken Paneer	215
BBQ	Lamb Pork	279

Bing



Katsu	Chicken Paneer	215
Hot Mustard	Chicken Paneer	215
Lemongrass	Chicken Paneer	215
Spicy Garlic	Chicken Paneer	215
BBQ	Lamb Pork	279

Bao (3)



Chicken	325
Prawn	350
Pork	425
Paneer	325

starters



Chicken Lollipop

289



Butter Garlic Prawns

425



Spicy Garlic Potato

199



Fried Tempura Prawns

395



Lotus Stem Fritters

249



Asian Chicken Wings

289



Crispy Vegetables

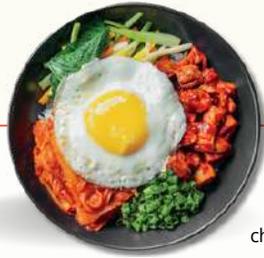
225

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

MASTER BOWLS

SERVES ONE 400 GRAMS

COMES WITH A HOT TEA / AERATED SOFT DRINK



chicken 639

Bibimbap

rice bowl with veggies, protein & spicy gochujang.

prawn 649

tofu 639



chicken 639

Drunken Noodles

stir-fried noodles with veggies, chili & basil

prawn 649

veggie 539



chicken 639

Thai Red Curry

rich coconut curry with chili and lemongrass.

prawn 649

veggies 579



chicken 639

Dan Dan Noodles

Noodles in a rich sesame-chili sauce with Sichuan pepper heat, spring onions, chilli oil, and your choice of protein.

prawn 649

veggie 539



chicken 639

Pad Krab Pao

stir-fried basil rice with chicken mince, chili and garlic.



639

Pineapple Rice

golden rice with pineapple, cashews, and a hint of curry."



chicken 639

Narsi Goreng

Indonesian fried rice with vegetables, egg, and chili.

prawn 649



chicken 639

Thai Green Curry

coconut curry with herbs, veggies, and spice.

prawn 649

veggies 579



chicken 639

Khao Suey

Creamy coconut curry with noodles, vegetables and your choice of protein, finished with crunchy toppings, lime, and chilli oil.

prawn 649

tofu 639



chicken 639

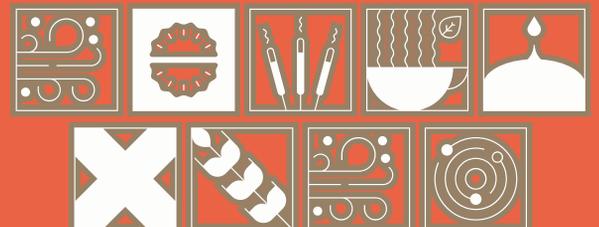
Thukpa

himalayan noodle soup with broth and spice.

veggies 579



GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.



MASTER BOWLS

SERVES ONE 400 GRAMS
COMES WITH A HOT TEA / AERATED SOFT DRINK



679

Korean Chicken Rice

Korean-style fried chicken glazed with a sweet and spicy sauce, served over steamed rice.



TumYum Rice

rice bowl with veggies, protein & spicy gochujang.

chicken **639**

prawn **649**

tofu **639**

veggie **629**



679

Crab Thai Rice

rice stir-fried with succulent crab meat, eggs, and Thai seasonings.



Thai Mushroom Basil Fried Rice

rice stir-fried with fragrant Thai basil and mushrooms.

539



649 chicken

669 prawn

649 tofu

629 veggie

Chop Suey

choice of soft or crispy noodles in a spicy-tangy sauce with veggies and your choice of protein and sauce.

american
dragon
sichuan
chinese

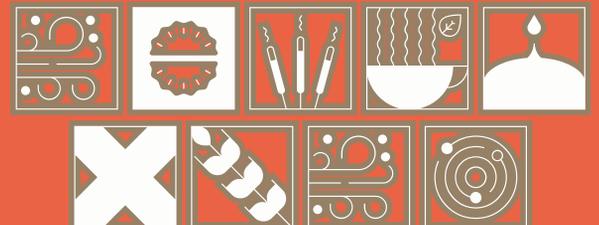


749

Singapore Chilli Crab

sweet, spicy, and savoury crab cooked in a rich Singaporean sauce.

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.



KOLKATA INSPIRED

SERVES ONE 300 GRAMS



CHOW MEIN

Chicken	285	Egg	255
Prawn	315	Veggie	245
Mixed Meat	355		



WOK | BURNT GARLIC

FRIED RICE

Chicken	285	Egg	255
Prawn	295	Veggie	245
Mixed Meat	345		



SICHUAN FRIED RICE

Chicken	295	Egg	275
Prawn	325	Veggie	255



DRY | GRAVY

MANCHURIAN

Veggie	249	Paneer	299
Cauliflower	249	Chicken	349
Mushroom	249	Fish	399
Baby Corn	249	Prawn	399



DRY | GRAVY

CHILLI

Veggie	249	Paneer	299
Cauliflower	249	Chicken	349
Mushroom	249	Fish	399
Baby Corn	249	Prawn	399
		Pork	429



KUNG PAO

Cauliflower	249
Chicken	349
Prawn	399



HAKKA NOODLES

Chicken	285	Egg	255
Prawn	315	Veggie	245



BLACK PEPPER

Veggie	249	Paneer	299
Cauliflower	249	Chicken	349
Mushroom	249	Prawn	399
Baby Corn	249		



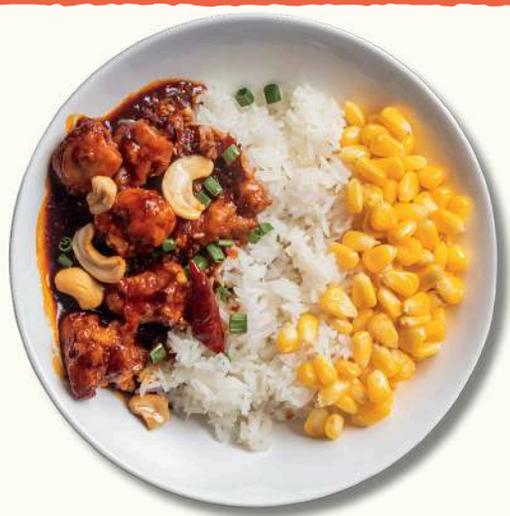
COMBO

Any Veggie Combo	499
Any Chicken Combo	599

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

MY BOWL, MY WAY

SERVES ONE 300 GRAMS



- 299 VEGGIE | CAULIFLOWER | MUSHROOM
- 349 CHICKEN | FISH | PANEER | TOFU
- 425 PORK | PRAWN | LAMB

CHOOSE 1 BASE

- Rice
- Noodle
- Steamed / Fried
- Hakka / Udon / Flat



CHOOSE 1 MAIN

- Chicken
- Fish
- Lamb
- Prawn
- Pork
- Paneer
- Cauliflower
- Mushroom
- Tofu

CHOOSE 1 SAUCE

- Burnt Garlic
- Chilli Black Bean
- Kung Pao
- Hot Garlic
- Hunan
- Teriyaki
- Orange
- Hot Mustard
- Honey Sesame
- Manchurian
- Xin Plus

healthy bowls



BASE : MIXED LETTUCE

- 379 CHICKEN | PANEER
- 450 PRAWN
- 315 CAULIFLOWER | MUSHROOM

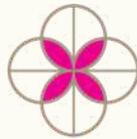
CHOOSE 1 MAIN

- Chicken
- Prawn
- Paneer
- Cauliflower
- Mushroom

CHOOSE 1 DRESSING

- Nước chấm
- Teriyaki
- Xin Bird's Eye Basil

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.



N I R V A N A

At Nirvana by MindEscapes®, food becomes a way of thinking.

Just as MindEscapes® is built on knowledge, imagination, and the quiet influence of the mountains, Nirvana draws from the timeless flavours of the North-West Frontier and reinterprets them for the present day.

Our dishes are slow-cooked over gentle flames, layered with smoky tandoor aromas, and finished with hand-ground spices that carry the depth of India's culinary heritage. Alongside these classics live our Nilgiri specials — vibrant, spice-kissed curries and soulful regional favourites, each one a thoughtful twist on tradition shaped by the spirit of these hills.

From tender kebabs that dissolve at first bite to comforting regional delicacies, every plate at Nirvana is crafted with devotion and depth.

It is food that comforts, connects, and stays with you long after the meal is over.

VEGGIE STARTERS



PANEER TIKKA

Char-grilled cottage cheese cubes marinated in spiced yogurt.

350



TANDOORI MUSHROOM

Char-grilled mushrooms marinated in spiced yogurt.

300



VEGGIE SEEKH

Minced vegetables blended with spices, grilled to smoky perfection.

300

NILGIRI SPECIAL



PEPPER BABY CORN

Crisp baby corn tossed with crushed pepper and fresh curry leaves.

325



CHETTINAD PANEER

Cottage cheese cubes simmered in a peppery Chettinad masala with a fresh Nilgiri herb twist.

350



GUN POWDER POTATO

Baby Potatoes coated with in special, Nilgiri sauce and gun powder spice mix

275

NON VEGGIE STARTERS



CHICKEN MALAI TIKKA

Tender chicken marinated in cream, cheese, and mild spices, grilled to perfection.

415



TANDOORI CHICKEN

Juicy chicken marinated in spiced yogurt, roasted to smoky perfection in the tandoor.

495 | 850



CHICKEN HARIYALI

Chicken marinated in fresh coriander, mint, and spices, grilled for a vibrant herby flavour.

415



SEEKH KABAB

Chicken | Mutton. Minced meat blended with spices, skewered and grilled over open flames.

490 | 590



FISH TIKKA

Succulent fish cubes marinated in spiced yogurt and grilled to smoky perfection.

490



TANDOORI PRAWN

Juicy prawns marinated in tandoori spices, roasted for a charred, smoky flavour.

490

NILGIRI SPECIAL



CHICKEN

Chicken kebabs coated in fresh Nilgiri herbs and green spices with a fiery kick.

450



FISH | PRAWN FRY

Fish cubes or Prawns tossed in Nilgiri masala with curry leaves and a hint of spice.

490

490

GST will be charged extra. Subject to availability Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

VEGETARIAN



PANEER BUTTER MASALA

Creamy paneer cubes simmered in a rich, buttery tomato gravy with aromatic spices.

385



PALAK PANEER

Paneer cooked in a vibrant, spiced spinach puree for a wholesome, green delight.

385



PANEER BHUJI

Scrambled paneer spiced with onions, tomatoes, and herbs for a flavorful, textured treat.

385



MATTAR PANEER

Tender peas and paneer cooked in a luscious, spiced tomato-based curry.

385



KOFTA

Mixed vegetable dumplings served in a creamy, spiced gravy for a hearty bite.

295



MUSHROOM MASALA

Juicy mushrooms sautéed in a bold, tangy tomato and spice masala.

295



ALOO JEERA

Crispy potatoes tempered with cumin seeds and a blend of aromatic spices.

265



ALOO METHI

Potatoes stir-fried with fresh fenugreek leaves for a unique, earthy flavor.

265



GREEN PEAS MASALA

Sweet green peas cooked in a spicy, creamy tomato-onion sauce.

275



CHOLE MASALA

Chickpeas simmered in a robust, spiced gravy with a hint of tangy tomatoes.

315



RAJMA MASALA

Red kidney beans cooked in a thick, spiced tomato and onion curry.

315



DAL MAKHANI | TADKA

Creamy black lentils slow-cooked with butter and a medley of spices.

315

NILGIRI SPECIAL



VEGGIE KURMA

Mixed vegetables in a fragrant, coconut-based green curry.

295



PULI SAMBAR

Tangy tamarind-based lentil stew with vegetables and a spicy twist.

295



BHINDI CURRY

Fresh okra cooked with coconut and mild Nilgiri spices.

295



VEGGIE KONDATAM

Assorted vegetables in a unique, spicy Nilgiri-style preparation.

295

GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

NON VEGETARIAN



BUTTER CHICKEN

Succulent chicken cooked in a creamy, buttery tomato sauce with a hint of spice.

450



KADHAI CHICKEN

Tender chicken stir-fried with bell peppers and spices in a robust kadhai masala.

425



CHICKEN NOORANI

Juicy chicken simmered in a rich, nutty, and mildly spiced cream-based gravy.

425



MUGHLAI CHICKEN

Flavourful chicken in a luxurious, aromatic sauce with nuts and saffron.

450



CHICKEN SAAG

Chicken blended with nutritious spinach and a blend of earthy spices.

425



CHICKEN KEEMA

Spiced minced chicken cooked with green peas for a hearty texture.

425



MUTTON BHUNA

Slow-cooked mutton in a thick, intensely spiced onion-tomato gravy.

595



SAAG MEAT

Tender mutton paired with a wholesome spinach and spice mix.

595

NILGIRI SPECIAL



EGG CURRY

Hard-boiled eggs simmered in a tangy, tomato and coconut curry.

375



FISH CURRY

Fresh fish cooked in a vibrant, green coconut curry.

575



CHICKEN KURMA

Chicken simmered in a spiced coconut-based gravy.

425



PRAWN CURRY

Juicy prawns simmered in a tangy, coconut-based Nilgiri sauce.

585

PULAO + BIRYANI



PRAWN

Fragrant basmati rice layered with succulent prawns and aromatic spices.

575



MUTTON

Tender mutton cooked with richly spiced basmati rice for a hearty meal.

595



CHICKEN

Juicy chicken pieces layered with spiced basmati rice, bursting with flavour.

445



VEGGIE

Assorted vegetables in a unique, spicy Nilgiri-style preparation.

375



EGG

Assorted vegetables in a unique, spicy Nilgiri-style preparation.

395



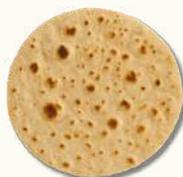
PEA PULAO

Fragrant basmati rice cooked with tender green peas

275

GST will be charged extra. Subject to availability Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.

ROTI'S & MORE



CHAPATTI

1 70

2 135



NAAN

PLAIN | BUTTER | GARLIC

1 90

100

110

2 170

190

210



TANDOORI ROTI

1 80

2 150



ONION KULCHA

1 110

2 210



ASSORTED ROTI

TANDOORI ROT | NAAN | PARATHA

1 310

PARATHA



PLAIN

ALOO

GOBI

PANEER

1 80

100

110

120

2 150

190

210

230

RICE



STEAM

240



ZEERA

245



KICHIDI

275



CURD RICE

275

NILGIRI SPECIAL



EGG KOTHU PAROTTA

Shredded parotta stir-fried with eggs, onions, chilies, and spice.

250



CHICKEN KOTHU PAROTTA

Flaky parotta tossed with chicken, curry masala, and green chilies.

285



VEGGIE KOTHU PAROTTA

Parotta mixed with spiced vegetable kurma in a coconut base.

250



IDIYAPPAM

Soft string hoppers served with a choice of coconut-based vegetable kurma or spiced chicken kurma.

225

285



KUZHI PANIYARAM

Golden, crisp paniyarams served with fresh coconut chutney.

225

YOGURT & SALAD



DAHI BOONDI

75



KHEERA RAITA

75



GREEN SALAD

75



KUCHUMBER

75



THAYIR PACHADI

75



MASALA PAPAD | APPALAM

65



DAHI | MISHTI DAHI

60

75



MITHAI
BY MINDESCAPES®

At Mithai by MindEscapes®, every creation is more than a sweet. It is a memory waiting to be shared.

Handcrafted in small batches, our collection brings together time-honoured Indian recipes and the quiet elegance of modern presentation. From laddoos steeped in nostalgia to Nilgiri-inspired confections with a contemporary soul, each piece reflects the MindEscapes® belief that heritage is most beautiful when reimagined with care.

Mithai is rooted in the language of celebration. It is what you carry home, what you gift, what you return to.

Sweetness that lingers long after it has melted on the tongue.



MITHAI



LADOO

Boondi | Moti Choor | Besan

2

99

4

175



BURFI

Plain | Carrot | Coconut

99

99

99

175

175

175



KAJU SPECIALS

Kesar Kaju Katli

119

199

ROYAL MITHAI



GAJJAR HALWA

195

seasonal



RASGULLA

2

105

4

185



GULAB JAMUN

2

105

4

185



LANGCHA

2

105

4

185



MOONG DAL HALWA

195



SAMOSA

Aloo | Paneer Tikka | Chicken Masala

2

99

125 | 155

4

169

225 | 255



KACHORI

99

169



DHOKLA

75

125



VADA PAO

175



PAO BHAJI

1

185

Extra Pao (2) : 85

NAMKIN



E U P H O R I A

At Euphoria Pizzeria by MindEscapes®, everything begins with time.

Each pizza, calzone, and bruschetta is made from a 72-hour slow-risen sourdough, stone-baked to golden perfection. Inspired by Naples yet shaped in the Nilgiris, our food reflects the MindEscapes® way — where knowledge meets creativity, heritage meets reinvention, and the table becomes a place for connection.

Handcrafted with patience and purpose, every slice carries a crisp yet tender crust and vibrant toppings that honour tradition while welcoming imagination. This is more than pizza.

It is the warmth of our mountains, baked into every bite.



E U P H O R I A

Our Dough, Our Difference

At Euphoria, every pizza, calzone, and bruschetta begins with naturally fermented sourdough — crafted slowly over 72 hours, never rushed, never refined.

This gentle fermentation makes the dough lighter, more flavourful, and easier to digest. It's naturally lower in calories, steadier in energy, and kinder to your body — proof that good food can feel as good as it tastes.

Crisp at the edge, airy at the heart, and alive with character — our sourdough isn't a trend. It's a return to craft.

Slow. Honest. Alive with flavour.



The Dough Rises. The Hands Create. The Hearts Empower.

What We're Doing: *Rise Together*

At Euphoria, we're not just making pizza — we're nurturing possibility. Through our Rise Together initiative, we empower local women in the Nilgiris with skills in farming, baking, and cheese-making — transforming kitchens into places of pride and livelihood.



E U P H O R I A



PIZZA

VEGETARIAN

M = 8", L = 12"



Quattro Formaggi

mozzarella, Parmigiano Reggiano, feta & cheddar on our signature base.

M ₹325 L ₹525



Margherita

fresh mozzarella, crushed tomatoes & basil with olive oil.

M ₹299 L ₹499



Pomodorini e Bocconcini

tomato base, cherry tomatoes, bocconcini, and basil leaves on hand-stretched dough.

M ₹325 L ₹525



Verde Pesto

fresh basil pesto, cherry tomatoes & parmesan on hand-stretched dough.

M ₹325 L ₹525



Romana

cherry tomatoes, olives, chillies, mushrooms, onions, capsicum & mozzarella.

M ₹299 L ₹499



Campo di Mais

sweet corn with creamy cheese on a crisp golden crust.

M ₹299 L ₹499

NON VEGETARIAN

M = 8", L = 12"



Pepperoni

pepperoni slices over tomato sauce and mozzarella, bold and satisfyingly crisp.

M ₹ 399 ₹ 599



Supreme

hearty, flavourful mix of meats, vegetables, and cheese, generously topped.

M ₹ 399 ₹ 599



BBQ Meat

smoky, tangy BBQ sauce with sausage, ham, and cheese for a meaty indulgence.

M ₹ 399 ₹ 599

Chicken

M ₹ 399 ₹ 599

Pork

M ₹ 485 ₹ 685



Meat Lover

richly spiced meats, caramelised onions, and gooey mozzarella layered with depth.

M ₹ 399 ₹ 599



Pollo al Pesto

fresh basil pesto base grilled chicken, cherry tomatoes, on hand-stretched dough.

M ₹ 499 ₹ 699



Garlic Prawn

juicy prawns in garlic butter with fresh herbs and melted cheese, light yet irresistible.

M ₹ 399 ₹ 599

SOURDOUGH. FARM FRESH. STONE BAKED. HANDCRAFTED.



GST will be charged extra. Subject to availability. Disclaimer: Photos are for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions.



E U P H O R I A



CALZONE



Classico Vegetariano

ricotta, mozzarella and sautéed spinach

₹325



ai Funghi

ricotta, mozzarella and mushroom

₹325



Margherita

tomato base, mozzarella, olive oil

₹299



Romano

cherry tomatoes, olives, mushroom, capsicum

₹299



Quattro Formaggi

mozzarella, Parmigiano feta & cheddar

₹325



Campo di Mais

sweet corn, creamy cheese

₹299

VEGETARIAN

NON VEGETARIAN

**SOURDOUGH.
FARM FRESH.
STONE BAKED.
HANDCRAFTED.**



Napoletano

ricotta, mozzarella, chicken salami, parmeesan

₹399



Supreme

mix of meats, vegetables, and cheese

₹399



BBQ Meats

BBQ sauce with sausage, ham, and cheese f

₹399



Meat Lovers

spiced meats, caramelised onions, and gooey mozzarella

₹399



Pepperoni

pepperoni, cheese, tomato sauce

Chicken

₹399

Pork

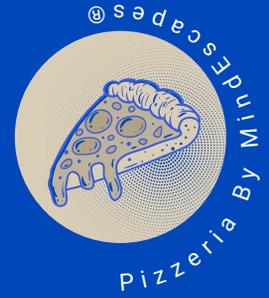
₹485



GST will be charged extra. Subject to availability Disclaimer: Photos for illustration; actual dishes may vary. Our food may contain common allergens—please inform us of any dietary restrictions



EUPHORIA



BRUSCHETTA

2 or 4 Slices



al Pomodoro

toasted bread rubbed with garlic, drizzled with olive oil, and topped with diced tomatoes & basil

₹185 | 350



al Pesto

toasted bread rubbed with garlic, spread with fresh basil pesto, finished with Parmigiano shavings.

₹195 | 375



al Pesto con Pomodorini

toasted bread rubbed with garlic, spread with fresh basil pesto, topped with cherry tomato halves.

₹195 | 375



ai Funghi

toasted bread rubbed with garlic, topped with sautéed mushrooms in olive oil, and finished with fresh parsley.

₹195 | 375



Garlic Bread Italian Stuff Bread

₹195 | 225

FRITTE

Regular | Large



GOLDEN. HANDCUT. POTATOES.

al Rosmarino

₹ 185 | 225

hand cut fries tossed with fresh rosemary sprigs and sea salt.

al Parmigiano

₹ 185 | 225

crispy fries dusted with grated Parmigiano and a touch of black pepper.

all'Aglio

₹ 185 | 225

fries tossed with sautéed garlic and fresh parsley.

DESSERT

Choco Lava

Your shortcut to pure indulgence. A warm, gooey lava cake that melts your worries away.

₹ 199

Panna Cotta

Silky zesty, and oh-so-satisfying. A spoonful of sunshine in every bite.

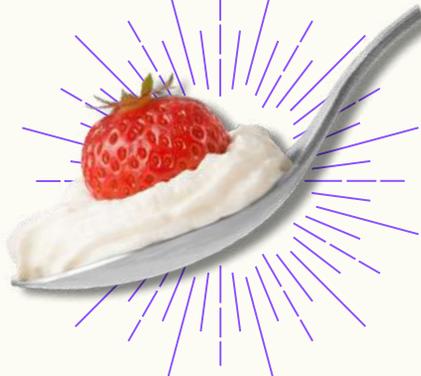
₹ 199

Tiramisu

Italy's sweetest secret, now in the Nilgiris. Layers of coffee-soaked joy and creamy mascarpone magic.

₹ 295

DOLCI DI EUPHORIA



Chocolate Mousse

Light-as-air chocolate whipped into a creamy cloud and served chilled in a jar. Decadent, smooth, and deeply satisfying.

₹ 295

Sicilian Lemon Cream

Zesty, creamy, and unapologetically refreshing. When life gives you lemons, eat this.

₹ 199



EUPHORIA



EUPHORIC MEAL

COMBO

Choice of Pizza (M) + Choice of Fritte (R) + Choice of Dessert



Quattro Formaggi



Margherita



Romana



Campo di Mais



al Rosmarino
al Parmigiano
all'Aglio

~~510~~

= 390



Choco Lava



Panna Cotta

VEGETARIAN



~~710~~ 575

EUPHORIC MEAL

COMBO

Choice of Pizza (M) + Choice of Fritte (R) + Choice of Dessert



Pepperoni



Supreme



BBQ Meats



Meat Lovers



al Rosmarino
al Parmigiano
all'Aglio

~~535~~

= 425



Choco Lava



Panna Cotta



~~785~~ 625



ARTISNAL BREADS



FOUR GRAIN SOURDOUGH

A hearty loaf made with a mix of four grains.

350



COUNTRY SOURDOUGH

Rustic and crusty sourdough bread with a mild tangy flavor.

250



MULTIGRAIN LOAF

Packed with the goodness of whole grains.

125

EUPHORIA SPECIAL



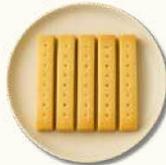
Biscotti

₹ 450/200 g



Cinnamon Swirl

₹ 200 / 200 g



Shortbread

₹ 200 200 g



Ginger

₹ 200 / 200 g



Hobnob

₹ 200 / 200 g



Coconut Nice

₹ 200/200 g



Butter

₹ 200 / 200 g



Palmer's

₹ 200/200 g



Healthy Granola

₹425/200 g



Cocoa Granola

₹450/200 g



Milk Almond Cluster

₹480 / 200 g



Dark Cashew Cluster

₹495 / 200 g



White Pista Cluster

₹475 / 200 g



Classic Dark Fudge

₹425/200 g



Cranberry & Pista Fudge

₹425 / 200 g



Salted Caramel Fudge

₹325 // 200 g

BREADS

Whole Wheat Loaf

₹ 150

A soft, nutrient-rich loaf made with whole wheat flour.

Ragi Loaf

₹ 180

A health-conscious loaf made with finger millet, great for balanced meals.

French Baguette

₹ 95

Authentic French baguette with a crisp crust and airy interior.

Bagel Sesame

₹ 25

Traditional sesame seed bagels with a chewy texture, ideal for breakfast or snacks.

Butter Croissant

₹ 95

Classic buttery croissant, flaky and golden brown.

Chocolate Croissant

₹ 150

Decadent croissant filled with rich, dark chocolate.

CAKES

Cakes made to order

From classic favorites to custom creations in every flavour you imagine.. From birthdays to big days, custom cakes baked fresh for every occasion..

CRACKERS & MORE

200 G

Cheese ₹ 180

Ragi ₹ 110

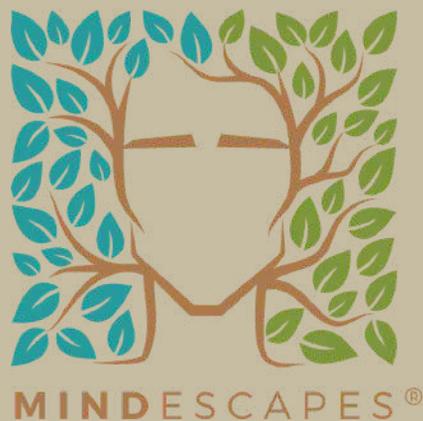
Pepper Soudough ₹ 125

Lavash ₹ 75

Soup Stick ₹ 75

STRAIGHT FROM THE OVEN. DELIVERED TO ORDER FRESH BREADS BAKED FRESH EVERY MORNING





Knowledge meets Hospitality.

MindEscapes® was born in the Nilgiris, where the quiet resolve of the mountains meets the restless curiosity of the human mind. It is more than a destination. It is a living landscape of ideas — a place where reflection feels effortless, collaboration unfolds naturally, and growth becomes part of everyday life.

Every space at MindEscapes® is shaped to invite pause and presence. Our restaurants, cafés, gardens, rooms, and cultural corners are woven together to balance learning with warmth, inquiry with comfort. Here, food carries thought. Conversations open new doors. Experiences stay long after you leave.

At MindEscapes®, we believe inspiration thrives when the body is cared for, the mind is engaged, and the spirit feels at home.

MINDESCAPES.IN

KETTI.OOTY.COONOOR.BENGALURU

📷 **mindescapes_nilgiris**

✉ **enquiry@mindescapes.in**



E U P H O R I A

At Euphoria Bakery by MindEscapes®, our cakes, breads, and mithai begin not with haste, but with intention.

Each loaf, every celebration cake, and every sweet is prepared in small batches, shaped by hand, and given the time it deserves — from slow-fermented doughs and carefully balanced batters to traditional mithai made fresh to order.

Rooted in classic techniques and elevated through thoughtful craft, our breads emerge oven-fresh with depth and character. Our cakes are baked on request with patience and care. Our mithai honour time-tested recipes while embracing quiet refinement. Nothing is rushed. Nothing is mass-produced.

This is the MindEscapes® philosophy in its purest form — where heritage meets reinvention, and food becomes an expression of care, memory, and connection. What leaves our ovens is more than dessert or bread. It is comfort shaped by craft, sweetness made meaningful, and flavours that stay with you long after the last bite.



EUPHORIA

TEA CAKES



CLASSIC

Slices Banana | Carrot | Coffee | Vanilla
Walnut | Plum | Marble

150

CHOCOLATE CLASSICS



CHOCOLATE

Black Forest | Truffle | 550

Hazelnut | Mocha | 1449

CELEBRATION CAKES



CELEBRATION

Butterscotch Crunch | Strawberry Fresh Cream

495

Butterscotch Crunch | Strawberry Fresh Cream

495

SIGNATURE CAKES



Tiramisu | Basque Cheesecake |
Pistachio Kunafa | Bounty

1650

PASTRIES



Brownies

₹ 200



Chocolate Eclairs

₹ 200 / 200 g



Rumball

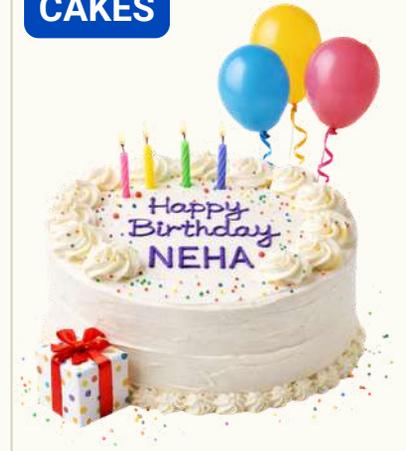
₹ 175 200 g



Lemon Tart

₹ 175 / 200 g

MADE TO ORDER CAKES



Cakes made to order

Custom messages, eggless option, celebration cakes

INDIAN SWEETS



Ladoo

Besan Ladoo – ₹550 / 500 grams
Motichoor Ladoo – ₹550 / 500 grams
Boondi Ladoo – ₹550 / 500 grams



Kaju Specials

Kaju Roll – ₹850 / 500 grams
Kesar Kaju Katli – ₹850 / 500 grams
Kaju Katli – ₹850 / 500 grams



Milk and Chhena

Milk Cake – ₹450 / 500 grams
Kalakand – ₹500 / 500 grams
Rasogulla – ₹50 / piece
Rajbhog – ₹60 / piece



Barfi

Plain Barfi – ₹500 / 500 grams
Coffee Barfi – ₹500 / 500 grams
Carrot Barfi – ₹500 / 500 grams
Lauki Barfi – ₹500 / 500 grams
Gulab Barfi – ₹500 / 500 grams
Date Khoya Barfi – ₹650 / 500 grams
Tutti Frutti Barfi – ₹450 / 500 grams
Coconut Barfi – ₹500 / 500 grams
Tiranga Barfi – ₹650 / 500 grams



All time Favourites

Gulab Jamun – ₹50 / piece
Rasmalai – ₹50 / piece
Langcha – ₹50 / piece
Mishti Doi – ₹300 / 500 grams
Kala Jamun – ₹50 / piece

Tea Time Savouries

Punjabi Samosa – ₹50 / piece
Kachodi ₹50/ piece



DELIVERED TO ORDER 24-48 HOURS NOTICE MADE FRESH

FRESHLY BAKED ON REQUEST

