



SeaSky Restaurant | News | Sundowners | Lifestyle | White Bar

Layana Resort & Spa — Koh Lanta Yai, Thailand

# HEAVENLY

MAGAZINE

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Sundowners  
Bar & Lounge

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Purchasing the  
Magazine

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Restaurant

www.layanaresort.com

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**All Prices are in NET and include 10% Service Charge and 7% Government Tax**

**Important:** Before placing your order, please inform us if you or a person in your party has any food intolerance or food allergies. We have labelled our dishes with allergen icons. However, there is always a risk of contamination or the possibility that manufacturers change formulation at any time without notice. Guest concerned with food allergies need to be aware of this risk.



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This magazine is available for sale, for more information see page 33.  
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# A MESSAGE FROM YOUR GENERAL MANAGER

## Dear Valued Guests,

Welcome to Layana Resort & Spa, where we blend the elegance of our tropical hideaway with traditionally warm Thai hospitality. Our five star service and the spirit of Layana will, we are sure, allow you to discover a sense of personal renewal.

Welcome, too, to the inaugural copy of *"Heavenly Layana"*, our new magazine designed to give you an insight into what is new, including full details of our exciting new cuisine and drinks offerings. We hope you enjoy it.

A lot has taken place in the last 12 months, so let me briefly bring you up to date...

Our new White Bar, alongside the Wellness Pool, gives you the perfect opportunity to relax with a balanced and healthy selection of food and beverages, perfect after a workout or Spa treatment.

On the beachfront you will find our dining restaurant has a new name, new feel, and new menu. SeaSky continues to serve a wonderful daily breakfast buffet with an unending choice of quality dishes, but now features a superb a la carte menu of

Thai and light Mediterranean cuisine for lunch and dinner.

Our Sundowners Bar, completely refurbished to provide improved seating and facilities, offers you an unique and exquisite beverage selection and, I must admit, it is my personal favorite spot for admiring the stunning daily sunsets.

Outside the resort, Koh Lanta's beautiful beaches, landscapes and culture wait to be explored. We have added some fascinating new activities and excursions that our team will be happy to arrange for you.

Managing this resort is an important daily commitment for me, as it is for a team of passionate, highly motivated people who will work hard to ensure your stay with us is memorable and fulfilling.

In the meantime, if there is anything we can do for you, please do not hesitate to contact the front desk, duty manager or myself.

With warm tropical regards,  
**Ansgar Schlemmer**



*“They say, whatever it is you are looking for, you will find here.”*



**New Menu at SeaSky Restaurant**

Visit SeaSky Restaurant to experience the all new menu. The contemporary Thai and light Mediterranean selection features seasonal and daily specials such as Pla Kapong Thod Lui Suan, a Thai-style grilled local Sea Bass.

And, our exquisite TWG afternoon tea now showcases a delicious array of homemade pastries, the selection changing on a weekly basis.



**A Siamese Sojourn at Sundowners**

Sundowners Bar & Lounge features a unique cocktail selection focusing on Thai flavors and local products. Premium spirits from all corners of Thailand, such as Chalong Bay Rum from Phuket, are blended with local fruits and herbs to take you on a unique tasting experience.

And, with its sublime beachfront setting, Sundowners is the ideal place to relax and mingle



The trendy and healthy White Bar nestles alongside the resort's Wellness Pool, and is just steps away from the well-equipped Fitness Center and award-winning Linger Longer Spa. What could be better than enjoying a super healthy pressed juice, 100% made from fresh fruit and vegetables? Fresh, healthy juices that will improve your sleep, reduce stress and fully reboot your system, blended daily with passion and love! Our contemporary "All in Green", made from pressed Cucumber, Ginger, Lemon, Apple & Coriander is a particular favorite.

Of course there is also a selection available at the beachfront bars at Layana to keep everyone healthy.



**What is your cooking Philosophy?**

A modern combination of Mediterranean and Thai cuisine with the fullest variety and taste.

**What you can't do without at the workplace?**

Personally, teamwork is very important, because only with each other you are strong and can guarantee 100 percent quality.

**What is your biggest inspiration?**

My instructor, because he taught me never to give up in difficult times and always to see ahead. He has contributed a great deal to what I am today.

**What is your favorite drink?**

I like to drink Spezi - a coke & orange mix from Germany. It is incredibly refreshing after a busy and hot day in the kitchen.



**Words that describe your cooking?**

Quality, freshness, variety, handmade, enjoyment, passion.

**Most challenging ingredient to work with?**

Salt, as a little too much can change the taste of the whole dish considerably.

**Favorite type of cuisine?**

French kitchen classics interpreted in a modern way.

**Your Signature Dish?**

Braised ox cheeks with red cabbage and bohemian dumplings.

**What do you do when you are not cooking?**

Going out in the gym with good music to gather new ideas for my dishes; go out to eat in good restaurants; swim in the sea.

**What were you when you were not a chef?**

There was never any other option for me as it has always been a big dream of mine to become a chef.

**Music that you hear while cooking?**

In the production phase, I like to hear house or hip-hop because this pushes me, but during the service times I do not hear any music, because the highest concentration is required.





## Why Coconut Water is Good for You

### 1. Coconut Water Is A Health Enhancer

The presence of minerals, B-complex vitamins, amino acids, cytokines and many other beneficial phytochemicals makes this a natural health drink.

### 2. Coconut Water Is Great For Replenishing Electrolytes

Electrolytes are essential minerals and mineral salts that regulate muscle and nerve function in our body.

### 3. It Promotes Weight Loss

Coconut water is a low-calorie thirst quencher that is both highly filling and satiating.

### 4. Coconut Water Helps Kidney Function

A single cup of coconut water can provide enough potassium to keep the kidneys in good health.

### 5. Coconut Water Helps Reduce Blood Pressure

Every cup of coconut water contains arginine which reduces blood pressure.

Young Fresh Coconut 150

Coconut Chips 150

Coconut Milk Drink Chocolate or Mango 150

## Plenty of choices and a relaxed and friendly ambience



### - DRINK -

Here at Sundowners we have carefully selected a superb and unique selection of beverages dedicated to satisfying everyone's taste.

We offer a wide variety of Thai craft beers, fine signature cocktails, a selection of the healthiest juices and exquisite compositions of tea and coffee.

The world's best gins have been singled out, mixed with flavors from our own herb garden and rounded off with a choice of boutique mixers.

Finally, a carefully handpicked International wine list rounds off the luxury beverage experience.

### - EAT -

An eclectic mix of snacks and light meals is available at Sundowners, available all day long. A wide and varied selection of hot or cold tapas created from original Spanish recipes; American-style "sliders" filled with delicious ingredients; cold cuts and cheese platters.

All use top quality, fresh ingredients, sourced locally or imported from the finest suppliers and are creatively prepared by our talented chefs.

Sundowners is the ideal place to take the edge of the appetite during your carefree days at Layana.

### - ENJOY -

Sundowners is more than just a place to eat and drink. It's a chance to meet up with your fellow travelers, to compare tales of adventure and share experiences.

A place, perhaps to escape from the tropical sun for an hour or two. And, most of all, it's the perfect location to be stunned by the amazing sunsets we are lucky enough to enjoy at Layana.

Here you can relax, chill out and really appreciate all that our resort has to offer.

# Discover Thai Craft Beers

Thailand's Craft Beer Scene is on the move; from illegal underworld businesses to above-board cottage industries, the list of top craft brewers keeps getting longer.



## CHALAWAN

### Style: Pale Ale

ABV	Price	Origin
4.7%	290	Phuket

Chalawan Pale Ale was inspired by the Thai folklore based upon Chalawan the King of Alligators. Tropical lychee fruit, floral hops, and citrus zest come together to create a bold yet smooth flavor. Compared to other Thai craft beers, Chalawan Pale Ale is exceedingly flavorful and unique.



## CHIANG MAI BLOSSOM WEIZEN

### Style: Weissbier

ABV	Price	Origin
5.0%	290	Chiang Mai

This beer's intention is to accurately represent the cultural richness of Chiang Mai through complex and balanced flavors. Chiang Mai Beer Weizen has an aroma of yeast, cloves, and ripe bananas; the flavors follow the nose. It's a refreshing beverage that pairs well next to local cuisine and spicy dishes.



## PHUKET BEER

### Style: Lager

ABV	Price	Origin
5.0%	250	Phuket

This is Thailand's first regional beer. Brewed with premium German hops and high-quality Thai jasmine rice, Phuket Beer is the first Thai beer to win a gold medal in competition. It smells similar to a European lager with an aroma of cereal grains, sweet malts, and grassy hops. Phuket Beer is ultra-light and easy to drink with a slightly metallic finish.

# Popular Thai Beers

A selection of the most popular beers found in Thailand, all Lager Beers and popular among both locals and visitors.



## CHANG *DRAFT*

**Style: Lager**

ABV	Price	Origin
5.5%	140 (330 ml)	Bangkok
	200 (500 ml)	

The lightly sweet taste of Chang Beer's unique golden brew is created through a time honored brewing process.



## SINGHA

**Style: Lager**

ABV	Price	Origin
5.0%	160 (330 ml)	Bangkok

A premium lager beer brewed from the finest ingredients, Singha is a full-bodied 100% barley malt beer that is distinctively rich in taste with strong hop characters.



## LEO

**Style: Lager**

ABV	Price	Origin
5.0%	160 (330 ml)	Bangkok

Leo Beer is a full-flavored standard lager beer with a smooth and pleasant finish.



## KROMBACHER PILS

*(alcohol free)*

**Style: Lager**

ABV	Price	Origin
0%	250 (330 ml)	Krombach, GER

## BEER STYLES

**Pale Ale** is a beer made by warm fermentation using pale malt. It is one of the world's major beer styles. A higher proportion of pale malts results in the lighter color.

**India Pale Ale (IPA)** is a style of pale ale developed for export to India. India Pale Ales are known to have a bitter taste because of the hops used to brew the ale. There is a citric taste to IPA, usually with notes of grapefruit.

**Weissbier** also known as Weizen (*bier*) ("wheat beer"), is a Bavarian beer in which a significant proportion of malted barley is replaced with malted wheat and brewed with yeast to give the beer its unique wheat flavor.

**Lager** is a type of beer conditioned at low temperatures. It may be pale, golden, amber, or dark. Pale lager is the most widely consumed, and commercially available almost everywhere in the world. Lager's taste is generally described as mild and it is best enjoyed chilled.

## CHANG BEER vs SINGHA BEER

Singha is characterized by a strong malty flavor consisting of 100% barley malt while Chang is characterized by a much more traditional lager taste similar to Tiger, Budweiser and Tsingdao. This makes Chang generally the more refreshing especially when eating spicy dishes or seafood where you don't want to overpower the flavor of the food with the taste of beer. Both beers are brewed with high quality control and are popular throughout Thailand. Which one do you prefer?

Sundowners Bar & Lounge



1.



2.



3.

Join us on a mixological journey through Thailand with our cocktails and mocktails inspired by products sourced from every corner of the Kingdom. An artful selection of Thai premium spirits, local fruits and herbs, creatively blended and presented by our talented mixologists, their uniquely interactive service reflecting the fun and pleasure of this beautiful country.



4.



5.



6.

1. **Siam Journey 290**

**Iron Balls Gin, Mixed Herb Infusion, Mangosteen, Lime, Pomegranate**

This Cocktail begins its sojourn in Bangkok with the local Iron Balls Gin. The homemade Herb Infusion represents the Northern tea culture; Mangosteen Juice hails from Thailand's fruit gardens in the East, fresh Lime Juice from the south and Pomegranate Juice is a typical product of Thailand's Western regions.

2. **Pink Dragon 290**

**Phraya Rum, Dragon Fruit, Pomegranate, Sugar, Lime, Mint**

The award winning Phraya Rum from Western Thailand combines perfectly with locally harvested dragon fruit, pomegranate, mint and lime.

3. **Manau Manau 290**

**Chalong Bay Rum, Lime, Thai Basil, Pandanus, Herb Syrup, Soda**

Based on Phuket's Chalong Bay Rum, this flavorsome cocktail is inspired by the national fruit "manau", or green lime, blended aromatically with local herbs.

4. **Herb Garden 290**

**Ma Jai Dum Vodka, Mixed Herb Infusion, Roselle, Green Tea**

Representing the highlands of north Thailand, this herbal tea-infused cocktail has as its base, Ma Jai Dum Vodka, produced in Chiang Mai.

5. **Som Tum 290**

**Mekhong Whiskey, Papaya, Lime, Mangosteen**

The national dish of Som Tum (Papaya Salad) originates in the Eastern province of Isaan from where this cocktail gets its inspiration.

6. **Pollamai (Mocktail) THB 220**

**Roselle, Pomegranate, Rambutan, Lime, Dragon Fruit, Soda**

A blend of Thai fruits from all around the country, the perfect fruity or "pollamai" mixed experience of Thailand.

7. **Phalangan (Mocktail) 220**

**Coconut, Basil, Soda Water, Redbull**

This Mocktail provides you with all the nutrition and energy or "phalangan" you need with fresh Coconut and the original Thai Red Bull.



8. **Samoonplai (Mocktail) 220**

**Basil, Chili, Mixed Herb Infusion, Lime, Soda**

A Mocktail representing Thai herbal and spicy flavors from all around the country a true Siam Herbal Journey for your palate.

# Tapas

Served day in and day out in bars and cafés throughout Spain, tapas are a wide variety of snacks, canapés or small plates that can include practically anything - as you will see in our choices!



**Pinchitos 200**  
Mini spicy pork kebab  
with BBQ sauce



**Gambas al Ajillo 280**  
Spanish garlic shrimp skewer



**Pincho de sandía 260**  
Watermelon, feta and Parma  
ham skewers



**Sai Oua Thod 120**  
Breaded honey-teriyaki fried  
Chiang Mai sausage



**Peak Gai Thod Nam Pla 120**  
Deep fried chicken angel  
wings, lemon grass, turmeric



**Plar Tuna 270**  
Spicy tuna salad, kaffir lime  
leaves, mint, lemongrass,  
shallots, spring onion,  
chili powder



**Nue Dad Deaw  
Thod Nga 200**  
Fried sesame beef with basil  
and chili sauce



**Tung Tong 120**  
Deep fried golden bags with  
pork, sweet chili sauce



**FIND YOUR BALANCE  
AT LAYANA**

# Cold Cuts & Cheese Platter

650



## Sliders

A selection of American-style small sandwiches, we fill them daily with a variety of tasty fillings using fresh, wholesome ingredients, for you to enjoy anytime of the day.

### Mixed Olives

**Nere Condite Alla  
Marchigiana &  
Olive Verdie Bella Di  
Cerignola**

*(dressed green & black olives)*

240



### Wagyu

460

Gruyere cheese, sautéed mushrooms, lettuce, onion, tomato, gherkins, mayonnaise, BBQ sauce



### Tex Mex Quinoa

240

Quinoa, sweet corn and black bean patty, avocado, lettuce, tomato, pineapple, tomato, salsa, Emmental cheese, jalapeno-garlic mayonnaise



### Seared Tuna

460

Sesame crusted seared tuna, chunky avocado, semi-dried tomatoes, mango, lettuce, ginger-garlic mayonnaise



### Pad Ka Pow Gai

390

Chicken, garlic and chili, steamed rice bun, crispy fried holy basil, fried quail egg

### Why are they called Sliders?

One common theory as to why they're called sliders is the way that they're slid across a griddle before the toppings are added, to make way for new patties. Another thought is that they "slide" down easy as you're eating a few, and yet another (popularized by White Castle) is that they slide out of their boxes easily. We'll let you decide...!

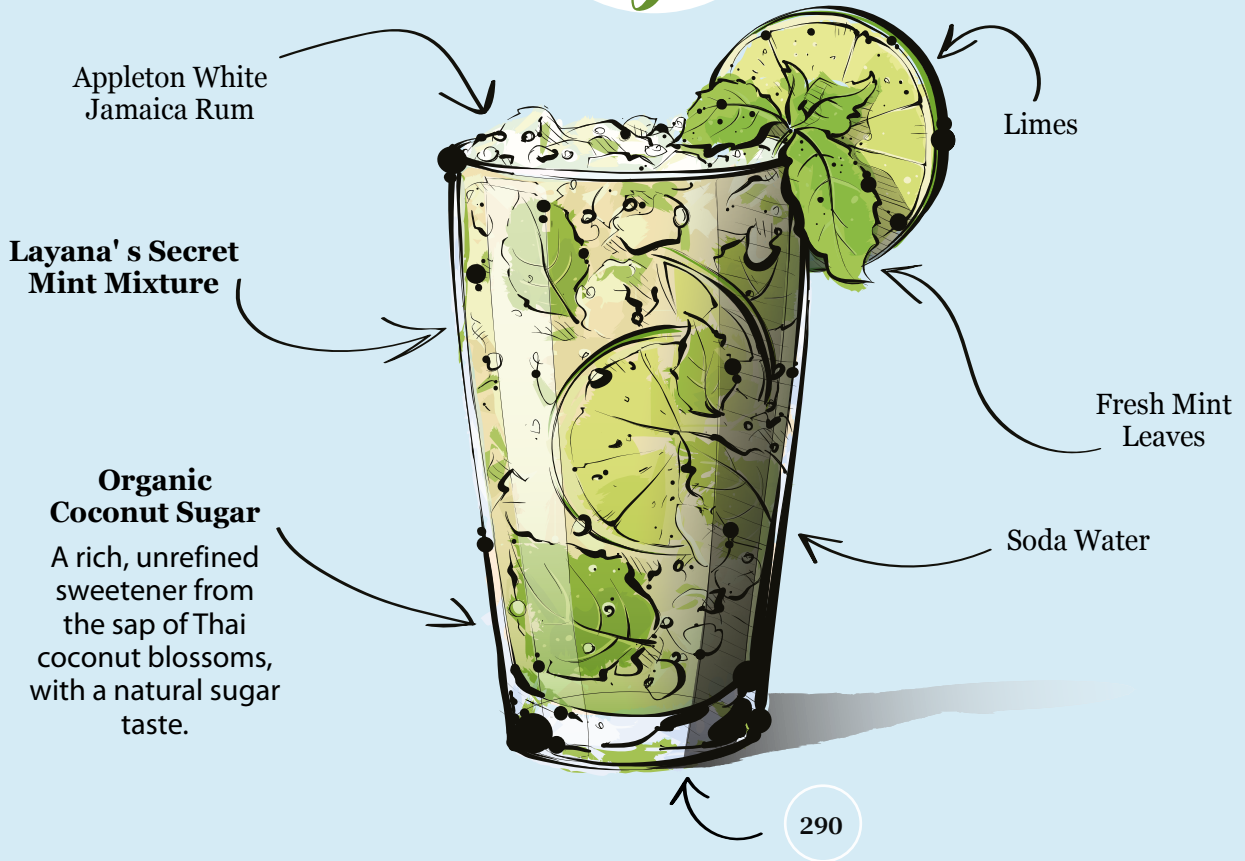
500 ml



390

Must Try

# Layana Mojito



**Layana's Secret Mint Mixture** consists of 5 different mint types - chocolate mint, peppermint, spearmint, orange mint and vanilla mint. The herbs are cut from our herb-garden mid-morning for maximum flavor and then carefully air-dried.

These fresh mints contain several key vitamins and minerals you need for good health. Besides its refreshing taste, mint also heightens mental alertness and memory, calms seasonal allergies, helps with nausea and fights cold symptoms.

# Fruits of THE KINGDOM



## **Passionfruit** (*saowarod*)

Passionfruits are round or oval and can be yellow, red, purple or green. They have a delicious juicy centre composed of pulpy seeds that is the edible part of the fruit.



## **Longan** (*lam-yai*)

Taking its name from Cantonese meaning "dragon-eye", so named because it resembles an eyeball when its fruit is shelled, the Longan is highly prized by Thais for its sweet, juicy and succulent taste.

Thailand has a wonderful climate for fruit cultivation, and offers a lot of variety not easily found in the West.

We delight in creating refreshing, delicious fruit drinks with...



## **Rambutan** (*ngór*)

The name is derived from the Malay word for rambut, meaning hair - a description of the fruit's red and yellow spiky rind. Peeling this away reveals a firm, white, translucent flesh, that the Thais are especially adept at delicately carving away from the fruit's large seed.



## **Zalacca** (*sà-là*)

This fruit grows in clusters at the base of a palm, and is also known as Snake Fruit due to its reddish-brown scaly skin. It consists of three lobes, each containing a large inedible seed. The taste is usually sweet and acidic, but its apple like texture can vary from very dry and crumbly to moist and crunchy.



## **Rose Apple** (*chom pôo*)

With a shape much like a pear, the rose apple has a shiny skin that is either pink or green in color. Extremely refreshing and with a crisp, crunchy taste it is often eaten in Thailand with salt and sugar



**H2O++**  
Sparkling Water,  
Lemon, Lime

**Just  
Pineapple**  
Pineapple, Mint,  
Lime

**"Beet it"**  
Apple, Beetroot  
Passionfruit,  
Carrot

**Passionate**  
Carrot, Passion Fruit  
Basil Seed,  
Celery

**Breakfast  
to Go**  
Orange, Carrot,  
Lime, Ginger

**Chia Meets  
Melon**  
Watermelon, Mint,  
Melon, Chia seed

**Energizer**  
Apple, Kale,  
Cucumber, Lemon

**All in  
Green**  
Cucumber, Ginger,  
Lemon, Apple,  
Coriander

150



Availability of juices depends on season and availability of fruits and vegetables.  
Also available at the White Bar / Sundowners Bar.



**Pink Dragon 290**



Siam Journey 290

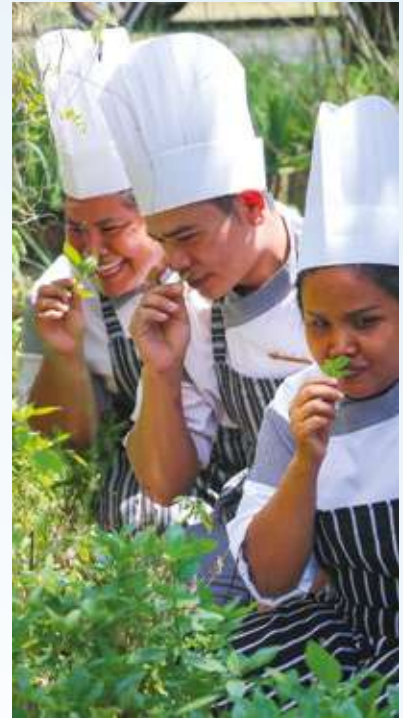
# GYM? I heard GIN!

**G**in is one of the widest categories of spirits and one of the finest. Not only is there a great variety of gin styles but within these styles, gin producers may use a vastly different selection and proportion of botanicals, spices, and fruits to give gin its final bouquet. For you, we have carefully selected 8 of the most well known and finest gins available to guarantee the ultimate gin experience.

Did you know that we have our own herb-garden? This is where we source so many of the herbs we use for cooking and for our cocktails. It doesn't get fresher than this!



Gin without **Tonic** is like Tom without Jerry - for most gin lovers, unthinkable! The slight bitter taste of the tonic combines perfectly with the dry fruit notes of gin, and the drink has become a firm favorite the world over. Now, there are so many tonics to be found, all with slightly different taste, 5 of which we offer at Sundowners.



## Gin Basil Smash 290

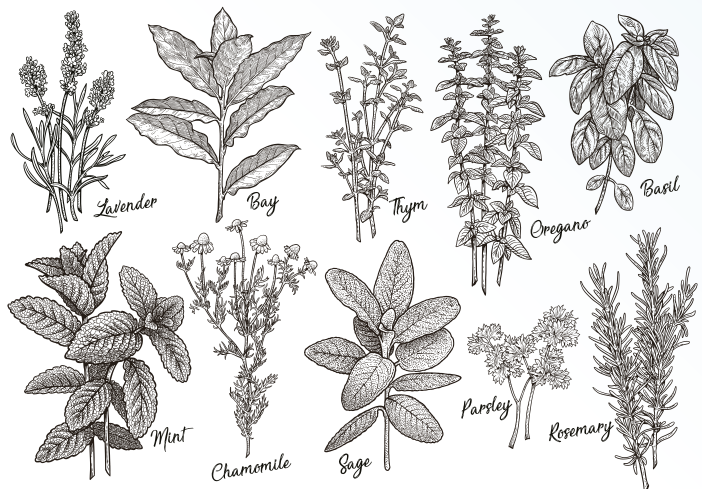
*Gordons, Fresh Basil, Lime, Herb Syrup*

## Gin Fizz 290

*Tanquerai, Lime, Soda, Simple Syrup*

## Negroni 290

*Broker's, Vermouth, Campari*



# Your GIN & TONIC in four simple steps

select your preferred gin (40 ml)

choose your botanical tonic

add natural flavors

compliment your gin

**Broker's London** 270

**Filliers Dry Pine Tree Blossom** 270

**Iron Balls** 350

**Bombay** 270

**Tanqueray** 270

**Hendrick's** 550

**Bulldog Dry** 270

**Gordons** 220

**Roku Japanese Craft / Botanist Islay** 550

**Fentimans**  
90

Connoisseurs Tonic

Botanical Tonic

Classic Indian Tonic

Pink Grapefruit Tonic

Naturally Light Tonic



---

**TWG Tea, the finest luxury tea brand in the world, was established in Singapore dating back to when the island first became a trading post for teas, spices and fine epicurean products.**

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**Warm Apple Crumble 230**



Now, every year, TWG Tea tasters travel thousands of miles across the globe to sample hundreds of tea varieties, in search of the most desirable harvests direct from tea plantations. The best are dispatched to discerning locations like here at Layana Resort & Spa.

## BLACK TEA 160

---

### English Breakfast Tea

Very strong and full-bodied with light floral undertones, this TWG Tea broken-leaf black tea is perfect with morning toast and marmalade.

### Earl Grey

A fragrant variation of the great classic, this TWG Tea black tea has been delicately infused with citrus fruits and French blue cornflowers.

### Royal Darjeeling

The king of India teas, this TWG Tea first flush black tea boasts an exquisite fragrance and a vibrant, sparkling taste that develops remarkable overtones of ripe apricots. An exquisite daytime tea.

### Alfonso Tea

A magnificent alliance of black tea and rare mango with a secret combination of TWG Tea fruits and flowers that is fragrant and comforting.

## GREEN TEA 160

---

### Jasmine Tea

Intoxicating TWG Tea jasmine flowers enhance the sparkling elegance of this delicately fashioned green tea.

### Paris-Singapore Tea

A distinguished TWG Tea green tea enhanced with fragrant cherry blossoms and red fruits. A sensual and sweet tea of reminiscence

### Alexandria Tea

A dreamy reminder of Arabian nights, this green tea is subtly scented with rare mint and Mediterranean corn flowers.

## RED TEA 160

---

### Vanilla Bourbon Tea

Red tea from South Africa blended with sweet TWG Tea vanilla. Enveloping, this theine-free tea can be served warm or iced at any time of the day.



# Choose your coffee

150



espresso



espresso macchiato



doppio



flat white



americano



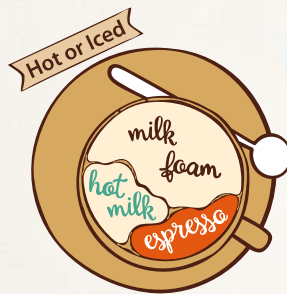
caramel macchiato



cafe latte



latte macchiato



cappuccino



Cold Brew Blond



Cold Brew Black



Cold Brew Caramel





**T**he beautiful destination of Koh Lanta consists of several islands, the two largest of which being Koh Lanta Noi (Small Lanta Island) and Koh Lanta Yai (Big Lanta Island).

Koh Lanta Yai stretches 6 km wide and over 30 kms in length. It boasts 9 beautiful white sandy beaches, stunning tropical jungle and mountain scenery, mangrove forests, a coastline dotted with more than 70 small islands and coral reefs...

A paved road runs along the beaches from the northern part of the island almost all the way to the southern tip. The last 8 kilometers leading to the headquarters of the Mu Ko Lanta National Park in the south are quite hilly.

The province of Krabi is a melting pot of Buddhists, Thai-Chinese, Muslims, and even sea

gypsies, but there is little religious tension in the region and peace and harmony prevails. And with this mixture, Krabi is always celebrating something, be it part of Thai Buddhist, Thai-Chinese, or Thai-Islamic tradition.

The unique lifestyle of the Chao-Le (sea-gypsy) in Ko Lanta is particularly interesting, a lifestyle that has been almost completely unaffected by the booming tourism on the island.

Ko Lanta is a little less well known than nearby Ko Phi Phi, which has become quite commercialized and corporate. Whilst the beaches on the west coast of Ko Lanta Yai are strung with a line of resorts and bungalows, there is always a quiet place to relax - the beaches are never full, even when the island is at its busiest.

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## Layana Resort & Spa



# Khun Pathanan

Executive Housekeeper



For many, the life style in Koh Lanta is not hurried, it's mostly about relaxing with blue sky and nice sunshine. But for those who work for the biggest department of Layana Resort & Spa, like me, I can not say I having a slow life here. I love to live with an active style. This helps me a lot to keep my working spirit to move on and lead the team with full energy. Especially as I have to look after a lot of sections such as rooms, public area, laundry, garden, and coordinate with other departments.

Everyday I wake up before 6 o'clock for working out such as jogging or weigh training or just light work out, even cooking my own breakfast some days. Eat, then ready for work at 8.00 a.m.

I really love to see the faces of my associates in the morning briefing, building up a good atmosphere before we start the day. If I can not meet my team during morning briefing time, I will go around to make sure that I meet them. It is very important for me that we can greet each other, chit chat to share some ideas, ask about their problems or even make a little joke of our personal life. Between me and my team it can create a lot of new ideas, make the team understand each other, make my department stand strong in team work.

*“I enjoy and have fun every day at work ,”*

And they can be made aware with what the company is looking for and it can drive our team to reach the company's goal setting.

In the morning after 8.30 a.m. I will walk around, inspect the rooms and public area such as Fitness, Spa, Restaurant, Lobby including the garden and even the beach also. See what and how associates are doing. What they do good or what they need to improve. See the condition of our equipment, see what we need to change for our resort such as pool towels, room linen, flower decoration style for restaurant and lobby, oil burner to keep nice smell for public toilet etc., or can maintain the good things that we already have. Take some notes and back to planning. Then at 10.00 a.m., I have Head of Department meeting with all the management. In my planning, it can be training for people skills, or maybe changing something to make it better, such as room decorations

or facilities. For some projects I will need to get involved with costing. That is why good planning and time line is very important for me.

Because the guests come first, in the afternoon from 1.00 p.m. until 6.00 p.m., I will walk around in the restaurant or bar, building to building, giving me a chance to meet the guests.

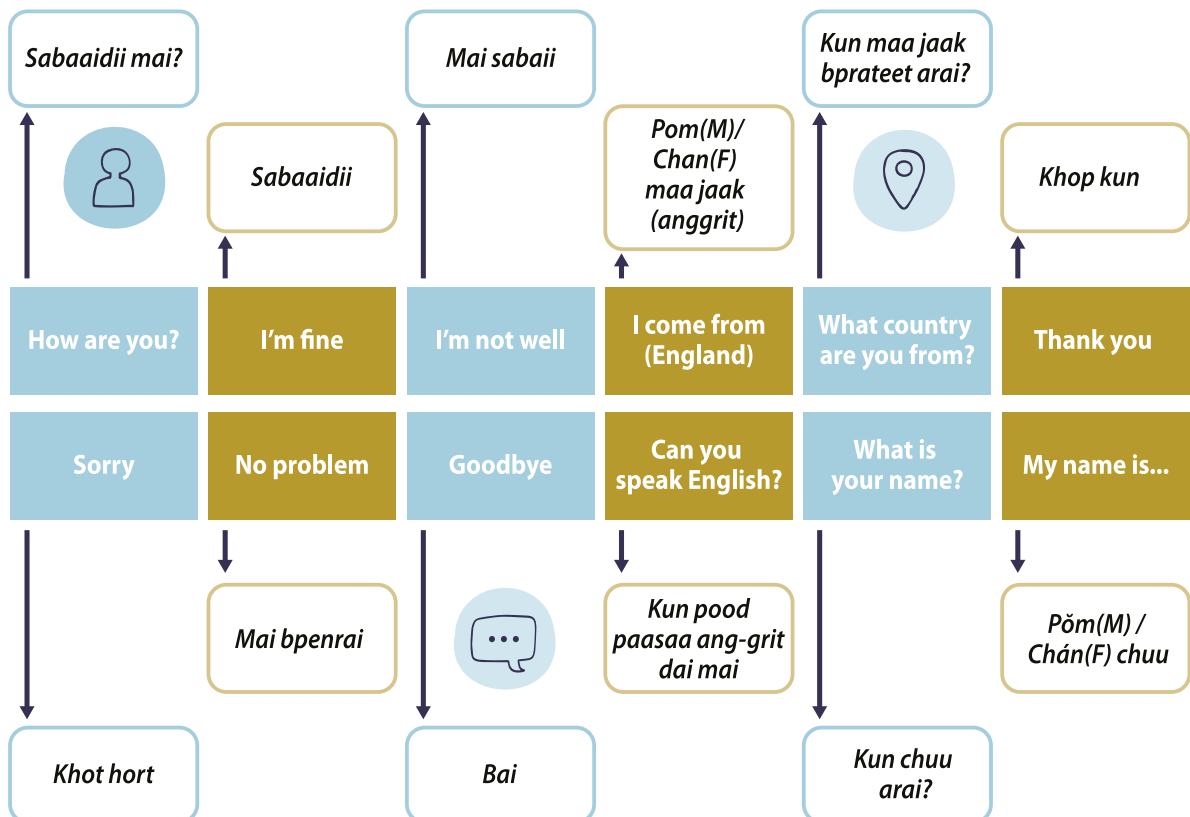
I can have some conversation with our guests, get some feedback about what the guests like, what we do good or where we have not reached their expectations yet. This is an important message that I can share with my team to correct any challenges right away. And some ideas can develop for a good future.

As an Executive Housekeeper, spending my time 30 percent for operation and 70 percent for planning, somedays it is not enough time for me. *“But I still enjoy and have fun every day at work”*

# Loyalty



## How good is your Thai?





## The Ultimate Beach Escape in Krabi

**Dusit Thani**  
KRABI BEACH RESORT

The resort is set among forty lush, immaculately manicured acres with direct access to 1.8km of exquisite white sand beach. Featuring 240 guest rooms and suites, contemporary interiors provide a perfect balance between beach-inspired elegance and modern luxury.

For more information or reservation, please contact:  
Dusit Thani Krabi Beach Resort, 155 Moo 2, Nong Thale, Muang, Krabi 81180  
Tel: +66(0) 7562 8000 Email: dtkr.rsvn@dusit.com

    /DusitKrabi



www.**Dusit**.com



## Would you like to take the HEAVENLY MAGAZINE home?

**Purchase the HEAVENLY MAGAZIN for THB 390  
and support The Cardiac Children's Foundation of Thailand**

All proceeds from the sales of the HEAVENLY MAGAZINE will go to

### **The Cardiac Children's Foundation of Thailand**

The Cardiac Children Foundation of Thailand, under the Royal Patronage of H.R.H. Princess Galayani Vadhana Krom Luang Naradhiwas Rajanagarinda, was established in 1981 by pediatric cardiologists and other non-medical specialists who recognized the difficulties faced by children suffering from heart disease.

The main objective of the foundation is to offer both medical and non-medical support to children with cardiac diseases. Cardiac operations for patients and emotional support for their families, can change the future outlook for a child diagnosed with a heart condition, from living an existence without hope to having a potentially bright future.



Please contact our Front Desk or SeaSky team if you wish to purchase the magazine.

## east and west – health, beauty and massage



### **SIGNATURE SPA TREATMENTS**

A unique combination of the techniques of Aromatherapy, Swedish massage, Ayurveda and Shiatsu to calm body, mind and soul

#### **Every Friday**

Buy one get one free on any Spa Treatment

#### **Every Tuesday**

**30%** discount on any Spa Treatment plus an extra 30 minutes of enjoyable time

**Linger Longer's Salt Spa** is a hypo-allergic and hypo-bacterial environment that reproduces the therapeutic microclimate found in natural salt caves. With a mean temperature between 20-24 Degrees Celsius, a relative humidity of 40-60%, fiber-optic lighting and the soothing sound of relaxation music, the Salt Spa is a haven of ultimate comfort and relaxation. Reclining in a chair and breathing normally, visitors inhale the salt which penetrates into the deepest areas of the lungs for a complete cleansing of bacteria, irritants and pollution.





# WHITE BAR

The White Bar is the perfect spot for an energizing drink or light snack with an extensive selection of fresh pressed juices, coffee specialties and healthy tapas. The calm and peaceful ambience of The White Bar makes it the ideal place to relax and chill out, both before and after an energetic fitness session or soothing massage.

Open from 10:30 a.m. - 6:00 p.m.



# Room Service

**There are three very good reasons to travel:**

1. See the world.
2. Meet new people.
3. Room Service.




If you would like to enjoy a meal or a drink in the privacy of your room, please find the room service menu available in each guest room and dial number 4. Available from 6:30 a.m. - 10:30 p.m.



# Room Service Menu

## Thai

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**Tom Yum Goong or Gai** 380     
Spicy prawn or chicken soup with Thai herbs and chili

**Por Pia Thod Geang Kiew Warn Gai** 230  
Deep fried green curry chicken spring rolls with plum sauce



**Satay Gai** 280   
Chicken satays with peanut sauce

**Peak Gai Thod Nam Pla** 200   
Deep fried chicken angel wings with lemon grass and turmeric

**Som Tum Gai Yang** 320    
Spicy green papaya salad with roasted chicken



**Phad Thai Gai or Goong** 290    
Stir fried noodles with chicken or prawns, bean sprout, peanuts and tofu


**Moo or Nue Thod Gratiem Prik Thai** 390  
Stir fried pork or beef with garlic and black pepper

**Gaeng Kiew Warn Gai, Nue or Goong** 340  
   
Creamy green curry with chicken, beef or prawns, baby eggplant and lime leave

## Sweets

---

**Warm Apple Crumble** 230    
With almonds and vanilla sauce

**Khao Niew Ma-mouang** 220   
Mango with sticky rice, sesame and coconut milk

## Rosé Wine by the Glass

Cinsault, Les Ormieres,  
France 300


## White Wine by the Glass




Sauvignon Blanc, Rock Brook,  
USA 310



Chardonnay, Inspired Company, Australia 310


## Western

---

**Mixed Garden Salad** 220   
Crispy lettuce with cucumber, tomatoes, shallots, capsicum and your choice of caesar, French, thousand island or balsamico dressing

**Caesar Salad** 360     
Romaine lettuce, parmesan cheese, crispy bacon, croutons, caesar dressing and grilled chicken or shrimps


**Fish & Chips** 350    
Battered fried sea bass fillet with french fries, tartar sauce and lemon

**Spaghetti Bolognese** 280   
Drum wheat semolina pasta with Italian sausage-beef ragu

**(Whole Wheat and Gluten Free Pasta available upon Request)**

**Pizza Margherita** 280    
Tomato sauce, mozzarella cheese, oregano and fresh basil

**Pizza Pepperoni** 290   
Tomato sauce, mozzarella cheese, pepperoni and jalapenos

**Layana Wagyu Beef Burger** 460   
Gruyere cheese, sautéed mushrooms, crispy lettuce, tomato, gherkins, French fries, BBQ sauce and mayonnaise

**Layana Club Sandwich** 290   
Club sandwich with roasted chicken, crispy bacon, fried egg, tomato and lettuce served with french fries

## Red Wine by the Glass

Pinot Noir, Crane Lake,  
USA 310

Shiraz, Cabernet, Inspired Company,  
Australia 310

Beers	Draft	Bottle
	Chang Draft (330 ml / 500 ml) 140 / 200	Singha, Leo (330 ml) 160 Krombacher alcohol free (330 ml) 250



Khun Thumniem



Khun Jiraporn



Khun Wanpen



Khun Tukky



Khun Kate



Khun Nua



Khun Bat



Khun Way  
Khun Ben



Khun Bee

The Layana Family:  
While you see many of our people on a regular basis, others play their role in the “heart-of-house”, less visible to guests, but equally indispensable.



Khun Rungnapha



Khun Wanna



Khun Phumirat



Khun Ruemla  
Khun Ladda



Khun Pang



Khun Eiang



Khun Tour



Khun Ton



Khun Yu



Khun Bao

# Pool & Beach Refreshments

Enjoy pool cuisine unleashed while soaking up the sun on your lounge.  
Our team will deliver culinary delights and beverages directly to you at  
the pool and beach area.

**Daily : 9:00 a.m.—7:00 p.m.**



## SeaSky Restaurant

**P**erched on the very edge of the beach overlooking the sea and open to cooling sea breezes, SeaSky offers guests the choice of a delightful interior venue or an al fresco beachside setting. Open from early morning to late evening, the restaurant offers an amazing breakfast; contemporary Thai and light Mediterranean

cuisine for lunch and dinner with seasonal and daily specials; and an exquisite afternoon tea featuring a delicious array of homemade cakes with coffee and tea. A wide choice of carefully selected wines and Thai craft beers are available to accompany the food of choice. SeaSky is pleasantly welcoming and accessible, with friendly, attentive service at all times.



**All Prices Include 10% Service Charge and 7% Government Tax**

 Vegetarian Option

 Gluten free

 Nuts

 Seafood

 Dairy

# Aperitif



**Aperol Spritz** 290

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Aperol, Prosecco, Soda

**Negroni** 290

---

Gin, Vermouth Rosso, Campari

**The Hugo** 290

---

Prosecco, Elderflower, Mint, Lime, Soda

**Campari** (40 ml) 190

---

An infusion of herbs and fruit in alcohol and water. It is a bitters, characterized by its red color

**Pernod** (40 ml) 190

---

An Anise flavored liquor from France

**Aperol** (40 ml) 190

---

Italian apéritif made of bitter orange, gentian, rhubarb, and cinchona, among other ingredients

**Cynar** (40 ml) 190

---

An Italian herb liquor with a strong artichoke taste

**1. Nue Yang Nam Tok 390**

Thai BBQ beef salad, shallots, mint, grounded roasted rice, dried chili, spring onion



**3. Som Tum Gai Yang 320**

Spicy green papaya salad, Thai roasted chicken



**2. Kor Moo Yang 350**

Grilled pork marinated in garlic, coriander, pepper, spicy hot and sour tomato relish



**4. Satay Ruam Mix 280**

Beef, pork and chicken satays, peanut sauce



**5. Yam Som O 320**

Pomelo, shallots, garlic, dried chili, roasted coconut, spring onion, lime juice, crispy fried prawn



San Pellegrino  
Sparkling 250



★★ Chef's ★★  
RECOMMENDATION

**8. Prathad Lom** 250

Crispy prawn spring rolls



6

**6. Plar Tuna** 380

Spicy tuna salad, kaffir lime leaves, mint, lemongrass, shallots, spring onion, chili powder



7

**7. Por Pier Sod Poo** 290

Vietnamese spring roll, crab stick, crispy lettuce, cucumber, chunky avocado, tobiko, coriander, lime juice



**9. Tom Yam 380**

Spicy flavored prawn or chicken soup



**10. Tom Kha Gai 320**

Creamy coconut chicken soup





**11. Seared Scallops 590**

Roasted tomato and risotto, green asparagus,  
lemon garlic cream sauce



**12. Crab Salad 380**

Crab meat, apple, lime juice, mayonnaise, lettuce



**13. Tuna Tartare 420**

Tuna tartare, avocado, mango salsa





**14. Beef Carpaccio 460**

Beef carpaccio, parmesan crisp, quail egg, rocket, truffle lime vinaigrette



**15. Burrata Cheese 420**

Roasted cherry tomatoes, grilled focaccia bread





**16. Chilled Green Pea and Avocado Soup 320**

Served with grilled prawn skewer



Beautiful ?  
Manicure available at  
Linger Longer Spa



Brother Cider  
Toffee Apple  
or Pear  
390



**17. Panang Lobster Roti 560**

Thick panang lobster curry with roti



★★ Chef's ★★  
RECOMMENDATION

**18. Gaeng Kiew Warn 340**

Creamy green curry with chicken, beef or prawns



**19. Massaman 340**

Massaman beef or chicken curry



**20. Gaeng 340**

Red curry with chicken, pork or beef



## 23. Pad Thai Goong 290

- 120 g. Prawn
- 60 g. Rice Noodles
- 15 g. Bean Curd
- 30 g. Bean Sprouts
- 30 g. Chinese Chives
- 15 g. Shallots Sliced
- 15 g. Pickled Radish
- 50 g. Sauce Phad Thai
- 30 g. Vegetable Oil
- 15 g. White Sugar
- 15 g. Peanuts Ground
- 1 Egg
- 0,5 Lime

### Phad Thai Sauce

- 30 g. Tamarind
- 60 g. Plum Sugar
- 30 g. Fish Sauce
- 5 g. Big Dry Chili
- 10 g. Shallots.
- 5 g. Pickled Garlic
- 5 g. Fresh Garlic

Blend all ingredients in a food processor until smooth. Strain, adjust seasoning to taste and store chilled



### Preparation

- Cut the tofu into cubes of 5x5 mm and deep-fry in clean hot oil for 2 minutes until golden but not hard
- If rice stick noodles are dry and not fresh, soak them in warm water for 1-2 hours before using
- Roast or deep-fry peanuts until light golden. Crush in mortar and pestle.

### Cooking

- Heat wok and add a little oil over medium heat.
- Add garlic and fry lightly. Move aside and crack egg into the hot oil.
- Add prawns (or desired meat / seafood), stir fry for a moment.
- Add noodles and stir with the prawns, garlic and egg.
- Add Pad Thai sauce and stir over heat to blend and cook.
- Garnish with fried tofu, garlic chives, bean sprouts and pickled radish.
- Serve with ground roasted peanuts.

# Flavor Harmony

## The Five Flavors of Thai Cuisine



*The secret to traditional Thai food  
is a balance of five*

**Flavors:** sour, sweet, salty, bitter, and spicy. Some Thai dishes have a careful blend of all these tantalizing tastes; others are served with an accompaniment to help deal with the overpowering spiciness. For example, sour and spicy Tom Yum Goong is often paired with an omelet or rice. Harmonizing flavors lies at the heart of Thai cuisine.

**Sour:** Sour flavoring is extensively added in Thai salads, soups, dips, and some drinks, usually using tamarind, lime juice, fragrant Kaffir lime leaves, lemongrass or white vinegar.

**Sweet:** There are a number of different types of sugar produced in Thailand - white and brown sugar, palm and coconut sugars. Palm and coconut sugars are usually

used in curry dishes and considerably in Thai desserts.

**Salty:** Salty flavors usually come from sea salt, soy sauce, and fish sauce. Fish sauce is extensively used in Thai cooking, while different kind of soy sauces are mostly used for soups and stir fry dishes.

**Spicy:** Spicy flavors usually derive from fresh and dried Thai chilies, black and white peppers, garlic, and ginger. A spicy taste is seldom overlooked in Thai cooking with the level depending on personal preference.

**Bitter:** Bitter flavors do not often exist in Thai dishes. However, a bitter flavor comes from a few kinds of vegetables and fruit, and is believed to have a medicinal benefit.



  
(MS. Thina Boonolain)  
Villa Host

## **21. Gai Thod**

### **Sod Makham 390**

Deep fried battered chicken breast with tamarind sauce

## **22. Moo or Nue Thod**

### **Gratiem Prik Thai 390**

Stir fried pork or beef, garlic, black pepper

## **24. Phad Kra-Pow 390**

Wok fried chicken, pork or beef with hot basil, chili and fried egg

## **25. Guay Tiew**

### **Phad Se-Ew**

### **Gai or Goong 320**

Stir fried flat noodles with chicken or prawn



## **26. Gai or Goong Phad**

### **Med Mamuang 350**

Stir fried chicken or shrimp, capsicum, onion, cashew nuts





25



26



**27. Khao Soi Gai 350**

Crispy Chiang Mai noodles with chicken curry sauce

Khao Soi is a Chin Haw dish that was brought by people who migrated from China to northern parts of Thailand centuries ago. It is a soup-like dish made with a mix of crispy egg noodles and boiled egg noodles, pickled mustard greens, shallots, lime, ground chillies fried in oil, and meat in a curry-like sauce containing coconut milk.



Glass of  
Chardonnay  
from Australia  
310

## **28. Pla Kapong Thod**

### **Lui Suan 480**

Deep fried sea  
bass, chili, ginger,  
lime, shallot, cashew nuts



★★ Chef's ★★  
RECOMMENDATION



△  
**29. Plah Kah Pung Neung**

**Manow** 480

Steamed white snapper, chili, lime, garlic, celery



△  
**30. Pla Saak Tord**

**Khamin** 460

Deep fried barramundi, fresh turmeric



◁  
**31. Chu Chee**

**Pla Salmon** 520

Roasted salmon, thick red curry sauce



**32. Australian Beef**

**Tenderloin 1290**

Mediterranean warm potato salad,  
green peppercorn jus



32

**33. Butter Fish 590**

Roasted white tuna, chorizo bean ragu,  
salsa verde



33

**34. Roasted Pork 540**

Herb pork filet, honey roasted pumpkin,  
broccoli and red wine jus



34



**35. Seafood Risotto 590**

Risotto, lobster, prawns, mussels, scallops, squid



**38. Yellow Fin Tuna 680**

Seared pepper & herb crusted yellow fin tuna, creamy avocado sauce, organic red quinoa



**37. Duck Breast 540**

Honey roasted duck breast, gnocchi lentil with balsamico, thyme jus



**36. Sea bass 590**

Grilled sea bass, seafood broth, tomatoes, fennel, almonds, sautéed spinach



# Pasta



## **39. Penne Salsiccia 520**

Penne pasta, pancetta, Italian sausage and beef ragout, broccoli



## **40. Linguini Carbonara 590**

Lobster, prawn, mussel, clam, squid in carbonara sauce





41



42



45



Extensive  
Coffee Selection  
pages 26-27





### **41. Khao Niew**

#### **Ma-mouang 220**

Mango with sticky rice, sesame and coconut milk



### **42. Gluay Kaek 180**

Deep-fried tempura battered banana with young coconut ice cream



### **43. Lod Chong**

#### **Nam Kati 180**

Green Noodle Surprise in sweet coconut milk



### **44. Sang Kaya**

#### **Fug Tong 180**

Thai pumpkin cake with coconut custard



### **45. Fresh Tropical Fruit**

#### **Platter 180**

A combination of the seasonal tropical fruits found on the markets.



### **46. Selection of**

#### **Thai mini Desserts 180**



47

**47. Tiramisu 350**

Classic Italian dessert with mascarpone cheese, finger biscuits flavored with amaretto and coffee



**48. Warm Apple**

**Crumble 230**

With almonds and vanilla ice cream



**49. Chocolate**

**Mousse Cake 250**

Accompanied by raspberry ice cream



48



49



**51. Sorbet** 95 / scoop

Lemon, Orange,  
Mango, Lychee,  
Passion Fruit, Tamarind



**50. Ice Cream** 95 / scoop

Vanilla, Chocolate,  
Black Sesame,  
Strawberry, Thai Tea,  
Coconut, Rum Raisin



# CHAMPAGNE

1. Champagne			
Taittinger Excellence Brut		✓	Hand harvested
		✓	Natural Yeast
Champagne, France	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay, Pinot Noir, Pinot Meunier			
5,000			

2. Champagne			
Taittinger Prestige Rosé		✓	Hand harvested
		✓	Natural Yeast
Champagne, France	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay, Pinot Noir, Pinot Meunier			
8,500			

# SPARKLING

3. Sparkling			
Chamdeville Blanc de Blancs NV		✓	Hand harvested
		✓	Natural Yeast
Cremant, France	ABV 11%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay, Chenin Blanc, Colombart, Ugni blanc			
1,400			

4. Sparkling			
Chamdeville Pinot Noir Rosé NV		✓	Hand harvested
		✓	Natural Yeast
Cremant, France	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Pinot Noir			
1,400			

# ROSÉ

5. Rosé			
Gris Blanc Rosé, Gerard Bertrand		✓	Hand harvested
		✓	Natural Yeast
Pays d'Oc France	ABV 12%	✓	No Fining
		✗	No Filtering
<b>Grape:</b> Gremache Gris			
1,500			

6. Rosé			
B&G Reserve Rosé		✓	Hand harvested
		✓	Natural Yeast
lays Doc, France	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Shiraz			
1,400			

7. Rosé			
Garofoli Rosato Komaros		✓	Hand harvested
		✓	Natural Yeast
Marche, Italy	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Montepulciano			
1,600			

8. Rosé			
Cinsault Rosé		✓	Hand harvested
		✓	Natural Yeast
Minervois, France	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Syrah, Grenache, Cinsault			
1,350			

# WHITE

9. White			
Reserve Harvest De Bortoli		✓	Hand harvested
		✓	Natural Yeast
South- Eastern Australia	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay, Semillon			
1,400			

10. White			
Unoaked Chardonnay, Inspired Company		✓	Hand harvested
		✓	Natural Yeast
South-Eastern Australia	ABV 14.2%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay			
1,250			

11. White			
Sendero Sauvignon Blanc Concha Y Toro		✓	Hand harvested
		✓	Natural Yeast
Central Valley, Chile	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Sauvignon Blanc			
1,100			

12. White			
Diggins Estate Chardonnay		✓	Hand harvested
		✓	Natural Yeast
Riverina Australia	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay			
1,450			

13. White			
Sauvignon Blanc Toldos Vina Santa Cruz		✓	Hand harvested
		✓	Natural Yeast
Colchagua, Chile	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Sauvignon Blanc			
1,250			

14. White			
Chardonnay Classic Altivo Classic		✓	Hand harvested
		✓	Natural Yeast
Uco Valley Argentina	ABV 14%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay			
1,450			

15. White			
Colombard Ugni Blanc		✗	Hand harvested
		✓	Natural Yeast
Cotes de Gascogne France	ABV 11%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Colombard-Ugni Blanc			
1,350			

16. White			
Gallician Prestige Costieres		✓	Hand harvested
		✓	Natural Yeast
Costières-de-Nîmes, France	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Cuvée			
1,350			

# WHITE

17. White			
Chardonnay, Domaine Laroche		✓	Hand harvested
		✓	Natural Yeast
Bourgogne France	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay			
1,600			

18. White			
Sauvignon Blanc Domaine Du Cleray		✓	Hand harvested
		✓	Natural Yeast
Vine de Pays IGP, France	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Sauvignon Blanc			
1,600			

19. White			
Prego Pinot Grigio Artwine		✓	Hand harvested
		✓	Natural Yeast
Clare Valley Italy	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Pinot Grigio			
1,300			

20. White			
San Silvestro Chardonnay		✓	Hand harvested
		✓	Natural Yeast
Piemonte Italy	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chardonnay			
1,350			

21. White			
Le Piope Pinot Grigio		✓	Hand harvested
		✓	Natural Yeast
Veneto, Italy	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Pinot Grigio			
1,350			

22. White			
Pinot Grigio DOC, Longo		✓	Hand harvested
		✓	Natural Yeast
Italy	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Pinot Grigio			
1,550			

23. White			
Avabella Chenin Blanc Arabella Wines		✓	Hand harvested
		✓	Natural Yeast
Western Cape South Africa	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Chenin Blanc			
1,500			

24. White			
Lyric Sauvignon Cuvée Nederburg		✓	Hand harvested
		✓	Natural Yeast
Western Cape South Africa	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Cuvée			
1,500			

# WHITE

## 25. White

Sauvignon Blanc Wither Hills		✓	Hand harvested
		✓	Natural Yeast
Marlborough, New Zealand	ABV 13%	✓	No Fining
		✓	No Filtering

**Grape:** Sauvignon Blanc

1,550

## 26. White

Sauvignon Blanc, Fernbird		✓	Hand harvested
		✓	Natural Yeast
Marlborough, New Zealand	ABV 13%	✓	No Fining
		✓	No Filtering

**Grape:** Sauvignon Blanc

1,600

## 27. White

Sauvignon Blanc, Rockbrook		✓	Hand harvested
		✓	Natural Yeast
California USA	ABV 12.5%	✓	No Fining
		✓	No Filtering

**Grape:** Sauvignon Blanc

1,250

## 28. Red

Nines Stones Shiraz, Calabria		✗	Hand harvested
		✓	Natural Yeast
Barossa, Australia	ABV 14%	✓	No Fining
		✓	No Filtering

**Grape:** Shiraz

1,600

## 29. Red

Harvest Diary De Bortoli Wines		✓	Hand harvested
		✓	Natural Yeast
South-Eastern Australia	ABV 13%	✓	No Fining
		✓	No Filtering

**Grape:** Shiraz, Cabernet Sauvignon

1,400

## 30. Red

Inspired Shiraz Cabernet Qualia Wines		✓	Hand harvested
		✓	Natural Yeast
South-Eastern Australia	ABV 13%	✓	No Fining
		✓	No Filtering

**Grape:** Shiraz, Cabernet

1,250

## 31. Red

Alamos Malbec Alamos		✓	Hand harvested
		✓	Natural Yeast
Mendoza Argentina	ABV 12.5%	✓	No Fining
		✓	No Filtering

**Grape:** Malbec

1,600

## 32. Red

Malbec Trapiche Vineyards		✓	Hand harvested
		✓	Natural Yeast
Mendoza Argentina	ABV 13%	✓	No Fining
		✓	No Filtering

**Grape:** Malbec

1,450

# RED

33. Red			
Sendero Merlot Concha Y Toro		✓	Hand harvested
		✓	Natural Yeast
Central Valley Chile	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Merlot			
1,100			

34. Red			
Cabernet Sauvignon Vina Toldos		✓	Hand harvested
		✓	Natural Yeast
Colchagua Chile	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Cabernet Sauvignon			
1,250			

35. Red			
Cotes du Rhone E. Guigal		✗	Hand harvested
		✓	Natural Yeast
Rhone France	ABV 14%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Southern Rhone Cuvée			
1,600			

36. Red			
Les Ormieres Carignan		✗	Hand harvested
		✓	Natural Yeast
Languedoc Roussillon France	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Carignan			
1,350			

37. Red			
Victor Berard, CSM		✓	Hand harvested
		✓	Natural Yeast
Rhone France	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Cuvée			
1,600			

38. Red			
Chateau Haut-Landon		✗	Hand harvested
		✓	Natural Yeast
Bordeaux France	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Cabernet Sauvignon, Merlot, Malbec			
1,600			

39. Red			
Ropiteau Pinot Noir Caves Ropiteau Freres		✓	Hand harvested
		✓	Natural Yeast
France	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Pinot Noir			
1,600			

40. Red			
Prego Montepulciano, La Marigga		✓	Hand harvested
		✓	Natural Yeast
D'Abruzzo Italy	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Montepulciano			
1,300			

# RED

41. Red			
Barbera Pilmonte DOC, San Silvestro		✓	Hand harvested
		✓	Natural Yeast
Piedmont Italy	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Varietal			
1,350			

42. Red			
Montepuciano D'Abruzzo Cantina Danese		✓	Hand harvested
		✓	Natural Yeast
D'Abruzzo Italy	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Montepuciano			
1,400			

43. Red			
Primitivo Pepa Nera		✓	Hand harvested
		✓	Natural Yeast
Puglia Italy	ABV 12.5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Primitivo			
1,350			

44. Red			
Nero d'Avola Duca Sargento		✓	Hand harvested
		✓	Natural Yeast
Sicily, Italy	ABV 12%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Nero d'Avola			
1,500			

45. Red			
Sangiovese Canaiolo Geografico Chianti		✓	Hand harvested
		✓	Natural Yeast
Tuscany, Italy	ABV 12,5%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Sangiovese, Canaiolo			
1,600			

46. Red			
Tempranillo Palacio del Burgo		✓	Hand harvested
		✓	Natural Yeast
Rioja, Spain	ABV 13%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Tempranillo			
1,500			

47. Red			
Two Oceans Shiraz, Two Ocean		✓	Hand harvested
		✓	Natural Yeast
Western Cape South Africa	ABV 14%	✓	No Fining
		✓	No Filtering
<b>Grape:</b> Shiraz			
1,200			

## **Apéritifs/ Porto (40 ml)**

---

Martini Extra Dry, Rosso, Bianco, Ricard, 210  
Campari, Aperol, Pernod, Cynar 190  
Tio Pepe Fino, Dow's Tawny 290

## **Apéritif Cocktails**

---

Hugo, Aperol Spritz, Negroni 290

## **Sparkling Wine by the Glass**

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Chedeville Blanc de Blancs, Crémant 320  
Chedeville Pinot Noir Rosé, Crémant 320

## **Rosé Wine by the Glass**

---

2015 Montepulciano Rosé, "Garofoli, Italy 370  
2015 Gris Blanc Rosé,  
"Gerard Bertrand, France 400  
2017 Cinsault, Les Ormieres, France 300

## **White Wine by Glass**

---

2016 Chardonnay, Inspired Company,  
Australia 310  
2016 Pinot Grigio, Prego, Italy 370  
2014 Sauvignon Blanc, Rock Brook, USA 310  
2017 Colombard, Ugni Blanc, Les Ormieres,  
France 300

## **Red Wine by Glass**

---

2015 Merlot Cabernet Sauvignon,  
Malbec, Chateaux Haut Landon 360  
2015 Pinot Noir, Crane Lake, USA 310  
2016 Shiraz, Cabernet, Inspired Company,  
Australia 2016 310  
2015 Montepulciano D'Abruzzo, Prego, Italy 370

## **Beers**

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### **Draft**

Chang Draft (330 ml) 140  
(500 ml) 200

### **Bottle**

Singha, Leo (330 ml) 160  
Krombacher alcohol free (330 ml) 250



## **Thai Craft Beers 330 ml**

---

Chalawan Pale Ale, Chaing Mai Blossom  
Weizen 290  
Phuket Beer 250

## **Ciders 500 ml**

---

Brothers Toffee Apple, Brothers Pear 390

## **Spirits (40 ml)**

---

Smirnoff / Absolut Vodka,  
Tito's Handmade Vodka 220  
Sangsom (Thai Rum) 150  
Bacardi White Rum/ Captain Morgan Dark Rum /  
Tequila 220  
Havana Club 3 Years 250  
Havana Club 7 Years 400  
Grey Goose Vodka, Beluga Vodka 500

## **Gins (40 ml)**

---

Broker's London 270  
Filliers Dry Pine Tree Blossom 270  
Iron Balls 350  
Bombay 270  
Tanqueray 270  
Hendrick's 550  
Bulldog Dry 270  
Gordons 220  
Roku Japanese Craft / Botanist Islay 550



## **Cognac/ Brandy (40 ml)**

---

Regency, Meridian (Thai Brandy) 180  
Martell V.S.O.P, Remy Martin V.S.O.P,  
Hennessy V.S.O.P 500  
Remy, Martin X.O 1,300

## **Scotch Whisky (40 ml)**

---

Johnnie Walker Red Label 210  
Johnnie Walker Black Label,  
Chivas Regal 12 Years 290  
Glenfiddich 12 Years 390  
Ballantine's 17 Years 590  
Talisker 10 Years 800

## **Bourbons & Whisky (40 ml)**

---

Jack Daniel's, 260

Jim Beam, Southern Comfort 230

Jameson, Irish Whiskey 230

## **Liqueurs (40 ml)**

---

Grand Marnier, Benedictine 350

Amaretto, Sambuca 210

Grappa, Calvados 250

Kahlua, Tia Maria, Baileys, Cointreau 320

Vieille Prune 400

## **Local water**

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Singha Still 500 ml 65

Singha Soda 325 ml 65

## **Imported Water**

---

Acqua Panna Still 750 ml 250

San Pellegrino Sparkling 750 ml 250

## **Soft Drinks**

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Coca Cola, Coke Zero, Fanta Orange 330 ml 90

Sprite, Schweppes Tonic Water 330 ml 90

## **Thai Cocktails**

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### **Herb Garden** 290

*Maa jai dum banana, lime juice, herb syrup, green tea*

### **SomTum** 290

*Mekong whiskey, mangosteen's juice, mint, lime, papaya salad, fresh chili*

### **Siam Journey** 290

*Iron ball gin, herb syrup, mangosteen's juice lime, pomegranate,*

### **Manau-Manau** 290

*Chalong Bay rum, lime juice, lemon basil, herb syrup, lemon soda*

### **Pink Dragon** 290

*Phraya spirits, dragon fruit, pomegranate, mint, lime, soda*



## **Fentimans Botanical Mixers**

---

Connoisseurs Tonic 125 ml 150

Botanical Tonic 125 ml 150

Classic Indian Tonic 125 ml 150

Pink Grapefruit Tonic 125 ml 150

Naturally Light Tonic 125 ml 150

## **Layana Classic Cocktails**

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### **Island Life** 290

*Dark rum, coconut rum, fresh mango, pineapple, herb syrup*

### **Mango Margarita** 290

*Tequila, triple sec, mango, lemon, orange*

### **Sex on the Beach** 290

*Vodka, peach schnapps, cream de classic, orange, cranberry juice*

### **Margarita** 290

*Tequila, lime, orange liquor*

### **Pina Colada** 290

*White rum, malibu rum, coconut milk, fresh pineapple, pineapple juice*

### **Mojito** 290

*White rum, mint, lime, soda*

### **Mai Tai** 290

*White rum, dark rum, orange curacao, pineapple, orange, lime juice & grenadine*

### **Singapore Sling** 290

*Gin, dom, cherry hearing, lime, pineapple juice grenadine, angostura*

### **Long Island Ice Tea** 290

*White rum, vodka gin, tequila, triple sec, lime & coke*



## Gin Cocktails

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### Gin Basil Smash 290

Gordon's gin, lime juice, simple syrup, basil leaves

### Gin Fizz 290

Tanqueray gin, lime juice, simple syrup, soda

## Blended Juices & Smoothies (350 ml)

---

Apple, Orange, Banana, Mango, Pineapple,  
Young Coconut, Papaya, Watermelon 150

\*Please inform our team if you would like any our  
Juice prepared as a Smoothie (blended with ice  
and / or yogurt) \*

## All about Coconut

---

Coconut Milk Beverage, Chocolate, Mango 150

Young Fresh Coconut 150

## Layana Thai Mocktails

---

### Sa Moon plai 220

Fresh chili, lime juice, basil leaf, herb syrup, soda

### Phalanggan 220

Coconut juice, red bull, mint, soda water

### Pollamai 220

Roselle, pomegranate, lime, mangosteen's juice,  
rambutan, lychee, dragon fruit



## Coffee

---

### Hot / Iced / Bottled

150

Espresso  
Macchiato  
Double Espresso  
Sparkling Americano  
Cold Brew Blond

Americano  
Lungo  
Flat White  
Iced Americano  
Cold Brew Black

Ristretto  
Latte  
Cappuccino  
Iced Latte  
Cold Brew Caramel

## TWG TEA

---

160

### Black

English Breakfast  
Earl Grey  
Royal Darjeeling  
Alfonso

### Green

Jasmine  
Paris-Singapore  
Alexandria

### Red

Vanilla Bourbon



Spot the differences! There are 10 things different in the second photo. As we would like to keep this quiz interesting for other guests and magazine readers, please be so kind not to mark the differences on the photo. Thank you!



# Nutritional Information

SeaSky Restaurant

	Nutrition Facts	Calories	Total Fat	Saturated Fat	Carbo-hydrates	Sugars	Protein
1	Nue Yang Nam Tok	550 kcal	13 g	4.5 g	63 g	25 g	44 g
2	Kor Moo Yang	420 kcal	17 g	6 g	41 g	7 g	28 g
3	Som Tum Gai Yang	400 kcal	14 g	2 g	42 g	12 g	33 g
4	Satay Ruam	640 kcal	29 g	15 g	56 g	34 g	41 g
5	Yum Som O	640 kcal	29 g	25 g	74 g	27 g	27 g
6	Plar Tuna	340 kcal	8 g	2 g	29 g	3 g	39 g
7	Por Pier Sod Poo	360 kcal	7 g	1.5 g	56 g	6 g	19 g
8	Prathad Lom	570 kcal	6 g	2 g	90 g	8 g	32 g
9	Tom Yum	380 kcal	8 g	4 g	53 g	30 g	29 g
10	Tom Kha Gai	360 kcal	15 g	10 g	21 g	2 g	38 g
11	Seared Scallops	350 kcal	9 g	5 g	42 g	3 g	23 g
12	Crab Salad	370 kcal	25 g	3.5 g	4 g	3 g	29 g
13	Tuna Tartar	250 kcal	11 g	2 g	18 g	12 g	22 g
14	Beef Carpaccio	430 kcal	35 g	13 g	3 g	0 g	25 g
15	Burratta Cheese	640 kcal	30 g	17 g	55 g	4 g	36 g
16	Green Pea and Avocado Soup	370 kcal	28 g	11 g	20 g	5 g	15 g
17	Panang Lobster with Roti	720 kcal	28 g	14 g	71 g	17 g	49 g
18	Gaeng Kiew Wan	440 kcal	22 g	14 g	21 g	5 g	40 g
19	Massaman Curry	630 kcal	38 g	15 g	42 g	17 g	31 g
20	Gaeng Phed	550 kcal	32 g	21 g	34 g	23 g	36 g
21	Pad Thai	520 kcal	19 g	3.5 g	47 g	4 g	41 g
22	Gai Thod Sod Makhm	510 kcal	7 g	1.5 g	61 g	1 g	51 g
23	Tod Gratiem Prik Thai	410 kcal	23 g	8 g	13 g	<1 g	38 g
24	Phad Kra Prow Kai Dow	370 kcal	15 g	5 g	11 g	<1 g	47 g
25	Guay Tiew Phad Se-Ew	400 kcal	9 g	2.5 g	34 g	3 g	46 g
26	Gai Phad Med Mamuang	380 kcal	14 g	2.5 g	18 g	5 g	46 g
	White rice portion	75 kcal	0.2 gr	<0.1 gr	34 gr	0 g	1.6 g

	Nutrition Facts	Calories	Total Fat	Saturated Fat	Carbo-hydrates	Sugars	Protein
27	Khao Soy Gai	720 kcal	28 g	19 g	49 g	4 g	67 g
28	Pla Kapong Tod Lui Suan	570 kcal	15 g	2.5 g	26 g	10 g	81 g
29	Pla Kah Pung Neung Manow	190 kcal	1 g	0 g	17 g	2 g	30 g
30	Pla Saak Tord Khamin	540 kcal	14 g	2.5 g	23 g	3 g	80 g
31	Chu Chee Pla	970 kcal	70 g	29 g	9 g	0 g	78 g
32	Australian Beef Tenderloin	660 kcal	25 g	9 g	35 g	4 g	74 g
33	Butterfish	680 kcal	39 g	14 g	29 g	5 g	54 g
34	Roasted Pork Fillet	400 kcal	8 g	1.5 g	41 g	25 g	46 g
35	Seafood Risotto	770 kcal	24 g	12 g	76 g	2 g	58 g
36	Sea Bass	310 kcal	9 g	1.5 g	14 g	1 g	43 g
37	Duck Breast	800 kcal	34 g	11 g	70 g	4 g	54 g
38	Yellow Fin Tuna	640 kcal	19 g	7 g	57 g	3 g	61 g
39	Penne Salsiccia	840 kcal	50 g	18 g	55 g	2 g	42 g
40	Linguini Carbonara	870 kcal	47 g	18 g	52 g	1 g	58 g
41	Khao Niew Ma-mouang	400 kcal	14 g	12 g	72 g	54 g	4 g
42	Gluay Kaek	620 kcal	26 g	18 g	96 g	37 g	16 g
43	Lod Chong Nam Kati	750 kcal	14 g	12 g	148 g	32 g	40 g
44	Sang Kaya Fug Tong	770 kcal	35 g	20 g	85 g	81 g	29 g
45	Mixed Fruit Platter Average	210 kcal	1 g	0 g	54 g	38 g	3 g
46	Tiramisu	370 kcal	26 g	16 g	29 g	12 g	6 g
47	Warm Apple Crumble	840 kcal	41 g	24 g	108 g	63 g	14 g
48	Chocolate Mousse Cake	770 kcal	64 g	38 g	40 g	24 g	14 g
49	Scoop of Ice Cream	120 kcal	7 g	4 g	18 g	14 g	3 g
50	Scoop of Sorbet	62 kcal	>0 g	>0 g	15 gr	11 gr	2.5 g

**Nutritional Information:** Our Nutritional Information calculations were carried out using online tools. Even though we have done our utmost to provide accurate nutritional information, these figures should be considered estimates. Varying factors change the effective nutritional information in any given recipe. If you would like further information or if you have any food intolerance, kindly inform our Executive Chef or one of our Associates.



*Thank you for staying with us at Layana!*



## Khun Nathaya

I was born in an agricultural family in Ratchaburi (a small province in the central part of Thailand). My hometown is located in Banpong (the semi-agricultural and industrial areas). I spent most of my life away from my dearest home and family since I was 15 years old for my education in Bangkok.

When I was young I did not like to go to school. I was always finding many reasons not to go to school as I was bored to do lectures in the class room and listen to things that I was not interested in and did not understand. But I was a very good student in science classes, because I love to do new experiments that I could and may be could not expect results. I like all outdoor activities such as trekking, studying about natural wildlife, learning about plants and trees in the jungle. I always went out for trekking in the jungle and nearby farmland with my father.

I respect individuality and differences, I think these things make the world colourful and interesting.



*“ My life in Koh Lanta is a very good combination of career, peaceful and healthy lifestyle. ”*

Nathaya

I love working a lot, my first job was selling candies to the neighborhood children to collect money for participating in the school outing trip. I worked in a processed fruits factory near by my hometown and worked as a cook helper and waitress in a small restaurant during the school summer times. I was very happy and proud of myself. I enjoy working as much as I enjoy meeting new people to learn about their culture and exotic life-style. When I was newly graduated, I committed to work in the hospitality business, so that I could meet a lot of people and learn about their different cultures at the same time.

I love photographing, marathon running, trail running around the exotic terrain. Every early morning before sunrise I always spend 1-2 hours for my marathon training which I usually run between 5 – 15 kilometers almost every day and taking a long distance run once a week. I was hoping for that one day I will be able to participate Boston Marathon program as well as running in the beautiful countries where I dream to visit such as Tibet, Bhutan and Iceland.

## Experience the Beauty of Koh Lanta with us.



### **Mangrove Forest by Longtail Boat**

Board a longtail boat and travel through the small canals that meander through the quiet, peaceful mangroves. View a wide variety of local wildlife and discover fossils on a small island before exploring a local village on Lanta Noi.

### **Hot Springs and Emerald Pool**

Enjoy an unforgettable bathe in the naturally therapeutic hot spring waters on the mainland of Krabi, before driving to the National Park. Walk along a nature trail through dense rainforest to the startling blue Crystal Lagoon, also known as the Emerald Pool. Take a swim and relax in the refreshingly clear waters before strolling back to an authentic Thai restaurant for an enjoyable Southern Thai-style lunch.

### **Four Islands Excursion**

The Four Island snorkeling trip starts around 40 minutes south of Layana at our first destination, Koh Hai, offering some of the whitest sands and best snorkeling in the Andaman Sea. Next we head to Ko Muuk to swim through the breathtaking Emerald Cave to find the most wonderful hidden delights. The cave is about 50 meters long and is dark in the middle, making it an exhilarating trip. Then you can swim on the white sandy beaches of the paradise island, Koh Kradan, followed by lunch. The final stop is at Koh Chuek, another beautiful spot for snorkeling and swimming. The price includes snorkeling equipment, picnic lunch, fresh fruit, soft drinks and beer.



## Koh Rok Excursion

Koh Rok was voted one of Thailand's top snorkeling sites and is certainly one of the most popular destinations in the area. We go snorkeling at two different locations before heading to Koh Rok Nok for lunch on the beautiful beach. Whilst there enjoy a leisurely swim and take in the awesome natural surrounds. After lunch we move on to Koh Rok Nai, renowned for its hard and soft coral and bounteous marine life, justifying its popularity for snorkeling. A delicious picnic lunch, fresh fruits, refreshments, beer and wine are all included, as is all the snorkeling equipment.



## Sundowners Cruise

The Sundowner Cruise is a magical trip departing from Layana beach (or from Saladan Pier between May and October or if rough seas) and taking you through the untouched mangrove forests between Koh Lanta Yai and Koh Lanta Noi. You get to see many Macaque monkeys and a wide variety of birdlife and it is a truly fabulous way to see the stunning evening sunsets behind the hills. The trip includes delicious snacks prepared by our chefs, refreshments, wine and beer. We disembark after dark at Saladan village, 5 kms from Layana, after which we return to the resort by around 7:00 p.m.

## Kho Phi Phi Island Excursion

The Koh Phi Phi snorkeling trip is a fantastic way to see famous Koh Phi Phi and the surrounding islands. Visit spectacular bays where sheer limestone cliffs drop directly into the crystal clear, coral filled waters. Visit the famous Maya Bay, the site of the film *"The Beach"*, before heading out to Viking Cave, an enormous sea cavern, home to

mysterious cave paintings and swift's nests that are used to make Bird's Nest Soup.

## Island Discovery

Sightseeing around Lanta Island by car or minivan includes a visit to the Sea Gypsy Village, Lanta Old Town, an elephant camp, and a rubber tapping demonstration. There is time to go shopping in Saladan and the trip duration is about 4 hours, leaving from Layana at 9:00 a.m. and returning by 1:00 p.m.

## Sunrise Cycling

Cycle on the "evergreen freshness" route with our Leisure staff, a nice and relaxing one hour ride suitable for all levels of fitness and cycling ability.

## Kayaking in the Mangrove Forest

Board 3 kayaks (1 guide and 4 guests) at Sea Gypsy pier, just 10 minutes from Layana, and paddle with the tide to enter the mangrove canals. Depending on tidal levels, you get to see a variety of colorful crabs, birdlife and possibly monkeys too. Paddling time is around 1 1/2 hours and moderately strenuous. Water and cool drinks are provided; don't forget hats, sunscreen and insect repellent!

For further information or for booking your tour, please contact our Tour Desk or Recreation Team.



# Q & A you ask — we answer



## Where is the nearest town?

It is difficult to visit Koh Lanta and not pass through Baan Saladan, the “metropolis” of Koh Lanta, but it is certainly not the biggest town you will ever visit. Located at the northern end of Koh Lanta close to the bridge, Saladan, with its buildings on stilts over the sea, is an engaging attraction and it is the tourist center of activity on the island. It can be reached from the resort in just 10 minutes by local taxi.

## Where can I find a night market?

Lanta Night Bazar is located in Saladan town and is the perfect place to find a souvenir to take back home.

Open daily  
from 2:00 p.m. – 10:00 p.m.

## Which beach is in front of Layana?

Layana Resort & Spa is located on Klong Dao Beach (“Long Beach”) also known as Phra-Ae. Golden soft sand stretches for 4 kilometers and it is fringed with tall pine trees. The nicest thing about Long Beach is that even on a busy day it always seems deserted.

## Where to have a drink at night?



The Irish Embassy, on Long Beach, is open daily from 6:00 p.m. - 1:00 a.m., and serves an excellent pint of Guinness as well as many other beverages. It’s certainly the place to catch Live sport and to party the night away!

## What is Lanta Animal Welfare?

Open daily from 9:00 a.m. - 5:00 p.m., Lanta Animal Welfare is a nonprofit making organization that helps look after Koh Lanta’s animal population. Dog walking & cat cuddling are free of charge!

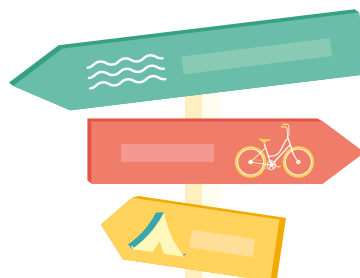
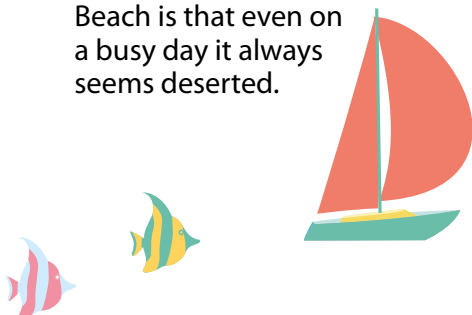
## Should I visit the Old Town?

Lanta Old Town is a unique experience - nearly every house on the main street is also a shop of some kind. If the doors are open, and you can see something of interest, don’t be afraid to enter and take a peek. It is located on the east coast of Koh Lanta, 25 minutes away from Layana by local taxi.

## Where should I go to explore the Island?

There are so many options, but we recommend:

- a trip to Kan Tieng Beach in the south of Koh Lanta, 25-30 minutes away from Layana Resort & Spa by local taxi.
- a visit to the Floating Restaurant, located in the Eco village of Tung-Yee-Peng and unique for its seafood served in the middle of the mangrove (Tel 08 7418 1050).
- If you prefer great views try the Khao Yai restaurant waiting to be discovered on the top of the hills. It offers simple Thai food with an amazing outlook as the backdrop. (Tel 075-697244).
- Klong Kong and Klong Nin Beach, in the south of the island, are 15-20 minutes away from Layana by local taxi. Here you will find a “backpackers atmosphere” with small beach bars and yoga centers. We suggest you try Kunda Restaurant, a vegan and vegetarian restaurant, open daily from 10:00 a.m. - 4:00 p.m. (Tel 08 5795 1283 - closed in June).



## What is the Sea Gypsy (Chao Ley) Village?

The village of Sang-ga-u in the south east corner of Koh Lanta is home to a unique group of people known as the Sea Gypsies or "Chao Ley". Formerly living a semi-nomadic lifestyle on the Andaman Sea, these seafarers of Indo-Malay origins were also the first settlers on the island, some 500 years ago.

## What's to see at Koh Lanta Noi?

On quiet, undisturbed Koh Lanta Noi there are a handful of fishing villages, rubber trees and a few mosques. Famed for its breathtaking scenery, there are a couple of deserted beaches with uninhabited islands that can't be seen from the main island, rising out from the sea.

The best way to experience Koh Lanta Noi is by motorbike or bicycle, crossing the bridge which separates both islands. Then just follow the concrete road that circles around the Island and allows you to easily explore and get some unique views of the other Koh Lanta and its mangrove forests.

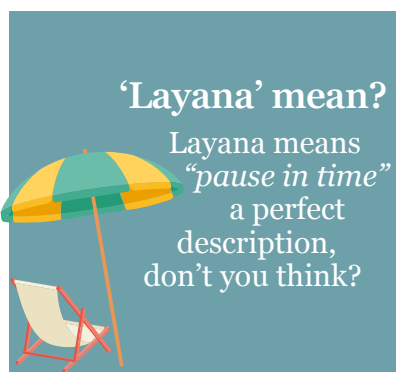
## Where can I exchange money?

Exchange money services are available at our Front Desk.

## Does Koh Lanta have any local markets?

There are local markets every day, always at different locations, on afternoons between 2:00 p.m. - 6:00 p.m. and early morning in Old town.

Monday	Klong Dao beach.
Tuesday	Klong Nin
Wednesday	Under the bridge on the way to Lanta Noi
Thursday	Long Beach (just 5 min south of the resort)
Friday	Klong Nin
Saturday	Saladan
Sunday Morning	Old Town



## Is smoking allowed on the beach in Koh Lanta?

Since February 2018 Thailand has banned smoking on 20 beaches throughout the country, including Koh Lanta. Anyone who wishes to smoke must do so in designated areas and those who fail to comply will be subject to a fine of up to 100,000 baht. This also includes the Layana sunbeds as they are located on the public beach.

## If I get sick where is the closest doctor?

The nearest clinic is 5 minutes by car from our resort. Contact our staff at the Front Desk to arrange transportation. A pharmacy is also available close to Layana.

## Where does the water come from?

The water supply on an Island can sometimes be a challenge. Since 2018 Layana uses its own reservoir, with fresh water collected directly from the mountain. However, as anywhere in Thailand, we advise not to drink tap water. Every day our team will provide new bottles of water in the rooms.

## Why is the SeaSky kitchen different from a local restaurant?

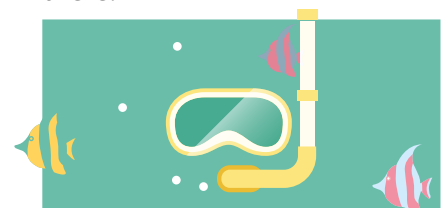
Here at Layana we follow the HACCP system (systematic preventive food safety approach) and ensure that our kitchen meets the food safety standards of an international restaurant. We also only work with trusted suppliers that can meet our hygiene and food safety standards.

## What happens in case of a power cut?

At Layana we have one generator on 24 hour stand by in case of power cuts, which can happen quite frequently on a remote island.

## Where is the best spot to snorkel?

Our dedicated Layana crew know the best spots to relax and discover the amazing Andaman. Their favorite is definitely Koh Rok, so be sure to join our weekly private trip there!



## Why not book with us ?



We have recently relaunched our website to perfectly capture the world of luxurious comfort and tranquility that awaits guests here. It uses the latest technologies to make it faster and simpler to navigate and has a quick and easy to follow online booking system. For best prices and frequent promotions we suggest you check out the website or call our reservation team, who will be happy to help.

[www.layanaresort.com](http://www.layanaresort.com)

Tel: + 66(0) 7560 7100

[reservation@layanaresort.com](mailto:reservation@layanaresort.com)

German Sales Office Tel: + 49(0) 89 780 64 280

[mbk-hotels@fuchs-com.com](mailto:mbk-hotels@fuchs-com.com)

## Tides

Tides in the Andaman Sea are semi-diurnal, meaning there are 2 high, and two low tides every day. At Layana, tide times may affect certain activities, such as sailing and excursions. Note, as well, tidal activity at Scan this QR code to find the local tides table.



## Environment

Global warming, deforestation, pollution, irresponsible waste disposal are all contributing to an uncertain future for our planet. At Layana, we do our best to practice environmentally-sound principles and we are committed, in particular, to removing one-use plastic from our resort. We hope you will appreciate, therefore, our policy of only serving straws on request. We thank you for your understanding.



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**M**BK-HT is a division of MBK PLC Group, comprising a dedicated, highly professional management team with more than 30 years experience in the tourism and hospitality market. Our vision is to create dynamic, innovative new standards for management and service in the sector and to achieve the pinnacle of public recognition and regard, both domestically and internationally. We currently operate tourism and hospitality business management for a number of premier hotels located in prime tourist locations, including Pathumwan Princess Hotel (Bangkok); Dusit Thani Krabi Beach Resort (Krabi); Layana Resort & Spa; Tinidee Hotel@Ranong; Tinidee Golf Resort@Phuket and Tinidee Hotel@Bangkok Golf Club (Pathum Thani).

In addition, we supervise the management systems and service standards for the cafes and restaurants in the clubhouses of the Riverdale Golf Club and Bangkok Golf Club in Pathumthani, and Loch Palm Golf Club, and Red Mountain Golf Club in Phuket.

## Giving Back!

Together with MBK H&T, Layana Resort and Spa works closely with the local community by supporting various projects...

One good example is the "Grow Happiness" project at Baan Ramard. Traveling to Layana Resort, guests board the boat from Baan Ramard quay, and thus we have developed a close relationship with the local community.

Over the past few years, we have sought out plants that are suitable for the area and have planted them along the public roads in the community to improve Baan Ramard's landscape.

Recently, support has been expanded to help the community as a whole, with the focus on improving quality of life, advancing education, and generating additional income to the residents.



Khun Arthorn Vanasantakul  
MD, MBK-HT  
visiting Local school



